



La Leche League Dunedin Breastfeeding Workshop 2011

Our workshop is for pregnant women, breastfeeding mothers, fathers, La Leche League leaders, health professionals, peer counsellors and all others interested in birth, breastfeeding and parenting.

Saturday 17 September 2011

Musselburgh Baptist Church
131 Musselburgh Rise
Dunedin

Workshop Information

Amongst our fantastic speakers, we are delighted to have **Selene Mize** (a speaker from the 2010 LLLNZ Conference) talking about "Breastfeeding and the Law". Selene is a Senior Lecturer in Law, University of Otago, and is on the LLLNZ Board of Consultants. We are also thrilled that **Carol Bartle** is joining us to speak on several topics this year. Amongst other things, Carol is a Registered Nurse and Midwife, Lactation Consultant, BFHI assessor, and is a member of the LLL NZ Board of Consultants, the Canterbury Breastfeeding Network, and the Infant Mental Health Association of New Zealand. We are delighted to have **Wayne Johnson** speaking on behalf of dads this year. Wayne is a father of two breastfed children and will be leading an interesting discussion on fathering breastfed children.

Venue: Musselburgh Baptist Church
131 Musselburgh Rise, Dunedin

Parking: Free parking available in front of the building on both sides of the road.

Babies and Toddlers are welcome to attend sessions with you. Please bring quiet toys, and see to your child's needs as required. Quiet, happy noises will not be distracting, but unhappy sounds will be. Older children may be happier left with a grandparent or other adult exploring the local sites, or with a friend or family member at home.

Catering: Please bring a plate to share for morning tea and lunch. Tea, coffee and juice will be available.

Cost

\$20 whole day
\$9 per session

\$50* whole day Health Professionals (CERPS)
\$20 per session Health Professionals (CERPS)

Payment is cash or cheque only – payable to La Leche League Chapter 5.

* \$40 whole day for LLL Professional Members – membership forms available at Workshop

Registration

Please fill in the attached Registration Form and forward it to the address on the form.

If you require more Registration Forms, or any further information, please contact Denise Ives on 03 476 1339 or denise.ives@gmail.com

LLL Membership forms available from www.lalecheleague.org.nz

The opinions expressed during this workshop are not necessarily those held by LLLNZ. Any displays and exhibits at this workshop are not necessarily endorsed by LLLNZ.



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WORKSHOP PROGRAMME

9.00 – 9.15 Registrations

9.15 – 9.25 Welcome

9.25 – 9.45 Opening Session for All

Breastfeeding and sustainability: The shortest food mile – Carol Bartle (0.25L)

The dairy industry machine continues to grow and the consequences of water contamination, loss of water quality, pollution and land damage are further aspects of the consequences of breastfeeding loss that require attention. There are immense and costly implications of the loss of breastfeeding as the normative way to feed human infants and young children. The non-sustainable costs associated with not-breastfeeding, in terms of health and widespread environmental damage should cause grave concern to more people than 'just' breastfeeding advocates. This session will present the linkages between breastfeeding loss, environmental damage and unsustainable living.

9.45 – 10.45 Concurrent Session 1

- A. **NICU breastfeeding issues and the development of human milk banks** – Carol Bartle (1L)
This session will examine NICU breastfeeding issues including initiation, establishment and maintenance of breastfeeding in an intensive care environment. Barriers and supports for mother well-being, lactation establishment and breastfeeding are discussed. If identified barriers were removed or ameliorated, mothers' well-being was fostered and mothers and babies were enabled to remain together, it is possible that startling positive changes in lactation and breastfeeding would be noted. This session will also provide an update on the development of human milk banks globally and in New Zealand.
- B. **Solid Gold** by Linda Patterson and Sonya Cameron (1L)
The tins and jars on the supermarket shelves offer uniform ideas on introducing babies to solids... and they're anything but solid! Find out more about the age-old (and brand new) technique of "baby-led weaning".
- C. **Fathering your breastfed baby** – Wayne Johnson (1R)
Wayne is a father of two children and a strong supporter of breastfeeding. He will be sharing his experiences as the father of breastfed babies and the parenting style he adopted to create the closest bond with his babies. This is an opportunity for fathers to discuss their experiences and ways in which to create a full family experience with dad as an integral part of developing their young children.

10.45 – 11.15 Morning Tea



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11.15 – 12.15 Concurrent Session 2

- A. **Biological Nurturing** - Donna Dalzell (1L)
Exploring relaxed, non-prescriptive breastfeeding positions, making the most of a baby's natural reflexes and a mother's natural instincts.
- B. **Celebrating our Teenagers** - Hilary Henderson
Celebrating our Teenagers: looking at the wonderful aspects of our teenagers, keeping the lines of communication open, setting limits and negotiating contracts to keep family life on an even keel.
- C. **Infant feeding in emergencies: Reflections close and away from home** - Carol Bartle (1L)
Increasing numbers of global complex humanitarian disasters puts the lives of infants in serious jeopardy with non-breastfed infants at far greater risk of morbidity and mortality. This session explores some of the major issues with infant feeding during emergency and disaster situations, examines recent global disasters including the Christchurch earthquake on February 22nd 2011 and discusses responses to these disasters in the context of loss of breastfeeding, lack of knowledge of the significance of infant feeding to health and survival and the influence of bottle-feeding cultures.

12.15 – 1.15 Lunch

1.25 – 2.25 Concurrent Session 3

- A. **Is this normal? Common problems and worries in the early days** - Brylin Highton (1L)
This session will cover situations experienced in the early days including milk coming in, sore nipples, engorgement, leaking breasts, too much milk, not enough milk, sleepy baby, jaundice, crying baby, lack of sleep and other aspects of caring for a new baby.
- B. **Breastfeeding and the Law** – Selene Mize (1E)
This session will look at a woman's right to breastfeed in public places and in the workplace. There will also be an opportunity for the audience to raise questions concerning other legal issues.
- C. **Baby Massage** – Nessie-Fleur Kerr (1R)
Massage encourages bonding and attachment, releases stress and tension, promotes better sleep and develops a sense of security and well-being in your baby. Studies have shown that massage encourages growth, particularly in pre-term babies. If you would like to try giving your baby a massage please bring a towel or blanket on which to place your baby. Massage oil will be provided for use during the session.

2.25 – 3.15 Evaluations, thank yous to participants and speakers



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Registration

Name: _____

Address: _____

Phone: _____ Email: _____

Please circle:

Parent Peer Counsellor Health Professional Other _____

Names and ages of children attending with you:

Concurrent Session Choices:

Session 1 – 1st Choice _____ 2nd Choice _____

Session 2 – 1st Choice _____ 2nd Choice _____

Session 3 – 1st Choice _____ 2nd Choice _____

Registration Fees Enclosed (please circle):

Non Health Professional: All Day \$20 _____ sessions @ \$9 each = \$ _____

Health Professional: All Day \$50* _____ sessions @ \$20 each = \$ _____
(with CERPS)

*\$40 LLL Professional Members

Please make cheques payable to **La Leche League Chapter 5.**

Please send completed registration form and fee to:
Denise Ives, 73 Marion Street, Macandrew Bay, Dunedin 9014