

# Helping Mothers to Breastfeed

## Online registration

[www.perthbreastfeeding.com.au /workshops](http://www.perthbreastfeeding.com.au/workshops)

Book Early  
30 places  
only!

\*\*\*PLEASE READ\*\*\*

### Important Registration Information

**To pay** you do not require a PayPal account - you may pay as a PayPal guest.

**To complete "Check Out" details please note:**

**'Billing Details'** are about the person or company who is paying the registration fee.

**'Delivery Details'** are for the person attending the workshop - we need this for name tags etc.

If you are **paying and attending** simply tick the 'use billing details' box in 'Delivery Details' to save you completing the information again.

### Enquiries

Mrs Shaughn Leach  
Mobile: 0412195873

Rebecca Glover  
Email: [reblact@inet.net.au](mailto:reblact@inet.net.au)

Midwives and student midwives working with mothers in the immediate postpartum period will find this workshop useful.

The workshop is structured to chronologically examine the most common issues encountered by breastfeeding mothers and their helpers.

Rebecca and Shaughn are able to draw on their combined 80+ years of study and experience to translate current evidence into practical ways to help a breastfeeding dyad towards a comfortable effective breastfeeding experience.

All attendees will be provided with a Certificate of Attendance.

**Midwives** Australian College of Midwives CPD  
Recognised Course - 6.5 CPD points  
**IBCLCs** 6.25L CERPs

### Venue

University Club of Western Australia  
Hackett Entrance #1, Hackett Drive, Crawley

### Cost

Includes lunch and refreshments

Early Bird: \$205 – *on or before 21<sup>st</sup> February 2020*

Student Midwife: \$160 – **with proof of status**

Full: \$245.00 – *after 21<sup>st</sup> February 2020*

### Cancellations

*If you cannot attend please contact Rebecca or Shaughn as soon as possible.*

*Prior to the 20<sup>th</sup> March 2020 we will provide a full refund minus \$10 admin fee.*

*After the 20<sup>th</sup> March 2020 refunds will not be possible however please contact us to see if we have a waitlist.*

### Future Workshops

Rebecca and Shaughn run this workshop as their Grandmother duties allow so if this workshop date does not suit you please register your interest for any future workshop by leaving your details at

**<http://www.perthbreastfeeding.com.au/contact>**

## LACTATION EDUCATION AND DEVELOPMENT

Rebecca Glover and Shaughn Leach

## Helping Mothers to Breastfeed Workshop

*'its not rocket science'*

3<sup>rd</sup> April 2020



### Evidence, strategies and skills

Learn ways to help a mother breastfeed independently and prevent breastfeeding problems before they happen.

Practice effective teaching tools and simple, time-saving techniques

Friday 3<sup>rd</sup> April 2020

University Club of Western Australia  
Hackett Drive, Crawley

## Helping Mothers to Breastfeed

The workshop is structured to chronologically work through the most common issues encountered by breastfeeding mothers and their helpers in the early postpartum period.

### 8.00 Registration

### 8.30 Welcome

### 8.45 Powerful learning experiences for breastfeeding mothers and their helpers

Evidence and strategies for building breastfeeding self-efficacy: fancy words – simple effective strategies

### 9.15 The sleepy non-latching newborn

Evidence and strategies that support breastfeeding and the normal transition to extrauterine life:

- keeping mothers and babies together
- low PGLs: protective mechanisms
- early colostrum and milk removal
  - physiological outcomes
  - hand expressing made easy
  - practice alternative feeding methods - finger, cup, bottle feeding

### 10.30 Morning Tea

### 11.00 The actively seeking non-latching baby

Explore neonatal and maternal behaviours that support a deep, effective 'latch'.

- innate newborn 'latching' responses
- 7 fundamental attaching behaviours
- deep latch – anatomy and physiology
- ways to help a baby attach more deeply

### 13.00 Lunch

### 13.45 Red flags – never let it get to this!

This session will:

Examine the links between ineffective breastfeeding and

- painful feeding
- sore or damaged nipples
- shallow attachment
- reduced neonatal output
- 'excessive' neonatal weight loss
- jaundice
- maternal breast engorgement

Explore evidence and strategies for

- Assessing deep attachment, effective suckling and feeding patterns
- Other causes of painful feeding, sore or damaged nipples: physical and pathological
- Assessing normal newborn weight loss
- Jaundice and breastfeeding
- Preventing and treating engorgement

### 15.30 Working Afternoon Tea

### 15.30 Making it work

Case study

Red flag strategies

Last chance for tips and questions

### 16.30 Close

## Presenters

### Rebecca Glover RM, IBCLC®



Rebecca developed a special interest in the process and practice of breastfeeding during her midwifery training in 1970. In 1989 she became a Lactation Consultant in Private Practice, working with mothers and babies with breastfeeding difficulties, running workshops and lecturing to health professionals, nationally and overseas. Rebecca is a specialist in the area of positioning and attachment and her range of education materials, including the video 'Follow Me Mum' are used in Hospitals and clinics throughout Australia and internationally.

### Shaughn Leach RM, IBCLC®, DipT



Shaughn, a midwife and teacher, helped to pioneer the role of the Lactation Consultant in Private Practice in Perth, after qualifying as an IBCLC® in 1989. Since 2006 she has worked at a breastfeeding clinic at a tertiary hospital. Her extensive clinical experience has enabled her to provide valuable learning opportunities to other health professionals in a range of settings over a period of 30 years.