



# Seeking Solutions: Finding Balance

TE RAPU RONGOĀ: TE KIMI TAURITE



**Watch the NZLCA 2023 Conference Online: 10 February to 5 March 2023**

**This is an online conference offering pre-recorded sessions  
which can be viewed at any time between 10 February and 5 March 2023.**

Lactation Consultants and Breastfeeding Advocates from around the world are supporting NZLCA to provide you with up-to-date information and recommended best practices.

## Accreditation

Total Cerps Allocated: 16.5 L; 1 E and 2.5 R Cerps  
Recognition Number: C202305  
Pre-Exam Education Hours: 20  
This event has been approved up to 20 hours by the NZ Midwifery Council.  
Certificates will be provided based on the number of online presentations completed.

## Registration fees

Member Earlybird	prior to 10 January 2023	\$365
Member Full	after 10 January 2023	\$415
Non-Member Earlybird	prior to 10 January 2023	\$415
Non-Member	after 10 January 2023	\$465

*Evidence of NZLCA 2023 membership will be required for the member rate. Fees are in NZ dollars and include GST.*

To register go to <https://nzlca.wildapricot.org/>  
or for further information email [megan@allsortedlifestyle.co.nz](mailto:megan@allsortedlifestyle.co.nz)

## Your invitation to the NZLCA 2023 Online Conference



On behalf of the Board of the New Zealand Lactation Consultants Association, I have great pleasure in inviting you to attend this 2023 event – *Seeking Solutions: Finding Balance | Te Rapu Rongoā: Te Kimi Taurite*.

Once again, NZLCA has worked to provide a wide range of presentations from international presenters because we know that many of you have been affected by Covid-19 restrictions, including gaining sufficient education hours to maintain your practice requirements. We have responded to your feedback and suggestions for topics and have provided a wide variety of high-quality international presentations along with a focus on New Zealand presenters, as you requested.

To get the best from this conference, we suggest that you register early, and allocate plenty of time, as if you were attending a face-to-face conference. Submit your applications for study leave or annual leave to your employer early (even earlier if you're applying for them to pay your earlybird registration fee) and be ready to enjoy some amazing presentations.

Before registering for this conference please note that there will be no extension of time after 5 March 2023, so please don't leave things until the last minute. Start on 10 February and pace yourself to watch as few or as many presentations as you choose over a 24-day period. There is no requirement to watch all the sessions offered. Your certificate will be amended accordingly.

Join me online, as leaders and change-makers help us to work towards our national goal:

**“To advance the IBCLC profession in Aotearoa/ New Zealand through leadership, advocacy, professional development and research”**

In addition, we also invite you to attend our AGM at 7:00 pm on Tuesday, 14th February 2023.

*Bex Pownall*

2023 Conference Convenor

## About the Conference

### CONFERENCE FOCUS

This conference is designed for us to continue our learning utilising online opportunities around Aotearoa New Zealand and beyond.

### CONFERENCE OBJECTIVES

- to challenge all participants to consider their own role in health equity
- to highlight factors that may influence how we understand and practice cultural literacy
- to provide opportunities for participants to reflect on their current practice, including a wide range of complex breastfeeding difficulties
- to network with other breastfeeding supporters via social media, to share ideas and developments
- to provide a high quality, international event with opportunities to gain continuing education hours.

### ABOUT NZLCA

The New Zealand Lactation Consultants Association (NZLCA) is the professional association of the International Board Certified Lactation Consultant (IBCLC) in Aotearoa New Zealand. NZLCA members have all passed a fully accredited examination set by the International Board of Lactation Consultants Examiners (IBLCE). Opportunities for education provided by NZLCA for members and interested health professionals include workshops, and conferences which cover many aspects of lactation, often provided by international presenters.

For further information and to join NZLCA or renew your membership please go to: [www.nzlca.org.nz](http://www.nzlca.org.nz)

### CANCELLATION & REFUND POLICY

No live sessions will be offered. Access to the pre-recorded presentations will be available from 10 February to 5 March 2023. Handouts will be available for downloading. No presentations will be available after 5 March 2023. No refund will be provided to those who do not access the presentations during the availability period.

NZLCA reserves the right to amend, postpone or cancel this event due to unforeseen circumstances. In such circumstances, every effort will be made to contact participants by email and/or phone in good time, and a full refund of registration fees will be offered but NZLCA will accept no further liability.

### SPONSORSHIP OR EXHIBITING

NZLCA welcomes sponsorship from WHO Code (and subsequent WHA Resolutions) compliant companies. For further information please contact [megan@allsortedlifestyle.co.nz](mailto:megan@allsortedlifestyle.co.nz)

### CONFERENCE DISCLAIMER

Statements of fact or opinion expressed by speakers are solely the responsibility of those speakers. NZLCA does not assume responsibility for the accuracy of the material and such material does not represent the official policy, opinion, recommendation, or endorsement of NZLCA. The appearance and content of advertisements contained in the final programme or registration inserts do not constitute a guarantee or an endorsement of the quality or value of the advertised products or services or of the claims made for them by their advertisers.

### SPEAKER DISCLOSURES

Anna Le Grange; Carol Smyth, Emma Pickett work in private practice and disclose book sales. Gretchen Becker Crabb provides OT consultation as an independent provider. All speakers will record a disclosure or non-disclosure at the beginning of their pre-recorded presentation. No other presenters have disclosed any affiliations which may have a bearing/ conflict of interest on the subject matter of their presentation.

## TASH WHARERAU



Ko Tash Wharerau tōna ingoa, No Te Mahurehure tōna Iwi. Tash is the Kaitiaki mō Wahine Ora at Women's Health Action. She has been involved with Ngā Wananga o Hine Koopu since 2010 as a Breastfeeding Advocate and Kaimanaaki. Tash has worked alongside whānau Māori in many various parenting roles with Iwi Providers. Her journey began from her experience of parenting and breastfeeding through breast cancer, so she is a proud, fierce Mama of her 3 tamariki home grown in Tai Tokerau.

### **Manaakitia te taōnga – Whāngai U ki roto i Nga Wānanga o Hine Koopu: Nurturing Breastfeeding through Hāpu Wānanga**

**1.0 L CERP 60 minutes**

Tash will share the magic of whānau pūrākau in Hāpu Wānanga. She will discuss the challenges and barriers to breastfeeding gathered through Hāpu Wānanga as identified by wāhine and whānau themselves. Tash will also explore the use of Mātauranga Māori in education and decision making in their own health Rangatiratanga.

#### LEARNING OBJECTIVES:

1. Explore cultural appropriation of engaging with Whānau Māori through Hāpu Wānanga;
2. Understand the expectations of Māmā and Whānau power and magic of Hāpu Wānanga;
3. Learn through Matauranga Māori about barriers and whānau solutions to Breastfeeding;
4. Explore the difference between mainstream antenatal education and Hāpu Wānanga.

## DIANNE WEPA



Dr Dianne Wepa holds several academic posts as Associate Professor Mental Health, University of Bradford, UK; Auckland University of Technology and University of South Australia. Dr Wepa's background and education is in mental health social work with Indigenous communities in New Zealand and Australia. Her PhD focused on Māori peoples' engagement with healthcare services. Current research interests include co-designing digital technology solutions for suicide prevention in the UK and remote communities in NZ. Professional memberships include accreditation as a mental health social worker in Australia and registration in New Zealand. Dr Wepa serves on several governance Boards including the Nursing Council of New Zealand, National Animal Ethics Committee and the NZ Audiologist's Complaints Board. Her research awards have been in the area of cultural safety research, suicide prevention and Indigenous Health

### **Breastfeeding and Lactation: Whangai ū: A Māori perspective**

**1.0 L CERP 60 minutes**

Dr Wepa will present her perspective on a Māori perspective on breastfeeding and lactation or whangai ū. The presentation will explore the significance of 'we', 'we-identity' and the collective consciousness of Indigenous Peoples when providing effective healthcare.

#### LEARNING OBJECTIVES:

1. Introduction to key Māori terms and concepts related to breastfeeding and lactation;
2. Explore concepts of we-identity within collective orientation of Māori culture and Indigenous populations;
3. Understand how to integrate a Māori perspective into practice.

## ALLISON WALSH



Allison Walsh (IBCLC LCCE FACCE) qualified as an International Board Certified Lactation Consultant in 2006, Lamaze Certified Childbirth Educator (2000), and doula (2000). She works in private practice providing in-home and virtual visits in New York City. She is one of the three founders of the Lactation Learning Collective, which offers education and support to those on the pathway toward certification as IBCLCs, along with families in need of lactation support. She trains childbirth educators and has represented Lamaze International at the US Breastfeeding Committee since 2004. Allison is a member of the New York City Breastfeeding Leadership Council, the New York Lactation Consultant Association, and an active La Leche League Leader. She is a mother of three formerly breastfed children.

### **Each One, Teach One: Mentoring on IBLCE's Pathway 3**

**1.0 R CERP 60 minutes**

Mentoring can seem like a Herculean task for busy IBCLCs who are already stretched thin on time and energy. Take an in-depth look at the why's and how's of mentoring the next generation, and also why it is crucial. Learn about IBLCE's requirements and how to smooth the process and for fulfilling experiences for both mentees and yourself.

#### LEARNING OBJECTIVES:

1. Explore the importance of providing mentorship as an IBCLC. This section will explore the benefits to: growing the profession in numbers and diversity, the individuals serving as mentors, and those who are mentees;
2. Understand the mentorship process. IBLCE's requirements for Pathway 3 mentorship will be explained;
3. Learn how to create a multi-faceted and individualized experience for mentees, while also addressing how to incorporate mentorship into their private practice.

## HOLLY WALKER



Dr Holly Walker is an independent researcher, writer, and policy consultant, and an Associate Fellow at Mahi a Rongo | the Helen Clark Foundation. She is the author of the 2022 report *Āhurutia Te Rito | It takes a village: how better support for perinatal mental health could transform the future for whānau and communities in Aotearoa New Zealand*. From 2020–22 she was the Foundation's Deputy Director, before moving into an associate role to focus on this project. Earlier, she spent five years as a Principal Advisor at the Office of the Children's Commissioner, and she was a Green MP from 2011 to 2014. She has an MPhil in Development Studies from the University of Oxford, undertaken on a Rhodes Scholarship, and a PhD in Creative Writing from the International Institute of Modern Letters at Te Herenga Waka - Victoria University of Wellington.

### **Āhurutia Te Rito | It takes a village: how better perinatal mental health policy could transform the future for whānau and communities**

**1.0 R CERP 60 minutes**

This presentation will build on the Helen Clark Foundation's 2022 report *Āhurutia Te Rito | It takes a village*, and summarise three key insights about perinatal and maternal mental wellbeing in Aotearoa New Zealand:

1. Better support for perinatal mental health would be transformational for whānau and communities.
2. Perinatal distress in Aotearoa is widespread, complex, and linked to systemic inequities.
3. Making sure parents and whānau have the right support at the right time is the best way to support perinatal mental health, and contributes directly to wider whānau wellbeing.

It will conclude by outlining key policy recommendations to improve perinatal mental wellbeing, and suggest examples of what these could look like in practice.

#### LEARNING OBJECTIVES:

1. Greater knowledge of the impact of perinatal distress on birthing parents, babies, whānau, and communities;
2. Insights about the drivers of perinatal distress that can inform practice;
3. Enhanced awareness of the connections between perinatal distress and wider policy challenges and the ability to advocate for solutions.

## KAROLYN VAUGHAN



Dr Karolyn Vaughan (RN, RM, C&FHN, M Res, M IMH, IBCLC, PhD, OAM) is a Registered Nurse, Midwife and Certified Child and Family Health Nurse and an IBCLC since 1991. Karolyn was a senior nurse consultant in the child and family health sector in New South Wales, Australia for many years, working within primary, secondary and tertiary level services, including residential mother baby units. She has a Masters in Research and second Masters in Perinatal and Infant Mental Health. In 2015, Karolyn completed her PhD and in 2022 on the Queen's birthday list was awarded the Order of Australia Medal. She is the Regional Director for the Asia Pacific and Africa for the International Board of Lactation Consultants Examiners (IBLCE).

### **What Are the Changes to the IBCLC Certification Programme?**

**0.5 R CERP 30 minutes**

The International Board of Lactation Consultant Examiners (IBLCE®) is continually reviewing and implementing changes to the IBCLC certification programme in line with best and evidence-based practice. This session will highlight recent changes to the certification programme. This information is important for all IBCLCs and prospective candidates to know.

#### LEARNING OBJECTIVES:

1. Describe why IBLCE is modifying the IBCLC certification programme;
2. List two changes for IBCLCs at certification;
3. List two places an IBCLC can find the changes.

## CAROL SMYTH



Carol Smyth (MBACP, IBCLC) is an IBCLC and CBT psychotherapist working in Northern Ireland, and the author of 'Why Infant Reflux Matters'. Carol also provides parental workshops, CBT counselling and professional education. She has a special interest in reflux and unsettled babies, and in helping parents to understand the normal baby behaviours and communications which are often misunderstood as reflux or pain. Parents managing an unsettled baby are often understandably anxious about their little one, and she integrates mental health interventions into practical strategies to reduce reflux.

### **Reflux in the Breastfed Baby: Challenging the Acid Suppression Paradigm**

**1.0 L CERP 60 minutes**

The presentation will provide a definition and explain the physiology of reflux and acid production; review prescribing changes in the last 30 years; and provide an overview of common investigations and interventions. It will also focus on the efficacy and side effects of reflux treatments; and take a closer look at baby breastfeeding behaviours and communications which may be misinterpreted as reflux symptoms.

#### LEARNING OBJECTIVES:

1. Provide a definition & explain the physiology of reflux and acid production;
2. Discuss common investigations and interventions including efficacy and side effects of reflux treatments;
3. Identify breastfeeding behaviours and communications which may be misinterpreted as reflux symptoms.

# EMMA PICKETT



After a career as a Deputy Headteacher, Emma trained with the Association of Breastfeeding Mothers, qualifying as a breastfeeding counsellor in 2007. Emma became an IBCLC in 2011 and she supports two weekly groups alongside a small private practice and her training commitments. Her book, *You've Got It In You: a positive guide to breastfeeding* was followed by *The Breast Book: a puberty guide with a difference*. Her third book, *Supporting breastfeeding past the first six months and beyond: a guide for professionals and parents* was published in 2022, and Emma is currently writing a book about supporting the end of breastfeeding. She is on Twitter as @makesmilk and on Instagram as @emmapickettibclc.

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## 1. The dangerous obsession with the infant feeding interval

0.75 LCERP 45 minutes

Responsive feeding is understood by most parents and professionals as the optimal way to get breastfeeding off to a good start. However, there is still often a creeping feeling that longer intervals between feeds are 'better' as we struggle to understand the underlying issues. We will discuss need for responsive feeding, the danger of perceiving scheduled feeding as the ideal, barriers to parents trusting responsive feeding and how we can help them to overcome them.

### LEARNING OBJECTIVES:

1. Understand how responsive feeding optimizes breastfeeding success;
2. Reflect on how best to support parents to feel comfortable with responsive feeding;
3. Understand the challenges in establishing responsive feeding as the default approach;
4. Have strategies to support parents with responsive bottle feeding.

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## 2. Supporting the ending of breastfeeding: how to support parent-led weaning and why it matters

1.0 LCERP 60 minutes

Breastfeeding supporters are accustomed to supporting the start of breastfeeding, but parents need support at the end too. Weaning can provoke feelings of guilt and parents are often worried about causing their children distress. How do we help parents to reach their goals with compassion: for their children and for themselves?

### LEARNING OBJECTIVES:

1. Know some approaches to ending breastfeeding at different stages of a breastfeeding journey;
2. Be able to support parents to reflect on their own goals and to make the decision to wean;
3. Know how to support parents to wean an older child while continuing to meet their child's emotional needs.

# YVONNE LEFORT



Dr Yvonne LeFort (B.Sc. MD FRNZCGP FCFP (Can) FABM IBCLC) has practiced Breastfeeding Medicine for over 20 years and runs a private Breastfeeding Clinic on Auckland's North Shore. She is a member of the Academy of Breastfeeding Medicine, serving on the Board of Directors, the Strategic Planning and Protocol Committees. Dr LeFort has provided education for IBCLCs and medical colleagues alike and has helped many healthcare workers, including doctors, to upscale their breastfeeding skills. She has presented nationally and internationally. In 2016 she started a RNZCGP Breastfeeding Medicine Peer Review group of 12 GP members across New Zealand Aotearoa, several of whom are practicing Breastfeeding Medicine. The goal is to have Breastfeeding Medicine recognised as a subspecialty within General Practice.

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## Hyperlactation: caring for the super producers

0.75 LCERP 45 minutes

This presentation addresses the situation of maternal overproduction both iatrogenic and genetically determined. The recognition and management of this situation is presented as a means of improving breastfeeding comfort for both mother and baby and to prevent untimely weaning.

### LEARNING OBJECTIVES:

1. Increase awareness of, and recognition of this common occurrence;
2. Show sensitivity and an appropriate management strategy regarding hyperlactation;
3. Have a preventive approach for those at risk of hyperlactation in both the prenatal and early post-partum settings.

## ANNA LE GRANGE



Anna Le Grange (RPN; IBCLC) Mindfulness teacher and Author has worked with new families for over 20 years. Anna brings her passion for psychology, neuroscience and mindfulness into her lactation support work and facilitates other professionals to incorporate emotional well-being tools into their own lactation practice. Anna breastfed her 3rd child following breast reduction surgery and experienced first-hand, the emotional challenges that so often relate to infant feeding complexities. She used her personal experiences alongside mindfulness and lactation knowledge, to create a toolbox of techniques for breastfeeding families, which she includes in her courses and book, *The Mindful Breastfeeding Book*.

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### Breast/Chestfeeding After Breast Reduction

1.0 LCERP 60 minutes

With breast surgery becoming more common, it's important for professionals to understand how it can affect lactation and the experience of breastfeeding or chestfeeding parents. Both an IBCLC and Mum who breastfed her daughter after having breast reduction surgery, Anna Le Grange talks through the implication of breast reduction surgery on lactation, covering both the physiological and psychological challenges that parents face. As well as sharing the experiences of those who have had breastfed after surgery, Anna introduces practical steps that supporters and professionals can take to help their clients define and strive for their breastfeeding or chestfeeding goals in a gentle and realistic way.

#### LEARNING OBJECTIVES:

1. Describe how breast reduction surgery affects lactation;
2. Identify what practical steps can be taken to support those wishing to breastfeed or chestfeed after surgery;
3. Explain why understanding the brain/body connection can help improve the experience of those breastfeeding after breast reduction.

## KATHLEEN KENDALL-TACKETT



Dr. Kathy Kendall-Tackett (PhD, IBCLC, FAPA) is a health psychologist and the Owner and Editor-in-Chief of Praeclarus Press. She is also Editor-in-Chief of the journal, *Psychological Trauma* and was Founding Editor-in-Chief of *Clinical Lactation*, a position she held for 11 years. She is Fellow of the American Psychological Association in Health and Trauma Psychology, Past President of the APA Division of Trauma Psychology, and a member of APA's Publications and Communications Board. Kathy specialises in women's-health research including breastfeeding, depression, trauma, and health psychology, and has won many awards for her work. She has authored more than 470 articles or chapters and is author or editor of 39 books. Her most recent books include *Depression in New Mothers* and *Women's Mental Health Across the Lifespan*. Her latest book is called *Breastfeeding Doesn't Need to Suck*.

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### 1. Why Breastfeeding Prevents Maternal Metabolic Syndrome and Cardiovascular Disease

1.0 LCERP 60 minutes

Several large clinical trials and meta-analyses have demonstrated that breastfeeding lowers women's lifetime risk of metabolic syndrome, diabetes, and cardiovascular disease. Further, these studies have documented a dose-response effect: the longer that women breastfeed, the lower the risk. The intriguing question is why this occurs. Research from the field of health psychology provides several possible mechanisms that can explain this effect. In this session, you will learn the many ways that breastfeeding positively affects women's health. Breastfeeding downregulates the stress response, lowers inflammation, decreases depression, improves mother's sleep quality, decreases daytime fatigue, and even attenuates the effects of psychological trauma.

#### LEARNING OBJECTIVES:

1. Describe recent studies on breastfeeding's impact on women's lifetime health;
2. Describe components of the human stress response;
3. Examine the impact of psychological state on disease, sleep problems and trauma on long-term health;
4. Impact of breastfeeding on negative mental state, trauma and sleep.

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### 2. Should this Study Change My Practice?

1.0 LCERP 60 minutes

Hundreds of breastfeeding studies are published every year. How do you determine if findings from a study should change your practice? This session will focus on what every clinician should know about interpreting research results. You will learn how to evaluate the quality of studies and determine whether they apply to your practice. We will discuss the question the study seeks to address, the quality of the design and methodology, and the application of the findings. Not all studies are created equal. Participants will learn to distinguish between studies that are well done and those that are weaker through plenty of real-world examples.

#### LEARNING OBJECTIVES:

1. Describe the basic structure of an article and know how to read it;
2. Understand the different types of research designs and how they can be used for different research questions;
3. Understand how various research designs apply to specific questions in breastfeeding.

## RENEE KAM



Renee Kam obtained a Bachelor of Physiotherapy in the year 2000 and worked in the areas of women's health, musculoskeletal and paediatric physiotherapy. Her book, *The Newborn Baby Manual*, was published in 2011 and she became an IBCLC in 2012. She is now undertaking a PhD investigating breast hypoplasia as a reason for low breastmilk production. Renee's supervisors for her PhD are Professor Lisa Amir and Dr Meabh Cullinane. Renee currently has 6 papers published as a part of her PhD.

### Breast hypoplasia and insufficient milk production – what we know and what we still need to find out

1.0 LCERP 60 minutes

Breast hypoplasia is one reason for an inherent inability to make a fully milk supply. This presentation will update delegates about what is known and what is still unknown about breast hypoplasia as a reason for low milk production and provide tips about supporting women with insufficient milk production.

#### LEARNING OBJECTIVES:

1. Be able to distinguish between breast hypoplasia and insufficient glandular tissue;
2. Be able to identify features which may be suggestive of breast hypoplasia;
3. Feel more confident supporting breastfeeding women with breast hypoplasia.

## JEN HOCKING



Jen Hocking (BA, BN, GradDipMid, MMid, PhD, RN, RM) is a midwife who worked in the public maternity system in Victoria, Australia for 20 years until 2018; and as a lecturer in the Bachelor of Midwifery programme at the Australian Catholic University for five years. Jen's PhD was an ethnographic study examining the clinical practice of Lactation Consultants who provide support and care for breastfeeding women. Amongst other things, she found that relationships were central to the care they offered. Jen is interested in how midwives and healthcare systems can support fabulous breastfeeding experiences that build connection between mothers and their newborn babies.

### Finding Connection in Complexity: How Lactation Consultants provide breastfeeding support for complex mother–baby dyads

1.0 LCERP 60 minutes

Jen Hocking conducted a focused ethnography of LC practice over a range of settings in Melbourne, Australia. The study findings included the work that LC's carry out with women and infants with complex medical problems as well as women with complex breastfeeding issues. LCs were observed to utilise a number of strategies in their practice to help women to achieve their breastfeeding goals. This is the first time that this practice of complex breastfeeding support work has been documented and there are many messages for current clinicians who are engaging with women and their infants with complex problems.

#### LEARNING OBJECTIVES:

1. Gain an understanding of relational approaches to breastfeeding support;
2. Learn about ways to incorporate this approach to complex problems in practice;
3. Understand the concept of an embodied approach to breastfeeding.

## KARLEEN GRIBBLE



Karleen Gribble is an Adjunct Associate Professor in the School of Nursing and Midwifery at Western Sydney University. Her interests include infant and young child feeding in emergencies, regulation of the marketing of breastmilk substitutes, child rights, adoption reform, and treatment of infants within child protection, immigration detention, and criminal justice systems. Karleen passionately advocates for recognition of the importance of mothers to their infants and works to create environments that support breastfeeding and the mother–infant relationship, particularly in situations of adversity.

### The WHO International Code and the rights of women and children

1.0 ECERP 60 minutes

What is the WHO International Code, how did it come about, how does it protect the rights of children and women, and what are the responsibilities of individuals and organisations under the Code? This presentation will answer these questions and show how, more than anything else, the WHO International Code has enabled infants to be breastfed.

#### LEARNING OBJECTIVES:

1. Describe why the WHO International Code was instigated;
2. Identify key aspects of the WHO International Code;
3. Describe the rights held by infants in relation to health and women in relation to breastfeeding and the responsibilities of others to protect these rights.

### Infant Feeding in Emergencies

1.0 LCERP 60 minutes

This presentation will describe why infants and young children are vulnerable in emergencies. It will outline how aid can undermine the health of infants and young children and how aid can support the well-being of infants and young children. A brief summary of global COVID-19 maternal and newborn care guidance regarding breastfeeding supportive practices will also be provided.

#### LEARNING OBJECTIVES:

1. Understand the importance of ensuring appropriate emergency planning for infants and young children;
2. Understand how to support the mothers and caregivers of breastfed and non-breastfed infants and young children in disasters;
3. Identify how COVID-19 maternal and newborn care guidance varied around the world.

## ALISON FARNELL



Alison Farnell (RCompN, RM, BHSc (Midwifery), IBCLC) has worked for over 25 years as a midwife in the Auckland Region, and for the last 12 years as a member of the (now) Te Whatu Ora Counties Manukau Lactation Service Team. She is currently the BFHI Coordinator, has trained as a BFHI Assessor, and has co-facilitated BFHI and Ankyloglossia workshops over several years.

### Breastfeeding a Baby with a Cleft

1.0 L CERP 60 minutes

How can you support a mother of a baby with cleft lip and/or palate to have a successful breastfeeding experience? What does success mean? How is success defined and who defines it? What resources are available? In some parts of the world, babies are routinely admitted to NICU and bottle-fed: mothers are discouraged from trying to breastfeed. Alison has worked with many families that had a baby born with a cleft. She has supported them, maternity facility staff, and members of the wider team of health professionals involved in their journey. Wherever possible, this starts antenatally. In this presentation, Alison shares her experiences of providing clinical support.

#### LEARNING OBJECTIVES:

1. Discuss what breastfeeding success may mean to mothers of a baby with a cleft;
2. Identify clinical skills that may be used within one's scope of practice, to support breastfeeding a baby with a cleft;
3. Explain where to access resources available for mothers wishing to breastmilk feed their baby with a cleft.

## ROSANN EDWARDS



Rosann Edwards (RN IBCLC MScN PhD (Nursing)) is an Assistant Professor in the Department of Nursing and Health Sciences at the University of New Brunswick Saint John, a member of the international Lactation Education Accreditation and Approval Review Committee (LEAARC), experienced front line public health nurse, and lactation consultant. She is also a third-degree karate black belt, and mother of boys. Rosann's research, publications, and community work focus on breastfeeding, the transition to motherhood, maternal satisfaction infant feeding, breastfeeding and early mothering under conditions of system involvement in Canada, and empowering vulnerable populations of women and their children.

### Supporting Older First-time Mothers to Practice Empowered Breastfeeding and Early Mothering

1.0 L CERP 60 minutes

This presentation will discuss findings from the Breastfeeding and Early Motherhood Experiences of Older First-time Mothers study in the context of challenging normative motherhood and supporting empowered breastfeeding practices. Using strategies that promote resiliency and collaborative decision-making we will explore working in partnership with mothers to support breastfeeding, adaptation to motherhood, and mental health.

#### LEARNING OBJECTIVES:

1. Identify the process of adaptation to motherhood and the building of resilience gained while working through learning the breastfeed and breastfeeding for the first-time mothers >35 years of age in our study;
2. Discuss factors affecting the decision-making process of the first-time mothers >35 years of age who participated in our study surrounding infant feeding practices.
3. Have a better understanding of the role of knowledge, control, trust, and ownership in both early breastfeeding and transition to motherhood for first time mothers >35, and how lactation professionals can effectively support this demographic in clinical practice through mother-centered and flexible interventions.

## ALI BIGWOOD



Ali Bigwood (RN, BN, PGDip Nursing, IBCLC) qualified as a registered nurse in 2008 from Christchurch Polytechnic. Since then she has worked in several areas but ended up finding her passion in 2012 when she moved to Te Papaioea and starting working in the Neonatal Unit at Palmerston North Hospital. She qualified as an IBCLC in 2019 while working as a neonatal nurse and took on the role of BFHI coordinator in 2020. Ali is the BFHI Coordinator at Te Pae Hauora o Ruahine o Tararua MidCentral, however is currently seconded to the Neonatal unit as their Speciality Clinical Nurse.

### Introducing Pasteurised Donor Human Breastmilk into the Hospital Setting – a Manawatu, New Zealand perspective

1.0 L CERP 60 minutes

Pasteurised donor human milk (PDHM) has been in use in our hospital since the launch of the Whangai Ora Milk Bank in May 2020. This presentation looks at the effects it has had on our breastfeeding outcomes in both the maternity and neonatal settings and the lessons learned along the way.

#### LEARNING OBJECTIVES:

1. Explain how PDHM can be utilised in the maternity setting to improve breastfeeding outcomes and support infants in need of supplementation;
2. Consider the positive effects of having readily available pasteurised donor milk in the neonatal setting;
3. List some "dos and don'ts" of introducing PDHM in a hospital setting.



## GRETCHEN BECKER CRABB



Gretchen Becker Crabb is an Occupational Therapist, Licensed Professional Counsellor, and Endorsed Infant Mental Health Therapist. She is also a Certified Lactation Counsellor, and Brazleton Newborn Observation trainer. Gretchen's passion is fostering relationships through co-regulation in pregnancy and beyond. Her work is rooted in culturally attuned sensory, somatic, and trauma-informed techniques. Gretchen operates a private practice in Madison, Wisconsin USA. For 22 years, she has provided developmental, trauma, and feeding support in birth to three, preschool, and private practice, is an international speaker, reflective supervisor, and consultant. In these roles, she offers compassionate, experiential, and reflective holding spaces for professionals.

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### Sensory Processing: Using Co-Regulation to Support the Feeding Relationship

1.0 LCERP 60 minutes

This presentation will explore sensory processing as it relates to co-regulation in the context of lactation support. We will explore basic neurology and cultural influences of the 8 senses. Ways subtle signs of sensory disorganisation and sensory processing disorder present in body/breastfeeding relationships will also be reviewed.

#### LEARNING OBJECTIVES:

1. Identify how the 8 senses influence the dynamics of feeding and infant/caregiver relationships;
2. Identify signs of sensory challenged feedings;
3. Implement basic sensory supportive strategies for caregivers and infants

## LISA AMIR



Professor Lisa Amir (MBBS MMed PhD IBCLC) is a general practitioner and has been an International Board Certified Lactation Consultant since 1989. She is the author of over 120 peer-reviewed articles on breastfeeding. Lisa works in breastfeeding medicine at The Royal Women's Hospital in Melbourne, Australia. She is a Principal Research Fellow at Judith Lumley Centre, La Trobe University and is the Editor-in-Chief of the open access journal, International Breastfeeding Journal.

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### Identifying design solutions to increase women's comfort with breastfeeding in public

1.0 LCERP 60 minutes

To date, breastfeeding women have rarely been included in community space designs, such as parks, shopping centres or public buildings. Working with experts in planning and urban design, I conducted interviews and focus groups in Victoria, Australia. We developed design guidelines that outline how everyday shared spaces could become breastfeeding-friendly.

#### LEARNING OBJECTIVES:

1. Explain why breastfeeding outside the home may be a barrier for some women;
2. List some strategies that women use if breastfeeding outside the home;
3. Describe features of a breastfeeding-friendly space.

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