

Registration

Name _____

Address _____

_____ Postcode _____

Phone _____

Email _____

Occupation _____

Place of work _____

Special dietary needs _____

Pricing (please tick)

2 days

Full Registration – **\$450** | Earlybird Price – **\$420**
(Earlybird Registrations by Dec 10th 2018)

1 day (tick which day)

Day 1 Day 2

Full Registration – **\$265** | Earlybird Price – **\$245**
(Earlybird Registrations by Dec 10th 2018)

TOTAL AMOUNT: \$ _____

Payment options

Cheque Money Order Credit Card

Card type: Visa Mastercard

Credit Card Number

Expiry Date

CVV

Card Holder's Name

It's easier to book online!

To book online go to: www.breastfeedingconferences.com.au

Cheque or Money order can be made payable to:
Australian Lactation Management Associates (ALMA)

Please forward completed form and payment to:
41 Heath Marsh Road, Panmure, Vic 3265
ABN 83 820 560 346 – Barbara Glare

Accreditation: IBCLE and MidPLUS points have been applied for.

At Breastfeeding Conferences we are all about supporting the people who support breastfeeding mothers, offering a wide range of educational opportunities for health professionals.

Director of Breastfeeding Conferences, Barb Glare is an International Board Certified lactation Consultant with more than 15 years experience as an IBCLC working in a large rural hospital. She is in touch with the issues that face health professionals working with breastfeeding mums.

Breastfeeding Conferences aims to offer quality educational programs in a variety of formats including online and face to face, because networking and sharing ideas are an important feature of our seminars.

Upcoming Seminars

Broken Sleep

ONLINE Conference
View Until Dec 31st 2018

Featuring Dr James McKenna, Dr Tracy Cassels, Dr Cecilia Tomori and more.

Focus on Lactation: Updates for Today's Breastfeeding Professionals

Featuring Laurel Wilson.

Brisbane – Monday, May 12th

Melbourne – Wednesday, November 14th

Sydney – Friday, November 16th

www.breastfeedingconferences.com.au

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IT'S JUST BREASTFEEDING:

How did it get so complicated?

Canberra – Jan 31st – Feb 1st 2019

Perth – Feb 4-5th 2019

Adelaide – Feb 7-8th 2019



Venues:

Canberra

Mantra on Northbourn.
84 Northbourne Avenue
Canberra ACT

Perth

Novotel Perth Langley
221 Adelaide Terrace
Perth WA 6000

Adelaide

The Playford
120 North Terrace
Adelaide SA 5000

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Speakers



Molly Pessl,
RN, BSN, IBCLC, FILCA

Molly is the owner/director of Evergreen Perinatal Education. She received her nursing degree from the University of Michigan where she first learned the importance of breastfeeding, during a time when few women were encouraged or chose to breastfeed. Throughout her long career, Molly has focused on family-centered maternity and pediatric care and then became a board certified lactation consultant in 1986, soon after the profession was created.

Before the formation of Evergreen Perinatal Education, Molly worked at EvergreenHealth from 1985 – 2003, following 5 years as a health educator, clinician and lactation consultant for a hospital-based nurse-midwifery service. During her years at EvergreenHealth, Molly developed comprehensive parent and professional education programs, a regional breastfeeding center, a postpartum follow-up clinic and Parent-Baby Groups. These programs contributed to EvergreenHealth achieving the first US designation of “Baby Friendly.”



Ginna Wall, RN, MN, IBCLC

Ginna received her master's degree in nursing from the University of Washington in Seattle and has been an IBCLC since 1987. Ginna founded the lactation program at UW 31 years ago and continues there as coordinator of Lactation Services bringing evidence-based, family- friendly care to the hospital setting. She led the University of Washington Medical Center to Baby Friendly recognition in 2009. Ginna has served as faculty for Evergreen Perinatal Education since its inception.

Program – Day 1

Registrations 8.00am for an 8.45am start – Tea and coffee served.

Lunch will be 12.30 and there will be 15 minute breaks for morning and afternoon tea.

Conference ends at 4.45pm each day.

Talking to women about breastfeeding

- Barriers to promoting breastfeeding
- Making breastfeeding an expectation
- How culture influences breastfeeding promotion
- Dealing with the tough questions – Knowing the scripts

Breast assessment

- Providing confidence to women about their bodies' ability to birth and feed babies
- Internal anatomy and understanding where and how milk is made
- Understanding breastmilk production
 - Hormones of milk production
 - Prolactin
 - Oxytocin – The most potent of female hormones
- Identifying potential physical problems
- Anticipatory treatment of flat and inverted nipples

Why it matters what we feed babies

- Species-specificity of mammal milks
- Critical components of human milk
- The human microbiome – Human milk and the immune system
- Influence of antibiotics and gut flora
- Influence of formula marketing on human health

Getting feedings started with evidence-based care

- Evaluating birth practices
 - Labor routines
 - Medications
 - Newborn recovery
- Skin to skin care and breastfeeding responses
 - Postpartum practices
 - Making feeding a priority
- Cesarean birth as an obstacle to best practice

Program – Day 2

Positioning and attaching babies at the breast: Can we lighten up a bit?

- There are many ways to breastfeed
- What do we really know?
- Newborn reflexes enhance early feeds
- Positioning multiple babies
- Assessment of a feeding: Are we so wise we can eliminate all pain, discomfort?
 - LATCH score practice

Normal patterns of early breastfeeding

- Growth and development of babies 0-3 months
- Expectations for early feedings
- How often should a newborn eat?
- The confusion of research numbers
- The “Cuddlers”
 - Nesting vs. holding, carrying
 - Crying babies
 - The sleepy or hysterical baby
 - The “Arsenic Hours”

Challenging early feedings

- When things aren't coming together
 - The “Take Charge” routine - When is it OK to help out?
 - 15 minutes of breastfeeding help
- Infant oral anatomy issues
- Tools and techniques of the trade

Insufficient milk – Intake and/or supply?

- What is normal weight gain?
- How much milk is enough?
- Assessment and treatment when there is a problem
- Keeping women going when breastfeeding is hard