

Lactation Education - Support - Networking



CLCWA 2020 Education Program

Venue: Ngala, 8 George St, Kensington

Date: 3rd Monday of the month

Time: 7pm start, education session 7.30pm – 8.30pm

Cost: FREE for members, \$15 for non members

Date	Session Title	Speaker	CERPS
17 Feb	Impacts of Obesity and pregnancy complications on Lactation	Professor Mary Wlodek	pending
16 Mar	Breastfeeding after reduction – a personal journey	Stephanie Johannesson	pending
20 Apr	Tale of two cities: Breastfeeding with IGT	Kate Mckenzie	pending
18 May	Infant Mental health: Prevention and Treatment of Adverse Childhood experiences	Gally Mckenzie	pending
15 June	Analgesia options during breastfeeding	Steve Lewis	pending
20 July	New clues to understanding how to prevent allergy by breastfeeding	Valerie Verhasselt	pending
17 Aug	Impact of nipple shield use on milk removal and infant sucking characteristics	Viviane Silva Coentro	pending
21 Sept	Breastfeeding and sexuality	Emma Stewart	pending
19 Oct	Breastfeeding and Substance use	Sadie Geraghty	pending
16 Nov	Ethics in Lactation Practice	TBA	pending

Attendance certificates for CERPS will be issued at each meeting

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In unforeseen circumstances the program may change without notice

For information about College Membership or other education programs
Visit our website www.lactationwest.org.au or email info@lactationwest.org.au
Mobile 0419 939 553

17 Feb: Impacts of Obesity and pregnancy complications on Lactation

Professor Mary Wlodek, PhD. Department of Physiology, School of Biomedical Sciences, The University of Melbourne

Professor Wlodek will present on the Infants born from complicated pregnancies (GDM, hypertension, anxiety/depression, altered fetal growth) often show altered growth during infancy and are at increased risk of non-communicable diseases (NCD) including diabetes, cardiovascular and renal disease and obesity.

16 March: Breastfeeding after reduction a personal Journey.

Stephanie Johannesson

Stephanie Johannesson is a mother of two who simply wanted to breastfeed her children, despite having had breast reduction surgery and being told at the time that breastfeeding would be impossible. She is sharing her story of the impossible made possible, in the hopes that other women get the breastfeeding support they need to succeed.

20 April: The Tale of two cities: Breastfeeding with IGT

Kate McKenzie

Kate is a mum of two boys. Michael was born in Sydney and had a very rocky start to breastfeeding, leading to early cessation and much heartache.

Matthew was born in Perth and through the amazing support of local breastfeeding researchers, health professionals and the Australian Breastfeeding Association, is still getting some 'Boh Boh' at almost two.

Kate's presentation of her experience of breastfeeding with IGT will contrast the experiences in each city, what made a difference, and how she hopes other mothers with similar risk factors might get help earlier.

18 May: Infant mental health-Prevention and treatment of adverse childhood experiences

Gally McKenzie M Soc Sc (Couns) ECU

Gally is a counsellor and psychotherapist working with parent-infant relationships, and infant mental health, and will present on the Prevention of & Treatment for Adverse Childhood Experiences (ACE's)

A large and growing body of research indicates that toxic stress during childhood can harm the most basic levels of the nervous, endocrine, and immune systems, and that such exposures can even alter the physical structure of DNA (epigenetic effects).

Lactation Consultants with key access to parents & soon-to-be parents can have opportunities to break intergenerational transmission of trauma, thus improving protective mental and physical factors for infants and fetuses in utero.

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This presentation will outline the ACE 10 questions which focus on Abuse, Neglect and Household Dysfunction. Protective Resilience Building Factors will be explored.

15 June: Analgesia options during breastfeeding

Steve Lewis, Pharmacist

Steve will be sharing his extensive knowledge of pharmaceuticals and the analgesia options available to mothers during breastfeeding.

20 July: New clues to understanding how to prevent allergy by breastfeeding Professor Valerie Verhasselt PhD,

Professor Verhasselt will be sharing her research on the role of Breastfeeding in allergy prevention, and how breastfeeding mothers may be encouraged to eat eggs to help prevent babies from developing an egg allergy

17 Aug: Impact of nipple shield use on milk removal and infant sucking characteristics

Viviane Silva Coentro, PhD student Hartmann Human Lactation Research Group

The nipple shield has been employed as a strategy to assist the infant attachment to the breast or to manage nipple pain. However, nipple shield use is controversial amongst health professionals as there are concerns that nipple shield may impact milk transfer and interfere in infant sucking patterns. These concerns stem from a handful of studies that were limited in their approach to evaluating milk removal, and a report of altered sucking patterns with use of a thick rubber nipple shield. This breastfeeding study investigated milk removal and sucking characteristics in groups of mothers with and without nipple pain.

21 September: Breastfeeding and sexuality

Emma Stewart (Ba (Hons.), P.G.C.E. (Dist.), Msexol.)

Emma is a Clinical Hypnotherapist, Integrative Therapist and Sexologist with over 15 years of experience. She specializes in sex and relationship therapy, pregnancy and birthing and the sexuality of the birthing experience.

Emma will be presenting on the physiological basis for the integral relationship between breastfeeding and sexuality as well as the range of feelings and experiences of nursing mothers and their partners.

19 October: Substance using women and breastfeeding

Sadie Geraghty PhD

Sadie will share her vast experience from the KEMH WANDAS program on substance using women and breastfeeding.