

Helping Mothers to Breastfeed

Online registration

Book Early
30 places
only!

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

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
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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 5th October 2018*
Student Midwife: \$160 – **with proof of status**
Full: \$245.00 – *after 5th October 2018*

Cancellations

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

Prior to the 26th October we will provide a full refund.

After the 26th October refunds will not be possible unless you can find someone to take your registration.

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'

November 2018



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 9th November 2018

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
- early milk removal
- colostrum – physiological outcomes
- hand expressing made easy

10.30 Morning Tea

11.00 The actively seeking non-latching baby

Evidence and strategies that help mothers understand and support:

- innate breastfeeding responses
- 7 fundamental attaching behaviours
- the anatomy of a deep latch
- helping baby to attach more deeply

13.00 Lunch

13.45 Red flags – never let it get to this!

**Painful feeding - sore or damaged nipples
>10% weight loss and poor output
Jaundice
Engorgement**

This session will examine the evidence that links shallow attachment, excessive neonatal weight loss, jaundice, maternal engorgement and poor neonatal output, to inadequate milk removal.

Evaluating breastfeeding effectiveness

- Assessing deep attachment, productive suckling and effective feeding patterns
- Causes of painful feeding, sore or damaged nipples: pathological involvement, tongue tie
- 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 26 years.