



# TAUTOKO ŪKAIPŌ MAI I TŌ TĀTOU AO

## Lactation Support Around Our World

**Watch the NZLCA 2022 Conference Online: 11 February to 6 March 2022**

**This is an online conference offering pre-recorded sessions which can be viewed at any time between 11 February and 6 March 2022.**

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

IBLCE Pre-exam education hours; up to 20 hours approved.

Total CERPS allocated: 15 L; 2 E; 3R CERPS.

IBLCE CERPS Approval Number: C202203.

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

Covid-19 has affected us all in a variety of ways. To meet your ongoing education requirements, NZLCA is offering you a bumper number of education hours at a **one-off heavily discounted rate**.

**MEMBERS \$295**

**NON-MEMBERS \$355**

*Evidence of NZLCA 2022 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 email [megan@allsortedlifestyle.co.nz](mailto:megan@allsortedlifestyle.co.nz)**

## Your invitation to the NZLCA 2022 Online Conference



On behalf of the Board of the NZ Lactation Consultants Association, I have great pleasure in inviting you to attend this 2022 event - *Tautoko Ūkaipō mai i tō tātou Ao - Lactation Support Around Our World*.

We know that many of you have been affected by Covid-19 restrictions, including gaining sufficient education hours to maintain your practice requirements. Therefore, NZLCA has worked to provide a wide range of presentations from international presenters at a heavily reduced one-off low fee. Watch as few or as many presentations as you choose over a 23-day period. Your certificate will be amended accordingly.

We have responded to your 2021 feedback about a longer time period, handouts to download; and included your suggestions for topics. So, get your applications for study leave or annual leave in to your employer early (even earlier if you're applying for them to pay your registration fee) and be ready to enjoy some amazing presentations. There will be no extension of time after 6 March 2022.

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 Wednesday, 24th February.

*Bev Pownall*

2022 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 our own physical, mental, spiritual, family and environmental health
- 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 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 11 February to 6 March 2022. Handouts will be available for downloading. No presentations will be available after 6 March 2022. 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

Alyssa Schnell, Lucy Ruddle, Pamela Morrison are authors and may receive royalties from book sales; Alyssa Schnell offers online training for professionals. Johanna Sargeant works in private practice; Helen Ball chairs the Lullaby Trust, is a Board Member of ISPID, an Associate Editor of J Sleep Health, and Editorial Board Member of J Human Lactation.

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.

# 2022 CONFERENCE PROGRAMME

All presentations are 60 minutes

## TAMARA KARU



*Ko Moehau ki tai, ko Te Aroha ki uta.*

*He uri nō Ngāti Tamaterā, nō Ngāti Tara tēnei e mihi ana ki a koutou.*

“How do we reach our full potential in a system that wasn’t designed for us?” Tamara is a Māori Midwifery change agent with high aspirations for her profession building its cultural capability for the new generation. Tamara established her competence for leadership early in her career thus has become highly sought after for governance, research and Māori maternity innovations. Team Lead for Hapū Wānanga, her passion lies in Māori Health Equity through the reclamation of Indigenous birthing practice in contemporary times.

## KAREN PALMER



Karen Palmer (RN, RM, IBCLC) has had a long career with infant and maternal health, culminating with a focus on breastfeeding. Her early interest was in paediatric and neonatal nursing, moving mid-career into midwifery, where Karen spent many years as a LMC midwife. From there, Karen became a BFHI Coordinator for 10 years, across two New Zealand DHBs. In that time Karen created a number of breastfeeding resources including the BreastFedNZ app. Lately, Karen has focused on community breastfeeding support while working in a Kaupapa Māori service in both the Eastern Bay of Plenty and Waikato, where she has belatedly come to understand the meaning of equity.

## LIBBY GRAY



*Ngāti Rēhia, Ngāti Uepōhatu, Tama Ūpoko ki te awa o Wanganui, Ngāti Tūwharetoa.*

Libby’s passion for Taonga Pūoro is deeply rooted in her affections for Mātauranga Māori and her compassion for healing others. A practitioner of this ancient art, Libby is researching Taonga Pūoro and its use as Rongoā. As Project Coordinator for Hapū Wānanga, Libby attests to the healing aspects of Taonga Pūoro by inspiring others with her birth story through these captivating taonga. Here she is often found demystifying the colonial gender stereotypes in the practice of Taonga Pūoro by demonstrating its connection with wahine and their whānau.

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### How do non-Māori partner Wahine Māori to navigate a system that wasn’t designed for them? 1 R CERP

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Through the cultural reclamation of Mātauranga Māori, Tamara, Karen and Libby utilise Kaupapa Māori Service Innovations within the Pregnancy Education and Breastfeeding Services they deliver, sharing the fundamentals of a Mana Wahine model of care so that non Māori can become allies for equity in the western health system.

## ALYSSA SCHNELL



Alyssa Schnell (IBCLC) lives in St. Louis, Missouri, USA. She has an extra special place in her heart for supporting non-gestational parents and those on their team. She is the author of *Breastfeeding Without Birthing: A Breastfeeding Guide for Mothers Through Adoption, Surrogacy, and Other Special Circumstances* and a professional supplement to the book, *The Breastfeeding Without Birthing Professional Pack* online training. Alyssa has authored articles for *The Journal of Human Lactation*, *La Leche League’s Leader Today* and *Breastfeeding Today* magazines, and *Adoptive Families* magazine. Alyssa is the proud mother of three breastfed children, two by birth and one by adoption.

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### The Unique Needs of Non-Gestational Parents: Adoption, Surrogacy, LGBTQIA+ and More 1 L CERP

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Every parent deserves the opportunity to breastfeed – even if that parent did not birth their baby. Non-gestational parents are likely to have health histories that are different than gestational parents. They may have difficult feelings about their path to parenthood or a non-conforming gender identity. The timing of their baby’s arrival may be unknown until weeks or days beforehand. They may be sharing the breastfeeding relationship with a partner. And of course, they won’t have the hormones of pregnancy to initiate lactation. Understanding the unique needs of these extraordinary parents is an important part of being an inclusive lactation practice.

## DENISE HARRISON



Denise Harrison (RN, RM, PhD) is a Registered Nurse and Midwife and a Professor at the Department of Nursing, University of Melbourne, Australia. She leads the Be Sweet to Babies programme of research which focuses on improving pain management for neonates, infants and young children in partnership with parents, clinicians, interdisciplinary researchers and students. Her co-produced publicly accessible videos show ease and effectiveness of performing heel lancing or venepuncture while babies are being breastfed, held skin-to-skin and given sucrose.

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### Neonatal Pain: The Evidence and the Knowledge to Action Gap 1 L CERP

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Consistently using evidence-based pain reduction strategies for sick and healthy neonates during painful procedures is a vital responsibility for nurses, midwives and other healthcare providers caring for newborns. Facilitating parents in this role is an essential component of evidence-based family centred care. Extensive research of analgesic effects of breastfeeding; holding newborns skin-to-skin and small volumes of sweet solutions (sucrose or glucose) exist. However, there is inconsistent use of these strategies in diverse clinical areas. This presentation will focus on the evidence and knowledge to action gaps about neonatal pain management during painful procedures.

## ELEANOR GATES



Eleanor Gates (MMid (Hons), RN, RM, IBCLC) is the Baby-Friendly Hospital Initiative Coordinator and Educator at Waitemata DHB, Auckland, New Zealand. She has been in Nursing/Midwifery since 1980, working in Clinical Leadership roles since 2005 following completion of her Masters' degree. Eleanor's passion is finding solutions for breastfeeding challenges through staff education and the creation of patient information resources. She really enjoys 'turning the situation around' for mothers and babies having breastfeeding challenges in the first six weeks of breastfeeding initiation and continues to work clinically as a Midwife and Lactation Consultant.

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### Applying learning about complex cases to IBCLC clinical practice within New Zealand

1 L CERP

In our early days of IBCLC practice in New Zealand, many of us played key roles in helping those with positioning and latching issues; and in establishing BFHI in maternity facilities. Now, many more women are seeking more complex and ongoing support from IBCLCs via community clinics and online consultations. This presentation shares how one IBCLC applied knowledge learned and that she in turn, is happy to share. Two cases are presented. The first, an 'initial mystery', demonstrating how important a thorough history-taking, and asking the right questions are, in sorting puzzle pieces into a picture. The second follows a woman's journey in induced lactation.

## FAYROUZ ESSAWY



Fayrouz Essawy (MD, IBCLC), is a neonatology consultant. She obtained her Bachelor of Medicine and Surgery from Cairo University, Egypt in 2004 and her Master's degree of Paediatrics from Ain Shams University in 2012. She gained Egyptian neonatology fellowship in 2015, and also became a Lactation Consultant (IBCLC) in the same year. Dr Essawy specializes in Breastfeeding Medicine and is also a Baby Friendly Coordinator. In 2020 she completed the Harvard Graduate of Training trainee programme. Dr Essawy is also a member of various associations including: Egyptian Society of Pediatrics, Egyptian Lactation Consultant Association (ELCA), Academy of Breastfeeding Medicine (ABM) and the International Lactation Consultant Association (ILCA).

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### Breastmilk Storage and Handling in the Home Setting

1 L CERP

There are various reasons for expressing and storing breastmilk in the home setting. This presentation answers questions on recommended containers; the best and safest way to store expressed breastmilk; how long expressed breast milk keeps at different temperatures for full-term healthy babies; how to thaw and prepare stored milk; use in different settings; and more.

## HELEN BALL



Helen Ball (BSc, MA, PhD) Durham Infancy & Sleep Centre, & Baby Sleep Information Source (BASIS), Department of Anthropology, Durham University, Durham, UK. Professor Helen Ball researches the sleep ecology and behaviour of parents and babies, infant sleep development, and the discordance between biological and cultural views on sleep. Her research is used in national and international policy and practice guidelines on infant care, and was awarded the 2018 Queen's Anniversary Prize.

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### Changing Baby Sleep Conversations in the UK – the role of DISC and Basis

1 R CERP

This presentation considers how research conducted by the Durham Infancy & Sleep Centre (DISC), and the information disseminated by the Baby Sleep Info Source (Basis) have contributed to a rethink of the official infant sleep safety guidance in the UK to accommodate the needs of culturally diverse families and acknowledge the benefits to mothers and babies of sleeping together while providing information about hazards to avoid, and how UK and international organisations have used our work to develop new policies for staff and guidance for parents epitomised by new national guidance on infant sleep safety in 2019 by Public Health England, and a new international protocol in 2020 by the Academy of Breastfeeding Medicine.

## IIDIL MERLINI



Iidil Merlini (RM, IBCLC, PGCertMid) is a registered midwife and IBCLC. She works at Puawai Aroha maternity unit in Gisborne, New Zealand, as the Midwife Educator and BFHI Coordinator, among other roles. Iidil trained as a midwife in the UK where she practiced in a large inner city teaching hospital and as a community case-loading midwife. She has always had a passion for supporting infant feeding and professional development. In 2014 she qualified as an IBCLC and took over as BFHI coordinator at Hauora Tairāwhiti and in 2017.

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### Online Resources For IBCLCs, IBLCE Exam Candidates, and Breastfeeding Advocates

1 R CERP

This presentation will provide participants with a snapshot of available online resources for all levels of breastfeeding supporters from breastfeeding advocates and peer supporters to qualified IBCLCs as well as ideas for using technology to make life easier in these roles.



## JOHANNA SARGEANT



Johanna Sargeant (BEd, BA, IBCLC) is an Australian lactation consultant, teacher and writer, based in Switzerland. She is passionate about utilising her background in biological science, occupational therapy, education and language to empower many thousands of parents throughout Switzerland and globally. She has spoken as a panelist for the WHO's Baby Friendly Hospital Initiative congress in Geneva; has been a presenter and infant-feeding advisor for Google; and has spoken at international conferences on topics such as at-breast-supplementation, motivational interviewing, and the psychology of milk donation. Her personal feeding experiences have led her to the establishment of the sole peer-to-peer milk-sharing network in Switzerland, and fuels her passion for providing knowledgeable, guilt-free infant feeding support globally.

### At-Breast Supplementation

1 L CERP

Using an at-breast supplementer is often thought to be complicated and unsustainable -- but it doesn't have to be! While many lactation consultants are aware of the benefits of supplementing at the breast, many admit to feeling overwhelmed, and few use it with their clients. Here, learn the specific benefits and barriers to this form of supplementation, view demonstrations of a variety of devices, learn tips and tricks to make these tools feasible and sustainable for families, and lastly learn about the importance of our own use of language when discussing this option with our clients.

## KARLEEN GRIBBLE



Karleen Gribble (BRurSc, PhD) 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; marketing of breastmilk substitutes; parenting and care of maltreated children; child-caregiver and caregiver-child attachment; adoption reform; and treatment of infants and young children within the child protection, immigration detention, and criminal justice systems. She has published research on these subjects in peer-reviewed journals, provided media commentary, contributed to government enquiries, provided expert opinion for courts, and engaged in training of health professionals, social workers, and humanitarian workers on these subjects. Karleen is an Australian Breastfeeding Association Community Educator and Breastfeeding Counsellor. Since 2010 she has been a member of the Infant and Young Child Feeding in Emergencies Core Group and has been at the forefront of the development of policy, training and research in the area of infant and young child feeding in emergencies.

### COVID-19 Guidance for Maternal and Newborn Care: Who's doing what and why?

1 E CERP

The COVID-19 pandemic has impacted the care of pregnant, birthing, and post-partum women and their infants all over the world. Where women are suspected or confirmed as having COVID-19, hospital practices have ranged widely from isolating infants from their mothers through to direct breastfeeding, and rooming in day and night. This presentation will briefly summarize the evidence base for breastfeeding and close mother-infant contact in the COVID-19 pandemic. It will also describe the variance in government and professional development guidance around the world, anomalies in guidance, which guidance documents have had the most influence internationally, and provide examples of good and poor practice in guidance development. Finally, this presentation will discuss the importance of emergency planning for infant and young child feeding and the need to learn from the mistakes of the COVID-19 pandemic.

## KATHRYN STAGG



Kathryn is a mum of four boys, twins aged 16 and two singletons aged 11 and 7. She was lucky to receive excellent breastfeeding support after the birth of her twins and managed to exclusively breastfeed them. She quickly realised that this was not the same for many families in the UK and when given the opportunity to train as a Peer Supporter she jumped at the chance. She subsequently trained as a Breastfeeding Counsellor and then took her IBCLC exam. She set up "Breastfeeding Twins and Triplets UK" Facebook Group. This now has 7500 members and has become a UK Charity offering support to families and education to supporters.

### Breastfeeding Twins and Triplets: Supporting Families During Their Breastfeeding Journey

1 L CERP

Supporting Breastfeeding Multiples will help understand the challenges of multiple pregnancy and birth; the impact of premature birth and late preterm/early term birth on establishing breastfeeding multiples; how to navigate the challenges of breastfeeding multiples; and how to support families effectively during the different stages of their feeding journeys.

## LUCY RUDDLE



Lucy Ruddle is an International Board Certified Lactation Consultant who qualified in 2018 after 4 years of providing breastfeeding support, having overcome some significant challenges feeding her own babies. Lucy specialises in relactation - the process of rebuilding a milk supply without a new pregnancy. Her first book *Relactation* was published at the start of 2020. Lucy runs a thriving private practice on the South Coast of England, UK. When not working or volunteering, Lucy can often be found on the local beach with her 2 boys, or drinking too much coffee.

### Labours of Love: Relactation Experiences and Outcomes

1 L CERP

Relactation remains a hot topic in breastfeeding support, particularly in these times of Covid-19. While many professionals and volunteers can describe the theory and technical sides of bringing back a milk supply, the true value of our work comes from compassionate, holistic care that adapts according to the family's needs and circumstances. This talk steps away from textbooks and instead focused on what's real.

## KATRINA MITCHELL



Katrina Mitchell (MD, IBCLC, PMH-C, FACS) resides in Santa Barbara, California and practices at the Ridley Tree Cancer Center at Samsom Clinic. She is a board-certified general surgeon, fellowship-trained breast surgical oncologist, and IBCLC, whose practice includes the surgery of women with breast cancer and benign breast disease. She treats maternal complications of lactation and has a special interest in pregnancy-associated and postpartum breast cancer. She also has a certificate in perinatal mental health and cares for women impacted by perinatal mood disorders. Katrina lectures locally, nationally, and internationally and has authored book chapters, clinical care protocols, and journal articles on the topic. She is the creator of an evidence-based resource called [physicianguidetobreastfeeding.org](http://physicianguidetobreastfeeding.org)

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### Benign Breast Disease During Pregnancy and Lactation

1 L CERP

In this presentation, we will review common conditions that occur in the breast due to pregnancy and lactation (for example, gestational gigantomastia), as well as conditions that can occur in the breast during this time period but is not caused by it (e.g. fibroadenoma). We also will focus specifically on the nipple areolar complex (NAC) and the multitude of conditions that can impact the NAC during pregnancy and lactation. We will cover basics of triage and management, including when to refer to a physician for further evaluation.

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### Surgical Management of Nipple and Breast Wounds in Lactation

1 L CERP

This presentation will address basic principles of wound care for the breast and nipple areolar complex (NAC), utilizing foundations of wound care practice throughout the body. We will review the aetiology and treatment of lactation-related wounds, including latch and pump trauma, nipple piercings, fluid collection drainage sites, and iatrogenic wounds. We will discuss the treatment of these different types of wounds. We also will clarify conditions that may be identified as wounds, but are not traumatic in nature (e.g. subacute mastitis).

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### Perinatal Mood and Anxiety Disorders and Lactation

1 L CERP

This presentation will review the relationship between Perinatal Mood and Anxiety Disorders (PMADs) and Lactation, including how breastfeeding protects against PMADs and how untreated PMADs shortens duration of lactation. We then will discuss how PMADs can present through the lens of lactation, including anxiety over milk production, pathologizing infant behaviour, excessive focus on breastfeeding "technique," and somatic concerns related to a woman's breast. We will cover how to support breastfeeding grief and trauma in the setting of low milk production and complications, and then conclude with treatment and resources regarding PMADs.

## MEGHAN MCMILLIN



Meghan McMillin (MS, RDN, LDN, IBCLC) holds a Master's Degree in Human Nutrition. She has been a Registered Dietitian for 8 years and is also an IBCLC. Meghan is the owner of Mama & Sweet Pea Nutrition, a private practice and consulting company that specializes in lactation and postpartum and infant care. The introduction of solids, food allergies, and baby led weaning are among her specialties. Meghan is a member of ILCA and USLCA. She enjoys public speaking and has presented for numerous organizations. She lives with her husband and two children outside of Chicago, Illinois and enjoys lifting weights, baking and having family dance parties in the kitchen.

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### Baby-led Weaning: What the Lactation Professional Should Know

1 L CERP

Baby Led Weaning as an approach to introducing solids has been growing in popularity over the past 15 years. However, despite the growing demand from parents, there remains a lack of guidance from health care professionals. Additionally, there are some misconceptions around baby led weaning including safety. This presentation looks to provide further understanding of what baby led weaning is and how the lactation professional can provide guidance to parents.

## MELISSA MORNS



Melissa Morns (BHSc, MPH) is the leading researcher globally on the phenomena of breastfeeding aversion response (BAR). She holds a Master of Public Health (UQ) and is presently a Doctoral candidate at the Australian Centre for Public and Population Health Research (UTS) investigating the experience of breastfeeding aversion. Melissa created and facilitates online communities for pregnant and tandem breastfeeding, and created the first support groups for those who experience feelings of aversion while breastfeeding. Melissa is passionate about researching this phenomenon and finding answers for those who experience breastfeeding aversion; why breastfeeding aversion happens, what can be done to help, and what health professionals can do to support this population.

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### Breastfeeding Aversion: Current and Future Research

1 L CERP

Breastfeeding has short- and long-term health benefits for women and infants however breastfeeding trends show that breastfeeding support needs to be increased and more readily available. Some women who want to breastfeed can experience feelings of aversion while breastfeeding - known as breastfeeding aversion response (BAR) - and limited literature is available about this experience. As a result, those who experience BAR are not receiving adequate support to achieve their personal breastfeeding goals. This presentation shares findings from novel research on this phenomenon. BAR may negatively affect maternal identity and the breastfeeding experience, however with the right support women can overcome this breastfeeding difficulty. This research suggests that these findings will be important for the international lactation consultant community, and for all health professionals who provide care to breastfeeding women.

## PAMELA MORRISON



Pamela Morrison (Retired IBCLC) became the first IBCLC in Zimbabwe in 1990. She has advocated for breastfeeding with HIV since 1995. Working in private practice, she also served on the Zimbabwe National Multi-sectoral Breastfeeding Committee, as a BFHI trainer and assessor, assisted with development of national Code legislation, and HIV and breastfeeding policy. She emigrated to Australia in 2003, then to England in 2005. She was a Consultant to WABA on HIV and Breastfeeding from 2005-2018, and authored WABA's 2012 'HIV Kit' and its revision in 2018. Her book, *'HIV and Breastfeeding: the Untold Story'*, will be published in February 2022.

## Christina's Story: Breastfeeding with HIV

1 L CERP

Christina, a mother living with HIV in Europe, achieves a long-held ambition when she successfully breastfeeds her second baby, in spite of many obstacles placed in her way. There are few scenarios more challenging, nor fulfilling, than assisting an HIV+ mother to achieve her dream of safely breastfeeding her baby.

## STEPHANIE HUTCHINSON



Stephanie Hutchinson (MBA, BS, IBCLC) began her journey into lactation after the birth of her first child and quickly realized there were no avenues of lactation support in her area. Over time and as the mother of three, she became a breastfeeding peer helper at her local WIC office, the first in the county. She became a Certified Lactation Specialist, a CLC and then IBCLC. She completed undergraduate studies in Communications and Leadership. In 2016, Stephanie founded the Appalachian Breastfeeding Network. Stephanie graduated with her MBA in 2019. Stephanie is the awardee of several awards including Outstanding Peer Helper, Cultural Change Agent, and Emerging Leader. She currently brings a voice to Appalachia and the specific barriers to breastfeeding and access to care in rural healthcare by presenting at national and international conferences, researching with University of North Carolina, and co-authoring an Appalachian birth folklore book.

## Our Digital World: The Ethics of Breastfeeding Support Through Social Media for Millennials and Generation Z

1 E CERP

Today's new parent lives and breathes technology. A generation that has grown up with new and exciting innovations enjoys having everything right at their fingertips. It is no surprise that new mothers and parents get a lot of information right from their mobile devices. At a quick glance, this is an exciting and positive change in the way we can reach and education families of new babies. However, what about privacy protection. Where do we draw the line? This session will discuss what the ethics are with answering questions through social media as well as give a clear definition to the attendee of how to approach an online consultation.

## WENDY INGMAN



Wendy Ingman, BSc (Hons) PhD (Medicine) is a breast biologist at the University of Adelaide, based at The Queen Elizabeth Hospital. Her research explores the biology of how the breast develops and functions to better understand how disease states occur, including lactation mastitis and breast cancer. After postdoctoral research in New York, USA, Wendy returned to Adelaide in 2005 and established the Breast Biology and Cancer Unit at the University of Adelaide. In 2011 she was appointed a National Breast Cancer Foundation Fellow and also the Hospital Research Foundation Associate Professor of Breast Cancer Research. Wendy's research challenges old paradigms and explores new concepts in how the breast develops and functions to improve breast health across the life course.

## The Biology of the Mammary Gland in Lactation

1 L CERP

This presentation will encompass the developmental mechanisms that enable the mammary gland to undergo lactation, the composition and secretion of breast milk, and a comparative analysis of the mammary gland between human and other mammalian species to better appreciate the remarkable functions of this unique tissue.

## YVONNE LEFORT



Yvonne LeFort (MD FRNZCGP FCFP FABM IBCLC) is a general practitioner and IBCLC who has worked in Breastfeeding Medicine for the past 20 years in Auckland, New Zealand. She is a member of the Academy of Breastfeeding Medicine, a Fellow of ABM for the past 9 years and is serving her second three-year term as an elected ABM Board member. Currently she is the chair of the ABM International Committee. Dr LeFort has a passion for educating doctors and has led a RNZCGP Peer Review Group in Breastfeeding Medicine, encouraging GPs to become skilled and knowledgeable in Breastfeeding for the duration of their careers. She has presented on breastfeeding topics in New Zealand and internationally and has recently been a consultant to the Children and Young Persons Curriculum in the GPEP, with emphasis on the integration of Breastfeeding topics into GP training.

## Ankyloglossia : what we know

1 L CERP

Dr Yvonne LeFort is the first author of the Academy of Breastfeeding Medicine Position Statement on Ankyloglossia in the Breastfeeding Dyad published in April 2021 which required an 18 month "gestation" through the collaboration of nine Breastfeeding Medical doctors. She will be reviewing the ABM Position Statement on Ankyloglossia, including presenting on the clinical experience of the authors and relevant research. Additionally, she will review several other recent publications, from New Zealand and abroad, which will provide a summary of the evidence regarding the restrictive lingual frenulum impacting on breastfeeding. She will review IBLCE guidelines regarding Ankyloglossia that we can all draw on in our practice as IBCLCs.