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*Breastfeeding
Conferences*



Turning the Tide

for Birth and Breastfeeding



www.turningthetide2013.com

Dates:

22nd, 23rd and 24th of February, 2013

Venue:

Lighthouse Theatre, 185 Timor Street, Warrnambool VIC 3280

All funds raised for this conference go to support the Warrnambool Breastfeeding Centre.

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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 on Saturday night at the Sebel, 16 Pertobe Rd, Warrnambool. Time: 7pm for a night of great food, great company and great entertainment. \$65 includes a 2 course meal and great entertainment, raffle, prizes and giveaways. Drinks at bar prices.

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 – Workshops

7.45am	Registration
8.30am	Welcome and introductions
8.45am	Dr Nils Bergman – Perinatal neuroscience and skin-to-skin contact
9.45am	Patrice Hickey – Integrating a publicly funded homebirth program into a caseload model
10.15am	Morning tea
10.45am – 1.15pm	Workshops
	Workshop 1: Rachel Reed – Midwifery Skills Workshop (rebozo, methods for assisting pelvic movement, churning). (<i>Limit – 30</i>)
	Workshop 2: Nils and Jill Bergman – A Neurobehavioural approach to breastfeeding including breastfeeding premature infants
	Workshop 3: Gloria Lemay – Assessing dilation by external observation plus female pelvis anatomy and physiology
	Workshop 4: Dr Alison Stuebe – Breastfeeding for medical professionals – what every doctor needs to know
1.15pm – 2.15pm	Lunch
2.15pm – 4.45pm	Workshops
	Workshop 5: Bridget Ingle – Assessing a breastfeed and history taking
	Workshop 6: Gloria Lemay – Breech birth
	Workshop 7: Dr William Sears and Martha Sears – Family health for all ages – Infants to adolescents
10.45am – 4.45pm	Full day workshop (includes lunch)
	Vicki Chan and Lynne Staff – Waterbirth (<i>This is a full day workshop – numbers are limited.</i>)

Day 2

7.45am	Registration
8.15am	Welcome and introductions
8.30am	Dr Nils Bergman – Kangaroo Mother Care: Restoring the original paradigm for infant care
9.30am	Dr William Sears – The fussy baby
10.30am	Morning tea
11.00am	Rachel Reed – Birth from the baby’s perspective (including physiological third stage)
12.00 noon	Bridget Ingle – Leave it up to baby Baby-led attachment, hands off technique (HOT), skin-to-skin, biological nurturing, cross cradle hold, asymmetric latch
1.00pm	Lunch
1.45pm	Jill Bergman – Helping health professionals to help parents at birth
2.30pm	Dr Alison Stuebe – Breastfeeding and long-term maternal health
3.30pm	Afternoon tea
3.45pm	Dr Michael Koutsoukis – The induction/augmentation and caesarean section epidemic – can we stem the tide?
4.30pm	Panel discussion
5.15pm	Close



Day 3

8.00am	Registration
8.30am	Welcome and introductions
8.45am	Dr Alison Stuebe – Mood, mother and infant: Breastfeeding and postpartum depression
9.45am	Rachel Reed – Vaginal birth after caesarean
10.45am	Morning tea
11.15am	Gloria Lemay – Confident nutritional counselling for birth and breastfeeding
12.15pm	Bridget Ingle – Distorted nipples – not just a slip of the tongue
1.15pm	Lunch
2.00pm	Dr William Sears – How attachment grows the baby’s brain
3.00pm	Afternoon tea
3.30pm	Lynne Staff and Vicki Chan – Watch your language – language in pregnancy and birth
4.30pm	Panel discussion
5.00pm	Close

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!*

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

Registration Form

Name _____

Address _____

_____ Postcode _____

Phone no _____ Mobile no _____

Email _____

Place of work _____ Position _____

Special Dietary requirements _____

Pricing *(please tick)*

Sub-total \$

Full conference – 3 Days

Full Registration – **\$590**

Earlybird Registration (if registered and paid by December 21st) – **\$520**

Student/Unwaged Full Registration – **\$495** | Earlybird Registration – **\$475**
(please provide proof of enrolment in course)

+

2 Days *(tick which days)*

Day 1 Day 2 Day 3

Full Price – **\$405** | Earlybird Price – **\$360** | Student/Unwaged – **\$330**

(please provide proof of enrolment in course)

+

1 Day *(tick which day)*

Day 1 Day 2 Day 3

Full Price – **\$225** | Earlybird Price – **\$195** | Student/Unwaged – **\$170**

+

Select your workshops

Friday morning

Workshop 1 Workshop 2 Workshop 3 Workshop 4

Friday afternoon

Workshop 5 Workshop 6 Workshop 7

+

OR Full day workshop

Full Price – **\$225** | Earlybird – **\$195** | Student Unwaged – **\$170**

Conference Dinner **\$65 per person (includes entertainment)**

+

Donation to the Warrnambool Breastfeeding Centre

+

Credit card (Mastercard/Visa)

TOTAL Amount: \$ _____

Credit Card Number

____/____
Expiry Date

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

ABN 83 820 560 346 – Barbara Glare

Speakers Biographies

Dr Nils Bergman

Dr Bergman's primary professional interest revolves around Kangaroo Mother Care (KMC), and the underlying perinatal and developmental neuroscience. His diverse background explains his broader public health approach to supporting and promoting the global dissemination of maternal-infant skin-to-skin contact. He qualified in Cape Town, South Africa and later worked as a doctor at Manama Mission, Zimbabwe. Here he, with Midwife Agneta Jurisoo, developed and implemented Kangaroo Mother Care (KMC) for premature infants right from birth, with dramatic improvement in survival of premature babies. He continues researching this and has given keynote addresses on KMC at International conferences in six continents. He has a Diploma in Child Health, a Masters degree in Public Health, and a Doctoral degree in Clinical Pharmacology.

Dr William Sears

William Sears, one of America's most renowned pediatricians, is the father of eight children, author of over 40 books on childcare and Associate Clinical Professor of Pediatrics at the University of California, Irvine School of Medicine. A pediatrician for over 35 years, he currently lives and practices pediatrics along with his three sons in San Clemente, California. Dr. Sears received his pediatric training at Harvard Medical School's Children's Hospital in Boston and The Hospital for Sick Children in Toronto, the largest children's hospital in the world, where he served as Associate Ward Chief of the newborn nursery and Associate Professor of Pediatrics. In addition to writing many books and scientific articles, Dr. Sears is a medical and parenting consultant to Baby Talk and Parenting Magazines. Dr. Sears is a fellow of the American Academy of Pediatrics, and a fellow of the Royal College of Pediatricians.

Jill Bergman

Jill Bergman loves children!

She holds a degree in Geography and English and a Higher Diploma in Education. She has worked as a teacher, missionary, counsellor, guider and youth leader, in three cultures and using three languages. Nevertheless, her top priority is her family, and three children. All along she has been working with Dr Nils Bergman on Kangaroo Mother Care and has written a book – "Hold Your Prem" a workbook for skin-to-skin contact for parents of premature babies, as well as scripted and produced four films on KMC.

Gloria Lemay

Gloria Lemay attendant in Vancouver, British Columbia, Canada. She specialises in VBAC and waterbirth. She has served birthing women since 1976 and is an advisory board member of Intact America. Her articles have been published in Midwifery Today Magazine. She is on the staff of Ancient Art Midwifery Institute and is a contributing editor of Midwifery Today. She wants her tombstone to read "She spoke up for babies".

Vicki Chan

Vicki has been a midwife since 1983. She has worked in a large tertiary hospital and a small private birth centre. Presently she works part-time at Sunshine Coast Private Hospital in Queensland. She also travels abroad offering support and education to midwives, medical workers and women in developing countries. She has been involved in the support and education of student and registered midwives, and has spoken far and wide on matters of birth. Vicki has helped to establish Women's Health Clinic and Birth Centre in Fremo, in Africa and is passionate about women, the family, and the health of the community.

Dr Alison Stuebe

Alison is a maternal-foetal medicine subspecialist at the School of Medicine, University of North Carolina (UNC). She has published multiple peer-reviewed articles on the association between lactation and long-term maternal health outcomes. In the clinical arena, she serves as medical director of lactation at UNC Hospitals, where she works with an interdisciplinary team of faculty and staff in lactation, paediatrics, family medicine, ob/gyn, pathology, general surgery, dermatology, and maternal/child health. She is currently conducting research on clinical management of breastfeeding complications and the intersection between postpartum depression and premature weaning.

Bridget Ingle

Bridget Ingle is an International Board Certified Lactation Consultant in her 20th year of practice. Her professional background started in paediatric and midwifery nursing but easily moved to all things lactation and breastfeeding following the birth of their first child 25 years ago. Bridget initially supported breastfeeding mothers as a Counsellor with the Australian Breastfeeding Association (then NMAA) and after her certification as an IBCLC, she built a busy private practice in Brisbane, and gained considerable clinical experience in complex breastfeeding issues such as recurrent mastitis, abnormalities of latch, low supply, and cleft palate. Bridget enjoys sharing her knowledge as a speaker at conferences, mentoring new or aspiring IBCLCS, and as a tutor and educator with Health e-Learning.

Rachel Reed

Rachel Reed is a homebirth midwife and a lecturer at the University of the Sunshine Coast where she teaches in the Masters of Midwifery. 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. Her PhD thesis to be submitted in 2012 is 'an exploration of midwifery practice during birth'. Rachel has written articles for journals, magazines and websites, and presented at many conferences and study days. She is also the author of MidwifeThinking blog site.

Lynne Staff

Lynne has been a midwife since 1983. Lynne has practiced in public, private and community care. In 1997, she helped to establish the Nambour Selangor Maternity Unit, where she continued to work until her move to Tasmania in 2008. She has worked as a midwifery educator in hospital and tertiary programs. As a manager, professional development and 'hands-on' midwife, Lynne has developed policies, procedure, practice guidelines and education programs for midwives and learning packages for warm water immersion and water birth, vaginal birth after Caesarean, breech birth and epidural analgesia/anaesthesia. She has a strong interest in consumer information and she has undertaken research and completed an Honours Thesis focused on the choice for a Caesarean section in a first pregnancy in the absence of a medical indication. Passionate about the sociological influences on pregnancy, birth and breastfeeding, she is about to commence a PhD. She currently works at the Mersey Community Hospital in LaTrobe, Tasmania.

Patrice Hickey

Patrice presently holds a position as a Clinical Midwife Consultant, Sunshine Hospital – Western Health, Melbourne, Victoria where her work has been focused on implementing an all risk caseload model of midwifery inclusive of the Victorian Department of Health pilot Home Birth program.

The other major committees that consume her spare time are as a Board member of the Perinatal Services Advisory Committee; as a member of the Consultative Council on Obstetric and Paediatric Mortality and Morbidity – Stillbirth Sub-Committee and as a member of the Australian Nursing and Midwifery Accreditation Council – Registered Midwife Accreditation Committee.

Dr Michael Koutsoukis

Michael is the Senior Staff Specialist in Obstetrics and Gynaecology at South West Healthcare in Warrnambool. He has made a career working in rural and regional centres, and is a firm advocate of reducing the current high rates of surgery in Obstetric services. He has worked in remote areas of Australia including Darwin, Alice Springs and Bowral and has taught at the University of Melbourne and The University of Wollongong.

Martha Sears

Martha Sears is the mother of eight children, a registered nurse, a former childbirth educator, a La Leche League leader, and a lactation consultant. Martha is the co-author of more than 25 parenting books and is a popular lecturer and media guest drawing on her eighteen years of breastfeeding experience. Martha speaks frequently at national parenting conferences and is noted for her advice on how to handle the most common problems facing today's mothers with their changing lifestyles.