

Current Topics in Breastfeeding

With Nancy
Mohrbacher

Sydney Feb 17th
Brisbane Feb 19th



Program

8.00am Registration open

Tea and coffee available

8.45am Simplifying breastfeeding:
The first 36 hours

10.00am Concerns about low milk production

11.15am *Morning tea*

11.45am Helping pump-dependent families

1.00pm *Lunch*

1.45pm Transitioning to direct breastfeeding
(including transitioning from a bottle,
transitioning preterm babies, weaning
from a nipple shield)

3.15pm *Afternoon tea*

3.30pm Navigating lactation trainwrecks

4.30pm Questions and discussion

4.45pm Close

Abstracts

Simplifying breastfeeding: The first 36 hours

Learn positioning strategies that make early breastfeeding easier for families and helpers, the effects of skin-to-skin contact and separation on infant stability, what biology tells us about normal early feeding patterns, and ways institutions and individuals can more effectively support breastfeeding parents for better outcomes.

Concerns about low milk production

Learn which methods of assessing milk adequacy during the hospital stay are reliable and which are unreliable, how to gauge the need for supplements, and when supplements are needed, recommended feeding volumes and methods. This presentation also includes reasons mothers use formula supplements unnecessarily and the impact on breastfeeding self-efficacy.

Helping pump-dependent families

Today, nearly all nursing parents express milk, but many rely heavily on their pumps to achieve their long-term lactation goals. This session covers key aspects of pumping for a baby in the NICU, exclusively pumping for other reasons, and regular pumping for work or school. Learn what's important for establishing milk production without a nursing baby and how to use storage capacity to individualise pumping routines for exclusively pumping and employed families.

Transitioning baby to direct nursing

Summarises strategies that can be used with term and preterm babies transitioning from bottles, nipple shields, and other feeding methods to full breastfeeding using insights from the research and clinical practice. Includes a four-part framework for determining possible factors contributing to distress at the breast, along with strategies for targeting interventions to the cause of the feeding problem.

Navigating lactation trainwrecks

One of the greatest challenges of working with lactating families is those extremely dire situations in which breastfeeding is so far gone that parents seek out our help as their last resort. What makes a situation a “trainwreck?” Where do we start when faced with multiple difficulties? What strategies can help us navigate these stressful situations more effectively and compassionately? How do we best meet the needs of parents who are at the end of their rope?





Nancy Mohrbacher IBCLC, FILCA

Nancy began helping nursing families in 1982 as a volunteer peer supporter. She became an IBCLC in 1991 and spent 10 years growing a large private lactation practice in the Chicago area, where she worked one-on-one with thousands of families. Nancy is the author or co-author of three current books for nursing parents and two for lactation specialists, including her 2020 textbook, *Breastfeeding Answers (2nd ed)*. Her Breastfeeding Solutions app is used worldwide, and her YouTube channel has millions of views. She currently creates innovative lactation education for aspiring and recertifying lactation consultants online at LactaLearning.com and speaks at events internationally. Nancy was in the first group of 16 to be honoured for their contributions to breastfeeding with the designation FILCA, Fellow of the International Lactation Consultant Association.

Dates and venues

Sydney: Monday Feb 17th 2025

Venue: Hotel Central Sydney by Ascott -
169-179 Thomas Street Haymarket,
Sydney

Brisbane: Wednesday Feb 19th 2025

Venue: Hotel Grand Chancellor Brisbane,
23 Leichhardt Street, Brisbane

Pricing:

Full price: \$295

Earlybird price: \$245 (if registered by Jan 5th 2025)

Student/unwaged: \$220 (if registered by Jan 5th 2025)

Group price: \$220 (5 or more if registered by Jan 5th 2025)

Registration:

It's easiest to register online at:

breastfeedingconferences.com.au

Accreditation

IBLCE Approval: CL2024-AU2 - 6.25 L CERPs