

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
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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 7th June 2019*

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

Full: \$245.00 – *after 7th June 2019*

Cancellations

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

Prior to the 28th June 2019 we will provide a full refund.

After the 28th June 2019 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'

12th July 2019



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 12th July 2019

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:

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

and

Reduced breastfeeding effectiveness.

Exploring evidence and strategies for:

- Assessing deep attachment, productive suckling and effective 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 26 years.