Turning the Tide for Birth and Breastfeeding

PROGRAM

Dates:
16th and 17th of February, 2018

Venue:
Lighthouse Theatre, 185 Timor Street, Warrnambool VIC 3280

www.warrnamboolbreastfeedingcentre.com.au
All funds raised for this conference go to support the Warrnambool Breastfeeding Centre

What is the Warrnambool Breastfeeding Centre?

The Warrnambool Breastfeeding Centre is a hub of information and support for parents in Warrnambool and the surrounding areas. It is a place parents can come to relax and connect with other parents in an informal setting. Importantly, parents can access the breastfeeding information and support they need, when they need it, through professional lactation support, breastfeeding counsellors and practical support such as breast pump hire and information on lactation aids.

Conference Dinner

Join us for a relaxed night of fun and catching up with old and new friends on Friday night at the Cally – a Warrnambool institution. Enjoy Al Fresco dining in the modern beer garden. We know what Warrnambool is like so we can close the roof if necessary whilst still dining under the stars. Menu a la carte. Just pay on the night – but help us out by booking so we can give our hosts at the Cally an idea of numbers.

The Cally is at 112 Fairy St Warrnambool. Website www.callyhotel.com.au

Getting there

Getting to and from Warrnambool is easy! Fly into either Melbourne airports – Tullamarine or Avalon. From Tullamarine Domestic Airport Terminal, board the Skybus (www.skybus.com.au) or a taxi (from the waiting taxi rank), which will deliver you to Southern Cross Station, then board the train to Warrnambool and sit back and relax. From Avalon, board Avalon Airport Shuttle (www.avalonairportshuttle.com.au) or get a taxi to deliver you to Geelong train station to catch the Warrnambool bound train. The Melbourne-Warrnambool (via Geelong) train timetable can be found at: (www.vline.com.au/pdf/timetables/warrnambool.pdf). Of course you could also hire a car and follow the Princes Highway to Warrnambool (just over a 3hr journey from Tullamarine, and 2.5hr from Avalon), or if you’ve got the time, why not enjoy the Great Ocean Road… Happy travels!

Accommodation

Warrnambool has a great range of reasonably priced accommodation. For more information please check out sites such as www.airbnb.com.au and www.stayz.com.au.

For help with accommodation that will fit your budget and requirements please ring The Warrnambool Breastfeeding Centre between 10am–3pm, Monday – Saturday on (03) 5562 7662.

Pre-conference Welcome reception

If you are rolling into town Thurs afternoon/evening allow us to introduce you to the *New* Warrnambool Breastfeeding Centre – at 141 Koroit St Warrnambool

Accreditation: IBCLC CERP and MIDplus points have been applied for. CPD points may be claimed for this activity. Please see website for details.

Sponsorship

We welcome ethical, WHO code compliant companies to exhibit at our conference. For a sponsorship prospectus please call Barb 0488 757 334 or email zacdan@datafast.net.au
Turning the Tide for Birth and Breastfeeding

Day 1

8.00am  Registrations
8.30am  Opening address
8.45am  Donna Geddes – Human milk: A big player in the developmental origins of health and disease
9.45am  Heather Harris – SYPNCY - Breastfeeding 101
10.30am Morning tea
11.00am Pam Heselev – Floppy poppies - Stiff necks, flat heads and breastfeeding
11.45am Laurel Wilson – Marijuana and breastfeeding – Toxic, neutral, or who knows
12.30pm Jen Hocking – How international board certified lactation consultants support women to breastfeed: An ethnographic study that helps us understand what relational care looks like.
1.15pm Lunch
2.15pm  Anita Bearzatto – Managing slow weight gain in a breastfeeding baby – “Your advice really matters”
3.15pm  Pinky McKay – Milk sleep and baby’s brains
4.00pm  Afternoon tea
4.15pm  Rachel Reed – The problem with evidence based maternity care
5.15pm Close
7.00pm  Conference Dinner – The Cally

Day 2

8.00am  Registrations
8.45am  Welcome and introduction
9.00am  Rachel Boak – Choosing foods for infants – What influences parents?
9.45am  Donna Geddes – How do we study the impact of infant tongue tie on breastfeed and what have we found
10.30am  Morning tea
11.00am Laurel Wilson – Can a baby be allergic to breastmilk? Lactose intolerance, allergies, sensitivities and galactosemia
11.30am Della Forster – RUBY trial, a randomised trial of proactive telephone peer support for breastfeeding
12.30pm Lunch
2.00pm Laura Tolton – “Every bone in my hand”: An auto-ethnographic exploration of obstetric violence
2.45pm Rachel Reed – Childbirth as a rite of passage
3.45pm Panel/Q&A
4.00pm Close
Speaker Biographies

Anita Bearzatto — MBBS (hons), FRACGP, IBCLC
Anita is a general practitioner and Lactation consultant from Melbourne who has an interest in breastfeeding medicine and maternal and child healthcare. Anita completed her medical degree at Monash University. She gained her diploma in obstetrics and gynaecology and her fellowship as a General Practitioner. She became an IBCLC in 2007. Anita works combining her qualifications as a general practitioner and Lactation Consultant to see families who have complicated lactation problems. She works in private practice and at the Royal Women’s Hospital. Anita enjoys providing lactation education and support to healthcare professionals and the community.

Rachel Boak — APD, AN; BSc; Hon(Nutrition); MSc(Nut&Diet)
Rachel is experienced Accredited Practising Dietitian and academic, currently working freelance. She has recently completed her PhD at the University of Melbourne. Her thesis was titled “Promoting healthy diets in infancy - Focusing on the food environment not just the individual”. Rachel is passionate about education and public health nutrition, including collaborative and population prevention approaches in early childhood focusing on equity.

Della Forster
Della has been a midwife since 1989. She joined MCHR in April 1999 as joint project coordinator of the ABFAB breastfeeding trial. Della completed her PhD in March 2005 using data from ABFAB. She was a joint Chief Investigator of the Statewide review of public in-hospital postnatal care (PinC). She is Professor of Midwifery and Maternity Services Research at MCHR, the School of Nursing and Midwifery and the Royal Women’s Hospital and a Chief Investigator on the NHMRC-funded randomised controlled trial of caseload midwifery and the NHMRC-funded randomised trial Diabetes and Antenatal Milk Expressing (DAME).

Donna Geddes — DMU PostGradDiplSc PhD W.Aust.
Donna is the director of the Human Lactation Research Group. Donna originates from a medical imaging background with an emphasis in ultrasound imaging. She has integrated this modality into many of the group’s studies providing a ‘window’ to different physiological processes during lactation. Her findings have attracted much international attention and she is often requested to speak at both International and National Scientific Meetings. She is a member of the Nutrition Society of Australia and Secretary for the International Society for Research in Human Milk and Lactation. Donna has a broad range of research interests in the physiology of lactation extending from basic to applied research. In particular she utilizes her ultrasound imaging skills to assess the lactating breast (anatomy, milk ejection and blood flow) as well as the infant (suck-swallow-breathe, gastric emptying and body composition). Her current interests include understanding the role of breastmilk in appetite control and the development of breastfeeding in the preterm infant.

Heather Harris — BN Deakin, MMid LaTrobe
Heather first qualified as a midwife in 1970 and has worked in all areas of midwifery practice over the intervening years. She has served on a number of professional committees over the years including ACM1 (Vic) and ALCA (now LCANZ). She was involved in the successful BFHI accreditation for Mitcham Private Hospital, the RWH and Box Hill hospital. She is a Breastfeeding specialist who first qualified as an IBCLC in 1991. She has also been involved in the education of health professionals, presenting in all States of Australia as well as in the US and Hong Kong. Since 2001, Heather has served as a midwife with Doctors Without Borders in the Ivory Coast, South Sudan, Somalia, Sri Lanka and Nepal. She currently has her own private practice in lactation consultancy.

Pam Heselev — RN, RM, DipApSc(CHN), MHS, IBCLC
Pam Heselev is a maternal & child health nurse and lactation consultant who has worked extensively with babies experiencing feeding difficulties due to positional/tonal problems both in private practice and in a large Melbourne teaching hospital. She has conducted a trial of an assessment tool and treatment program for these babies and completed her Master of Health Science (Nursing) at Deakin University in 2009. Pam is a casual lecturer at Deakin University, Holmesglen TAFE and RMIT University, lecturing to midwifery students, maternal & child health nurses and early childhood development students.

Jen Hocking — BA, BN, Grad Dip Mid, M Mid PhD
Jen has worked as a midwife in Melbourne, Australia for 20 years. She trained as a breastfeeding counsellor with the Australian Breastfeeding Association and volunteered as a local group leader and telephone counsellor as well as teaching breastfeeding education classes with other ABA volunteers. Jen’s Masters in Midwifery research was a qualitative study of how women experience postnatal home midwifery care. Her doctoral research is seeking to better understand the work of Lactation Consultants across the breadth of practice in a major metropolitan Australian city. Currently, Jen is a PhD student at the School of Science and Health, Western Sydney University, Australia. Jen tweets @jenhock13 and blogs at http://jenhock.com

Pinky McKay — IBCLC
An International Board certified Lactation Consultant (IBCLC), with a busy private practice in Melbourne, Australia, Pinky McKay is a best-selling author with four titles published by Penguin including Sleeping Like a Baby, 100 Ways to Calm the Crying, Toddler Tacticsand Parenting By Heart. The Australian Breastfeeding Association, La Leche League International and The Australian Association of Infant Mental Health endorse her books and they are available as audiobooks. Pinky is a frequent guest on major TV shows and has appeared on the Today Show, The Project, Sunday Sunrise, Insight, A Current Affair and Today Tonight. She is a sought after guest and keynote speaker at seminars for Health professionals, and parents in Australia and internationally – most recently in the US. Pinky writes for a number of publications internationally – she is a columnist for Essential Baby website, and has been published in Huff Post Parents and The Daily Mail. She has also done a popular TEDx talk ‘Surrender is Not a Dirty Word.’

Rachel Reed — BS(Hons), GradCert Ed, PhD
Dr Rachel Reed is a Senior Lecturer and Discipline Leader in Midwifery at the University of the Sunshine Coast, Australia. She has practised midwifery in a range of models and settings in the United Kingdom and Australia. Rachel is committed to the promotion of physiological birth, and of women’s innate ability to birth and mother. She is a writer and presenter, and is the author of the MidwifeThinking blog site.

Laura Tolton
Laura Tolton is a lecturer in Spanish and Latin American Studies at La Trobe University in Melbourne. Her research sits at the intersection of gender, power and language, focusing specifically on violence against women, including most recently obstetric violence.

Laurel Wilson — IBCLC, CLE, CCCC, CLD
Laurel is an author, international speaker and pregnancy and lactation expert. She served as the Executive Director of Lactation Programs for CAPPA, the Childbirth and Postpartum Professional Association for 16 years and now is on the Senior Advisor Board. She is on the Board of Directors for the United States Breastfeeding Committee and also on the Advisory Board for InJoy Birth and Parenting. She owns MotherJourney, focusing on training perinatal professionals on integrative and holistic information regarding pregnancy, childbirth, and breastfeeding. She has her degree in Maternal Child Health: Lactation Consulting and is an internationally board certified lactation consultant. Wilson is the co-author of two books, The Attachment Pregnancy and The Greatest Pregnancy Ever and contributing author to Round the Circle: Doulas Talk About Themselves. She loves to blend today’s recent scientific findings with the mind/body/spirit wisdom. She believes that the journey into motherhood is a life-changing rite of passage that should be deeply honored and celebrated.
Registration Form

Name ________________________________________________________________

Address _______________________________________________________________________________________________________

_________________________________________________________________________________________________________________________________

Postcode ____________________________

Phone no ____________________________ Mobile no ____________________________

Email ________________________________

Place of work __________________________ Position __________________________

Special Dietary requirements ________________________________________________

Pricing (please tick) ______________________________________________________

Sub-total $ ______________________________________________________________________

2 Days

☐ Full Registration – $445

☐ Earlybird Registration (if paid by January 1st, 2018) – $390

☐ Extra Earlybird Registration (if paid by November 1st, 2017) – $350

☐ Student/Unwaged Full Registration – $320

(please provide proof of enrolment in course)

1 Day (tick which day) ______________________________________________________

☐ Day 1  ☐ Day 2


Online Seminar ____________________________________________________________

☐ Full Registration – $360

☐ Earlybird Registration (if registered and paid by Jan 1st, 2018) – $320

☐ Student/Unwaged Full Registration – $280

Conference Dinner __________________________________________________________

☐ Donation to the Warrnambool Breastfeeding Centre

TOTAL Amount: $ ________________

Credit card (Mastercard/Visa)

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Credit Card Number  Expiry Date  CVV

Card Holder’s Name _________________________________________________________

It’s easier to book online! To book online go to: www.breastfeedingconferences.com.au

Please make cheques payable to: ALMA

Please forward completed form and payment to: 41 Heath Marsh Road, Panmure, Vic 3265

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