

# 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](http://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](http://www.callyhotel.com.au)



## 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](mailto:zacdan@datafast.net.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](http://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](http://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](http://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](http://www.airbnb.com.au) and [www.stayz.com.au](http://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

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

# Turning the Tide

## for Birth and Breastfeeding

### Day 1

8.00am	Registrations
8.30am	Opening address
8.45am	<b>Donna Geddes</b> – Human milk: A big player in the developmental origins of health and disease
9.45am	<b>Heather Harris</b> – SYPNCY – Breastfeeding 101
10.30am	Morning tea
11.00am	<b>Pam Heselev</b> – Floppy poppies – Stiff necks, flat heads and breastfeeding
11.45am	<b>Laurel Wilson</b> – Marijuana and breastfeeding – Toxic, neutral, or who knows
12.30pm	<b>Jen Hocking</b> – 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	<b>Anita Bearzatto</b> – Managing slow weight gain in a breastfeeding baby – “Your advice really matters”
3.15pm	<b>Pinky McKay</b> – Milk sleep and baby’s brains
4.00pm	Afternoon tea
4.15pm	<b>Rachel Reed</b> – 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	<b>Rachel Boak</b> – Choosing foods for infants – What influences parents?
9.45am	<b>Donna Geddes</b> – How do we study the impact of infant tongue tie on breastfeed and what have we found
11.00am	Morning tea
11.30am	<b>Laurel Wilson</b> – Can a baby be allergic to breastmilk? Lactose intolerance, allergies, sensitivities and galactosemia
12.30pm	<b>Della Forster</b> – RUBY trial, a randomised trial of proactive telephone peer support for breastfeeding
1.15pm	Lunch
2.00pm	<b>Laura Tolton</b> – “Every bone in my hand”: An auto-ethnographic exploration of obstetric violence
2.45pm	<b>Rachel Reed</b> – 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 seeing 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; Hons(Nutrition); MSc(Nut&Diet)

Rachel is an 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** – PhD

Professor of Midwifery and Maternity Service Research, La Trobe University & Royal Women's Hospital. Della is a Professor of Midwifery and has a joint appointment between the Judith Lumley Centre at La Trobe University, and the Royal Women's Hospital. Her research includes work on breastfeeding, maternity models of care and perinatal mental health.

## **Donna Geddes** – DMU PostGradDipSc 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 ACMI (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, DipAppSci(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 Tactics* and *Parenting By Heart*. The Australian Breastfeeding Association, La Leche League International and The Australian Association of Infant Mental Health recommend 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** – BScHons, 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 Midwife Thinking 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, CCCE, CLD

Laurel is an author, international speaker and pregnancy and lactation expert. She served as the Executive Director of Lactation Programs for CAPP, 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: Doula's 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)*

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### 1 Day *(tick which day)*

- Day 1  Day 2

Full Price - **\$245** | Earlybird Price (Jan 1st, 2018) - **\$210** |  
Extra Earlybird Price (Nov 1st, 2017) - **\$190** | Student/Unwaged - **\$165**

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### Online Seminar (February 23rd - May 31st)

- Full Registration - **\$360**
- Earlybird Registration (if registered and paid by Jan 1st, 2018) - **\$320**
- Student/Unwaged Full Registration - **\$280**

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**Conference Dinner**

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**Donation to the Warrnambool Breastfeeding Centre**

**TOTAL Amount:** \$ \_\_\_\_\_

**Credit card** (Mastercard/Visa)

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Credit Card Number

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Expiry Date

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**It's easier to book online!** To book online go to: [www.breastfeedingconferences.com.au](http://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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