

Membership Application Form

Membership Fee \$75/year

You can now apply for membership ON-LINE at our web site at www.lactationwest.org.au or return completed form below & enter payment details overleaf

Full membership requires IBCLC or equivalent qualification. Associate membership is open to anyone with an interest in breastfeeding. Membership is subject to acceptance by Executive. Renewal of membership is due 1st October each year.

Membership Category: (Circle) Full Associate

Title: Mrs/Mr/Ms/Dr

Surname:

First Name:

Address:

P/C

Phone:

Fax:

Mobile:

e-mail

Qualifications

Occupation

I give permission for my name/contact details to be published in a Membership Directory (circle Yes / No)
I am available for private lactation consultations. Yes / No
I am prepared to be a resource for other members. Yes / No

Applicants for Full Membership please complete:

Year Certified IBCLC

Yr Recertified

Certificate #

Declaration: *When accepted as a member of the College of Lactation Consultants WA Inc., I agree to accept and abide by the rules and by-laws of the college*

Signed

Date

Registration Information

Registration includes:

Conference proceedings booklet, Arrival "coffee", morning, afternoon tea & lunch on Friday and Arrival "coffee", morning tea and lunch on Saturday.

Fees

Early Bird – Received before 17th April 2010

Member: \$390 Non-member: \$420

Late Registration – Received after 17th April 2010

Member: \$420 Non-member: \$450

Registrations & Cancellations

Registration without payment will not be processed.

Make Cheques payable to **CLCWA Inc**

Registrations with payment will be acknowledged in writing.

Cancellations must be made in writing and will be processed after the conference. All cancellations will incur a \$35 administration fee. Cancellations after the 7th May 2010, will also incur a further cost for meals.

Credit Points

Application has been made for International Board of Lactation Consultant Examiners, Continuing Education Recognition Points (CERPs) and MidPLUS Continuing Professional Development (CPD) points.

Conference Enquiries

REBECCA GLOVER

Phone/Fax: 08 9291 7319

CHRIS POLMEAR

Mobile: 0402 558 559

Or email: Info@lactationwest.org.au



The College of Lactation Consultants WA

Was founded in 1998 to support and promote breastfeeding, foster friendships and provide monthly education meetings for health professionals.

A very comprehensive breastfeeding resource library is now available to members.

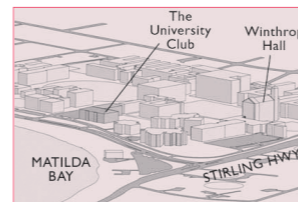
General Information

VENUE: Situated just eight minutes drive from the Perth CBD on the banks of the Swan River, the University Club is located on campus at The University of Western Australia.

It is adjacent to the banks of the Swan River and its breathtaking views of Matilda Bay and the Perth city skyline make the Club the perfect place for a conference.

To access The University of Western Australia via public transport please check with Transperth for current information 13 62 13 or visit www.transperth.wa.gov.au Bus Routes to UWA Campus: 23, 24, 78, 97, 98, 99, 102, 103, 107.

Postal address: 35 Stirling Highway CRAWLEY WA 6009



Physical address:

Hackett Drive
Entrance #1, Carpark #3

Club Reception contact details -
Telephone number:
(08) 6488 8770

PARKING: Short term (3-hour) parking is available on a 'pay and display' basis in University Car Park 3 which is located immediately adjacent to the Club. The cost is \$1.30 per hour to a maximum of \$3.90.

Full day parking is available on a 'pay and display' basis in Car Park 23 (corner Hackett Drive and Mounts Bay Road), and along the University side of Hackett Drive. This is charged at \$1.00 per hour to a maximum of \$8.00. Public parking is indicated by a red "P" on the map which can be found at

www.universityclubconferences.com.au/template.asp?CID=4

Car pooling or public transport is recommended for the Friday program.

Car parking is free of charge in all University car parks for the Saturday program.

CLIMATE: Autumn in Perth is glorious with warm sunny days and cooler nights. Daytime temperatures range from 21-24°C and nights from 9-12°C. Ideal weather for sightseeing and visits to Perth's wonderful beaches and parks.

ACCOMMODATION: full details can be found on our web site at www.lactationwest.org.au



Breastfeeding and Sleep from Confusion to Clarity



COLLEGE OF LACTATION CONSULTANTS WA INC.

CONFERENCE 2010

Friday 14th & Saturday 15th May, 2010

The University Club of Western Australia
Crawley, Perth

Explore the links between breastfeeding and the:

- physiology of sleep and infant brain development
- implications of bedsharing and infant safety
- conditions adversely affecting infant sleep
 - settling strategies
 - ethics of caring for children
 - and more...

The College of Lactation Consultants WA

www.lactationwest.org.au

Speakers

Professor Helen L. Ball

BSc, MA, PhD

Helen's current research involves behavioural and physiological investigations of infant, child and adult sleep (or the lack of it!). As Professor of Anthropology at Durham University, Helen runs the 'Parent-Infant Sleep Lab', supervises a team of 11 doctoral and post-doctoral researchers, and also conducts research in various local hospitals and the community. She contributes to national and international guidelines on infant sleep and bed-sharing and has worked with numerous UK hospitals and organisations on the development of bed-sharing policy documents.

Gillian Griffiths

Gillian Griffiths is a Senior Occupational Therapist, with experience in Child and Community Health settings treating at-risk infants and children with feeding and self-regulation issues. Gillian has also worked as a Consultant to Policy Development for the WA Department of Health and has presented at several conferences in the areas of Sensory Processing, Self-regulation, and Motor Competence in children. She has an energetic, interactive and thought-provoking facilitation style and is someone not to miss!

Pinky McKay

IBCLC, CIMI (infant massage),

Pinky is the author of five books, including 'Sleeping Like a Baby', 'Toddler Tactics', '100 Ways to Calm the Crying' and 'Parenting By Heart' (Penguin Australia). Her books are endorsed by professional bodies such as The Australian Breastfeeding Association, La Leche League International and The Australian Association of Infant Mental Health. She also has two monthly columns - 'Mummy Matters' and 'Breastfeeding Basics' - for Practical Parenting magazine and is also an 'expert' panellist and writer for Little's Magazine - New Zealand's largest baby

and child publication. A mother of five and a grandmother of three, Pinky works in private practice educating parents and helping them solve breastfeeding and infant sleep issues.

Associate Professor Stephan Millett

BEcon BA(Hons) PhD MACE

Stephan Millett is Chair of the Curtin University Human Research Ethics Committee, foundation Director of the Centre for Applied Ethics and Philosophy and Ethics adviser to the Faculty of Health Sciences at Curtin. He is a former newspaper editor and teacher and is known internationally for his work in teaching philosophy to children. Stephan is a moral philosopher whose experience as a journalist and school teacher helps him to communicate big ideas in plain language.

Helen Beaton

BAppSc (Physio), PostGrad Dip (Developmental Paediatrics)

Helen is the Physiotherapy Supervisor in Developmental Paediatrics at the State Child Development Centre. She has been actively engaged in the provision of clinical physiotherapy services for a variety of developmental paediatric conditions varying in complexity from the Extremely Low Birth Weight Infant within the NICU (KEMH), progressing through to community care, long term neurodevelopmental conditions, to minor motor delay and acquired musculoskeletal disorders.

Joy Anderson

B.Sc. Postgrad.Dip.Diet. APD IBCLC

Joy has a part-time private practice as a dietitian specialising in food sensitivities, combined with a lactation consultancy. She has a special interest in all aspects of infant feeding as well as in food intolerances in all ages. She is passionate about the importance of breastfeeding to both short and long-term physical and psychological health.

Program

DAY 1: FRIDAY 14TH MAY 2010

08.00-08.45 Registration and Tea and Coffee

08.45-09.00 Welcome

09.00-10.30 Professor Helen Ball - *Breastfeeding, Bedsharing & Infant Sleep*

Human infants are the most neurologically immature of all primates at birth, yet infant care practices in many industrialised societies fail to acknowledge the dependent nature of human infants and their need for physical contact. In this session the Euro-American preoccupation with infant sleep independence is traced historically and compared with infant care practices across cultures. Helen also examines the complex relationship between infant sleep location and sudden infant death syndrome (SIDS), and explains why a simple message to 'ban' bed-sharing is in neither babies' nor parents' best interests.

10.30-11.00 Morning tea

11.00-12.30 Gillian Griffiths - *Our SENSE-ational brain and how we may shape its development*

Gillian explores the recent neuroscience and evidence in the areas of stress, trauma, sensory processing, co-regulation and attachment and how to discuss these subjects with parents and colleagues in a family friendly language. Gillian will present this in relation to sleep, settling and daily care-giving.

12.30-13.30 Lunch

13.30-14.30 Assoc. Professor Stephan Millett - *Why we have a special obligation to children*

Stephan discusses some of the underlying reasons why we have obligations to children and why we have a special obligation to babies, in particular. By understanding our obligations we have a better understanding of the ethics of dealing with infants and children.

14.30-15.30 Pinky McKay - *The CON of controlled crying*

There is increasing evidence that some approaches to 'teaching babies to sleep' may cause long term, adverse changes to a baby's developing brain, interrupt mother-infant bonding, undermine mothers' confidence and have detrimental effects on the natural physiology of breastfeeding. Pinky examines this evidence and the impact of controlled crying for mothers and babies.

15.30-16.00 Afternoon tea

16.00-17.00 Helen Beaton - *Movement control matters for feeding, sleeping and relationships*

Helen discusses how changes in sleep and handling practices over the past decade have increased the incidence of deformational plagiocephaly, torticollis, motor delay, feeding and self regulation disorders in infants. She presents important handling strategies required by infant care givers to promote normal development.

DAY 2: SATURDAY 15TH MAY 2010

08.30-09.00 Meet and greet, tea & coffee

09.00-10.30 Professor Helen Ball - *Infant Sleep on the Postnatal Ward*

Helen presents results from a randomised control trial on the effects of two forms of mother-infant sleep contact (baby-in-bed and side-car crib) on the postnatal ward. This study found that sleep environments facilitating direct contact between mother and infant on the post-natal ward increases breastfeeding frequency, with beneficial consequences for breastfeeding duration, in comparison with rooming-in.

10.30-11.00 Morning tea

11.00-12.00 Pinky McKay - *Sleeping like a baby - gentle ways to help babies sleep*

Pinky offers gentle options to encourage infant sleep and settling that also promote optimum brain and emotional development, along with a positive breastfeeding relationship and a secure parent-infant bond

12.00-12.45 Joy Anderson - *Crying baby, sleepless nights - a dietary approach*

There are a number of causes of unsettled babies and their sleep is usually also quite disturbed. Joy will focus on problems arising from food allergy and/or food intolerance to substances reaching the baby from the mother's diet through her milk, or from direct consumption.

12.45-13.45 Lunch

13.45-14.45 Gillian Griffiths - *SENSE-ational sleep and SENSE-itive caregiving*

Gillian talks about how to enable parents to understand their own, and their babies, sensory preferences so that they can make sense of their babies cues, tune into their unique needs and respond sensitively and effectively to support sleep and daily caregiving.

14.45-15.45 Ask the Experts - Keynote speakers forum

Your opportunity to ask Professor Helen Ball, Pinky McKay, Gillian Griffiths and Joy Anderson your questions about breastfeeding and sleep

15.45-16.00 Evaluation and close

Every effort will be made to adhere to this program. However we reserve the right to make changes without notice

Registration Form

Return completed form, with **full payment** to:

CLCWA Inc. PO Box 1254, SOUTH PERTH WA 6951

Fax: 08 9291 7319 • ABN 33 947 545 528

Registration without payment will not be processed. Please print clearly, these details will be used to generate name badges.

Title: _____ First Name: _____

Last Name: _____

Preferred Name for Badge: _____

Address: _____

_____ P/Code: _____

Ph: _____ Fax: _____

Mobile: _____ Email: _____

Occupation: _____

Organisation: _____

Special Requirement: Please indicate any requirements such as diet, access etc.

Fees

<i>Early Bird Member</i> (received on/before 17 April)	@ \$390	\$ _____
<i>Early Bird Non-member</i> (received on/before 17 April)	@ \$420	\$ _____
<i>Standard Member</i> (received after 17 April)	@ \$420	\$ _____
<i>Standard Non-member</i> (received after 17 April)	@ \$450	\$ _____
<i>Student</i> (please supply enrolment document)	@ \$200	\$ _____
Total	\$	_____

YOU WILL receive a \$10 discount IF YOU REGISTER ONLINE:

<http://www.lactationwest.org.au>

Interstate CLC members are eligible for CLCWA member discounts

I wish to pay by: (*CIRCLE your type of payment*)

MASTERCARD VISA CHEQUE ENCLOSED

Cardholder Name *Please print carefully* _____

Card Number _____

Expiry Date _____

Signature of Cardholder _____

Registrations & Cancellations: Please see **Registration Information** overleaf for details. Registration without payment will not be processed. Registrations with payment will be acknowledged.