

Broken Sleep?



Insights into biology, culture and parenting in today's world

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June 1st – Sept 30th 2023



Program

Helen Ball – New updates on bed-sharing & SIDS –
The view from UK

Deborah Carrington – Supporting neurodivergent
families in the perinatal period

Levita D'Souza – Parental motivation and satisfaction
with co-sleeping

Carly Grubb – Realistic expectations for infant and
toddler sleep

Thomas Harms – Self-attachment, baby-crying and
inner security

Lyndsey Hookway – Illness and sleep

Kathleen Kendall Tackett Breastfeeding doesn't need
to suck: Nurturing breastfeeding and mental health

James J McKenna – What evidence based research tells
us about “safe infant sleep”: The science of mother–infant
bedsharing

Lenka Medvecová Tinková – USPÁVÁNÍ – Why parents
help children to fall asleep and how this practice may
improve family sleep

Mishel McMahon – Reclaiming Aboriginal childrearing
theory and practice

Darcia Narvaez – Humanity's Evolved Nest provides the
wellness–informed pathway to thriving

Maisie Ruttan – How to holistically support twins &
multiples with sleep

Kristyn Sommer – Social media misinformation and how
to support new parents in their battle to tease apart fact
from fiction

Cecília Tomori – Selling sleep: Baby behaviour and the
commercial milk formula playbook

Speakers

Helen Ball PhD, MA, BSc (Hons)

Helen Ball is professor of anthropology and director of the Infancy & Sleep Centre (DISC) at Durham University. She founded Basis, the Baby Sleep Information Source as an outreach project of DISC, and was awarded the Queen's Anniversary Prize for Further & Higher Education. She conducts research and contributes to national and international policy and practice guidelines on infant care.

Deborah Carrington MBBS(Hons), BMedSc, FRACGP, IBCLC, DCH

Dr Deborah Carrington is a perinatal GP and IBCLC in Portland, Victoria. She specialises in breastfeeding medicine, sleep difficulties, perinatal mental health, tongue tie assessments and unsettled babies. She also has a special interest in neurodiversity-affirming care. Deborah works as a training supervisor and senior medical educator for the RACGP.

Levita D'Souza DPsych

Levita is a registered counselling psychologist and lecturer within the faculty of education at Monash University. Her research interests are in the area of perinatal psychology, adverse childhood experiences and its impact on attachment patterns and subsequent parenting practices. Her current research projects look at father's transition to fatherhood and engagement in night-time infant care.

Carly Grubb BEd

Carly is the founder of the Australian registered charity, Little Sparklers which furthers the work she began through the free peer support group she created in 2017, The Beyond Sleep Training Project. As a passionate advocate for babies and families, she believes in the power of lived experience and peer support in improving parental confidence and well-being.

Thomas Harms M.D. Psychology

Thomas Harms has worked in the field of attachment-oriented body psychotherapy for the past 30 years. His Emotional First Aid approach is a systematic crisis intervention technique to be used in parent-baby-therapy after birth. He is president of the European Institute of

Emotional First Aid and he trains professionals in the fields of counselling and psychotherapy all over Europe.

Lyndsey Hookway RNC SCPHN IBCLC

Lyndsey is an experienced paediatric nurse, IBCLC, researcher, responsive sleep/parenting advocate, international speaker, trainer and the author of six books. A PhD researcher at Swansea University, she explores the needs and challenges of medically complex breastfed infants and children. She is clinical director of the Holistic Sleep Coaching program and Thought Rebellion.

Kathleen Kendall-Tackett PhD, IBCLC, FAPA

Kathleen is a health psychologist, IBCLC, and the owner and editor-in-chief of Praeclarus Press. She specializes in women's-health research including breastfeeding, depression, trauma, and health psychology. Her most recent books include: Depression in New Mothers, Women's Mental Health Across the Lifespan, Psychology of Trauma 101 and The Science of Mother-Infant Sleep.

James J McKenna PhD

McKenna is Dean's Executive Professor of biological anthropology at Santa Clara University, Edmund Joyce C.S.C. Chaired Professor of Anthropology University of Notre Dame, Emeritus and director of the Mother-Baby Behavioral Sleep Laboratory. He has published over 150 articles and six books including Sleeping With Your baby: A Parents Guide To Co-sleeping.

Lenka Medvecová Tinková PhD cand.

Lenka is a PhD candidate in medical anthropology at Durham University and a researcher at the Durham Infancy and Sleep Center. She is the founder of the Czech sleep project ProsimSpinkej which helps to explain the nature and differences in children's sleep and supports parental self-confidence regarding family sleep. Lenka is the author of two books for parents and four children's books.

Mishel McMahon

Michelle is a Yorta Yorta woman, she grew up in rural Victoria. She is Aboriginal Rural Health Coordinator at La Trobe Rural Health School. With a Bachelor of Social Work, Mishel worked at various First Nations organisations, and as co-ordinator of the Victorian Aboriginal Research Accord.

Speakers (cont.)

Darcia Narvaez PhD

Darcia Narvaez is professor emerita of psychology at the University of Notre Dame, fellow of the American Psychological Association, American Educational Research Association and American Association for the Advancement of Science. She was a blogger for Psychology Today, hosts the webpage EvolvedNest.org and is president of KindredWorld.org.

Maisie Ruttan BA, RDPN

Maisie Ruttan is a family sleep specialist and parenting coach. She runs an international practice offering support to families and is the founder of Hello Bedtime, an online sleep program for children. She specialises in working with bigger kids (2+), families with multiples, and children with neurodevelopmental disabilities, using a heart-centered and holistic, parenting to sleep framework.

Kristyn Sommer PhD

Kristyn Sommer has a PhD in developmental psychology from the University of Queensland and is currently a Griffith University Postdoctoral Research Fellowship awardee at Griffith University on the Gold Coast. Dr Sommer is an avid science communicator and translates the science of children and parenting to almost half a million followers across multiple social media platforms.

Cecília Tomori PhD, MA

Cecília Tomori is associate professor and director of global public health at the Johns Hopkins School of Nursing with a joint appointment at the Johns Hopkins Bloomberg School of Public Health. She is an author of the 2023 Lancet Breastfeeding Series, three books on breastfeeding and reproduction, and numerous publications on a range of public health issues.

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