

Speakers (cont.)

Cara Riek DNP, RN, FNP-BC, IBCLC, DABLS, FAANP

Dr Cara Riek graduated from Arizona State University with a Doctor of Nursing Practice degree. She is a board-certified family nurse practitioner in addition to having her IBCLC certification. Dr Cara is also a diplomate of the American Board of Laser Surgery, specialising in oral surgery in infants, toddlers, and adults. She has additional training as a certified specialist in orofacial myology (CSOM).

Alison Sigal B.H Kin, DDS, MSc (Peds Dent), FRCDC

Dr Alison Sigal has an honours degree in Kinesiology, a Doctor of Dental Surgery and Masters of Science Degree with specialty training in Paediatric Dentistry. Dr Sigal established Little Bird Paediatric Dentistry to provide comprehensive airway centric health care to children from birth onwards. She has additional training in orofacial myofunctional therapy, frenum assessment/care and Buteyko breathing.

Brooke Van Zanden PhD, MCP

Dr Brooke Van Zanden is a clinical psychologist practising in perinatal and infant mental health in the Illawarra region of NSW. Outside of clinical practice, Brooke is an early career academic with an interest in research on infant sleep, attachment theory, and exploring prenatal influences on sleep outcomes throughout infancy and childhood.

Jeanine Young PhD, BSc (Hons) Nursing, Dip Advanced Nursing Care, RN, RM, AM

Professor Jeanine Young is a registered nurse, midwife, and neonatal nurse. Jeanine is the Australian lead for the Pēpi-Pod® Program in collaboration with Change for our Children New Zealand. Jeanine was awarded Member of the Order of Australia in the Queen's Birthday Honours List in 2020 for her significant contributions to medical research in infant mortality prevention, tertiary education and nursing.

Accreditation:

14.25 CERPs, 5.5 L CERPs & 8.5 R CERPs

AHPRA Registered Practitioners:

This training counts towards your continuing professional development (CPD) hours

RACGP: Points may be self-logged



Registration

To register go to:
breastfeedingconferences.com.au

Prices

Full Price: **\$240**

Earlybird price: **\$210**

(if registered by April 20th)

Group Registrations

Learn with colleagues and save!

Group price – 8 or more delegates: **\$205**



Broken Sleep

Insights and evidence based approaches to infant sleep



View online

12th May – 30th September 2025

breastfeedingconferences.com.au

Program

Helen Ball – How babies sleep: The view from anthropology

Ingrid Boedker – Touching, fast and slow

Sophie Brock – Beyond ‘good mothers’ and ‘good babies’: Sociological insights on cultural ideals

Tracy Cassels – Baby sleep SOS: Identifying the physical culprits behind sleepless nights

Kaili Ets – How sensory processing differences can affect sleep – and what to do about it

Laura Harrison – Sleeping babies, technology, and the construction of risk

Greer Kirshenbaum – The science of infant sleep

Wendy Middlemiss – Supportive measures for infant sleep: Building on what parents know and what babies need

Sarah Ockwell-Smith – Better toddler and preschooler sleep, without sleep training

Herbert Renz-Polster – Positional plagiocephaly – really just positional?

Cara Riek – Deconstructing colic: Detective work to identify the true root cause

Alison Sigal – Introduction to airway centric paediatric health care and tongue ties

Brooke Van Zanden – How can we better support breastfeeding families to navigate infant sleep? Reflections from breastfeeding mothers who have discontinued from conventional infant sleep interventions

Jeanine Young – Partnering with families to plan safer infant sleep environments: A safer sleep guideline informed by risk minimisation

Speakers

Helen Ball PhD, MA, BSc

Dr 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 in 2012 as an outreach project of DISC, for which she was awarded the Queen’s Anniversary Prize for Further & Higher Education in 2018. In 2025 her popular science book *How Babies Sleep* will be published by Penguin Random House.

Ingrid Boedker BA, MSc

Ingrid Boedker is a PhD student at Liverpool John Moores University (LJMU) in the UK. She is a member of the Somatosensory & Affective Neuroscience Group (SomAffect) at LJMU and the Durham Infancy and Sleep Centre (DISC) at Durham University. Ingrid’s research focuses on different infant sleeping locations and associated outcomes and how touch behaviours mediate these.

Sophie Brock PhD

Dr Sophie Brock is a sociologist and mother living in Sydney, Australia. Sophie’s work provides a cultural analysis of motherhood, exploring the ways individual experiences of mothers are shaped by broader social constructs. She is self-employed, develops online courses for mothers and practitioners and hosts a podcast *The Good Enough Mother*.

Tracy Cassels PhD

Tracy Cassels is the director of Evolutionary Parenting. She has a BA in Cognitive Science from the University of California, Berkeley, an MA in Clinical Psychology and a PhD in Developmental Psychology from the University of British Columbia. Her academic works have been published in several peer-reviewed journals.

Kaili Ets

Kaili Ets is a pediatric occupational therapist, infant craniosacral therapist, and holistic sleep and reflux specialist with over 17 years of experience supporting infants and young children. She specialises in sensory processing, nervous system regulation, and developmental challenges that impact sleep, feeding, and overall well-being.

Laura Harrison PhD

Laura Harrison is professor and chair in the Department of History & Gender Studies. She received her doctorate in Gender Studies from Indiana University. Her most recent book project, *Losing Sleep: Risk, Responsibility, and Infant Sleep Safety* (NYU Press, 2022) takes on socially constructed beliefs about infant safety, including how medicine, law, and policy reward some parents while punishing others.

Greer Kirshenbaum PhD

Greer Kirshenbaum is an author, neuroscientist, doula, infant and family sleep specialist and mother. Greer has combined her academic training with her experience as a doula and mother to lead The Nurture Revolution. Her book is called *The Nurture Revolution: Grow Your Baby’s Brain and Transform Their Mental Health Through the Art of Nurtured Parenting*.

Wendy Middlemiss PhD

Dr Wendy Middlemiss is a professor of educational psychology and teaches in the Human Development and Family Sciences concentration at the University of North Texas. She has worked in applied and research settings and has published in the areas of applied programming. She is currently the editor of Family Relations: International Journal of Applied Family Science.

Sarah Ockwell-Smith

Sarah Ockwell-Smith is a well-known parenting expert and popular childcare author who writes about the psychology and science of parenting. Sarah’s background is in psychology, clinical research and antenatal education. Sarah has authored 16 books, translated into over 30 languages, which have sold over half a million copies, including the bestselling *The Gentle Sleep Book*.

Herbert Renz-Polster MD

Herbert Renz-Polster was trained as a paediatrician and then completed a fellowship in paediatric pulmonary medicine. He contributed to the development and publication of an evolutionary theory of positional plagiocephaly (together with Freia De Bock). He is currently affiliated with the Dept. of General Pediatrics, Neonatology and Pediatric Cardiology, Heinrich-Heine-University, Düsseldorf, Germany.