

Conference Programme

❖ Friday 8 October 2010

Time/ Session	Title/ Topic	Presenter
8:30am	Registration desk opens	
1:00-2:00pm	Powhiri and Opening	
2:00-3:00pm	Opening Address: Breastfeeding Ecology	Alison Barrett, Obstetrician and Gynaecologist, LLLNZ Board of Consultants
3:00-3:30pm	Afternoon Tea	

Session A: 3:30–5:00pm

A1	Lost in Migration: breastfeeding in a new country. This presentation examines the barriers and enablers to breastfeeding among women from ethnic communities. Strategies and recommendations for support will be discussed. (CERPS applied for)	Ruth deSouza, Senior Research Fellow, Centre for Asian and Migrant Health Research, AUT University; Programme Leader, Health Science
A2	The Irony of Iron. Everything you ever wanted to know about this mineral and more. (CERPS applied for)	Trudy Hart, Area Coordinator of Professional Liaison
A3	Making it Work: breastfeeding and working. An interactive idea-sharing session.	Donna Henderson, LLL Leader
A4	Media 101: This session aims to give participants a good understanding of the media: how it works and how they can use it to their best advantages.	Liz Price, Director of public relations agency Communique
A5	Breastfeeding protects babies – WHO protects mothers! This interactive session will guide you on the nuances of breastfeeding protection in relation to the World Health Organisation. (CERPS applied for)	Marcia Annandale, LLL Leader, founder of Infant Feeding Association of New Zealand (IFANZ); and Louise James, IFANZ National Coordinator, Regional Coordinator IBFAN Oceania
A6	Babywearing Basics. The benefits of babywearing, and how to use baby carriers. Participants are welcome to bring any carriers they have. (CERPS applied for)	Jessica Richards, LLL Leader; Director of Slingbabies
5:30-7:00pm	Dinner	
7:30-9:00pm	LLLNZ AGM - Guest speakers: Geoff Cheyne and Sylvia Rumball, retiring members of the LLLNZ Board of Consultants	
9:00pm	Supper	

❖ Saturday 9 October 2010

8:30am	Registration desk opens	
9:00-10:00am	Keynote Address: Weaving Lifelong Connections: milk, sleep and love	Pinky McKay, IBCLC, Author
10:00-10:30am	Morning tea	

Session B: 10:30am–12:00pm

B1	Birth Effects. Breastfeeding success can be derailed by what happens during birth. How do we safeguard breastfeeding for mothers and babies, and help mothers to get back on track after birth complications and interventions? (CERPS applied for)	Alison Barrett, Obstetrician and Gynaecologist, LLLNZ Board of Consultants
B2	Breastfeeding and the Law. This session looks 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 related to breastfeeding. (CERPS applied for)	Selene Mize, Lecturer in Law, University of Otago; LLLNZ Board of Consultants
B3	The Success of Sucking. How can we, as breastfeeding counsellors or health professionals, support mothers to maintain sucking skills in breastfed infants? (CERPS applied for)	Julie Foley, Area Coordinator of Professional Liaison
B4	Off-the-cuff meetings. This session is to help Leaders run meetings that meet mothers' needs without requiring time-consuming planning. (For Leaders and Leader Applicants only)	Isobel Fanshawe, Area Coordinator of Leaders; and Marnie Erkkila, LLL Leader
B5	Gaining Co-operation with Preschoolers. "If you do that again I'll...". Discover effective ways to help your preschooler and you manage their behaviour.	Liz Neill and Deirdre Hancock, Communication Skills Tutors
B6	Who is Your Child – Really? An interactive session exploring the head-heart-hand approach of The Virtues Project, and ways to support our children in reaching their potential.	Angevahn, Virtues Project Master Facilitator
12:00-1:30pm	Lunch – Screening of <i>Biological Nurturing – Laid Back Breastfeeding</i> a DVD by Suzanne Colson. Unique and compelling video clips from mother-baby pairs show the versatility of mother/baby breastfeeding positions whose interactions release innate behaviours stimulating latch and sustaining milk transfer.	

Session C: 1:30–3:00pm

C1	Skin to Skin: The Importance of Vitamin T. The wisdom and science of loving touch between parent and child. (CERPS applied for)	Pinky McKay, IBCLC; Author
C2	Open Space for Leader Applicants. A question-and-answer panel about the LLL Leader accreditation process, followed by breakout discussion groups on topics of the participants' choosing on the day. (Leader Applicants only)	Leader Accreditation Department
C3	Dad's Role in Attachment Parenting. A session for fathers adjusting to attachment-focussed parenting. Open to everyone.	Brendon Pittwood, Craniosacral Therapist, Prenatal and Birth Therapist.
C4	Baby-Friendly: A Decade of Protecting, Promoting and Supporting Breastfeeding in New Zealand. This session will celebrate the milestones, explore the challenges and map the strategic vision for the roll out of the Baby Friendly Community Initiative (BFCl). (CERPS applied for)	Raeleen de Joux, Baby Friendly Advisor Maori, New Zealand Breastfeeding Authority
C5	A Walk in the Park. An exploration of cultural enablers and barriers to breastfeeding, and how they influence population-wide outcomes and individual breastfeeding experiences. (CERPS applied for)	Barbara Sturmfels, LLL Leader, former LLLNZ Director
C6	Difficult Latching. Going back to the basics with a revision of positioning and the asymmetrical latch. Please bring a doll if able. (CERPS applied for)	Debbie Graham, Administrator of Professional Liaison
3:00-4:00pm	PCP Celebration and Afternoon Tea	

Session D: 4:00–5:30pm

Time/ Session	Title/ Topic	Presenter
D1	Cutting the Cord. Some misconceptions about cutting the first ties that bind mother and child as well as perceived 'benefits' of cord blood banking are explored in this talk. (CERPS applied for)	Alison Barrett , Obstetrician and Gynaecologist, LLLNZ Board of Consultants
D2	The importance of milk removal in the maintenance of milk production. This session outlines physiological processes involved in the maintenance of milk supply with particular emphasis on the concept that advice to help mothers achieve their goals has to be tailored to meet the unique characteristics and circumstances of each individual. (CERPS applied for)	Duncan Mackenzie , Lactation Physiologist; LLLNZ Board of Consultants
D3	Breastfeeding Networks: fostering breastfeeding support throughout your community. This session shares ideas from breastfeeding networks around New Zealand, and encourages you to strengthen support for breastfeeding in your community. (CERPS applied for)	Janine Pinkham , LLL Leader, member of the Canterbury Breastfeeding Network, Administrator of Publications
D4	Working with Maori Families. A session for LLL Leaders who want to work more effectively with Maori mothers and whanau in their LLL work. (Leaders and Leader Applicants only)	Carolyn Driver-Burgess , LLL Leader
D5	Baby-led Weaning. The natural transition from exclusive breastfeeding to family meals. Find out how your baby can feed him/herself from the start. Based on Gill Rapley's work. (CERPS applied for)	Lori Potts , LLL Leader
D6	Premature Babies. A discussion of issues facing mothers of premature babies, kangaroo care, and ways to support mothers to maintain closeness and breastfeeding with these littlest children. (CERPS applied for)	Donna Booth , Area Coordinator of Leader Accreditation; Convenor of NUMB – Neonatal Unity for Mothers and Babies
5:30-7:00pm	Dinner	
7:30-9:00pm	Fun and Games (Groups and Areas bring along your own item to present!)	
9:15pm	Supper	

❖ Sunday 10 October 2010

8:30am	Registration desk opens
--------	--------------------------------

Session E: 9:00–10:30am

E1	Toddler Tactics: Making Magic from Mayhem. Practical strategies you can adopt right now to make parenting your toddler more enjoyable. (CERPS applied for)	Pinky McKay , IBCLC; Author
E2	Celebrating our Teenagers. Celebrating the wonderful aspects of our teenagers, keeping the lines of communication open, setting limits, negotiating contracts to help keep family life on an even keel.	Hilary Henderson and Deirdre Hancock , Communication Skills Tutors
E3	Breastfeeding's Effects on Fertility. A session discussing factors affecting the duration of breastfeeding infertility, the return of fertility, and methods of natural fertility management while breastfeeding. (CERPS applied for)	Kim Walker , Distance Service Educator, Natural Fertility New Zealand
E4	Acceptance is the Key to Growth. Want to discover the key to empowering the people you are trying to help? Need new ideas to help the dynamic in your group so everyone benefits from coming? Then this is the workshop for you.	Liz Neill and Leslie Dalley-Williams , Communication Skills Tutors
E5	The Philosophy of Weaning. Understanding what "outgrowing the need to breastfeed" means to us and our babies can help us take the steps to "weaning gradually, with love". This session looks at ideas and beliefs about weaning from around the world and discusses finding a philosophy that works for you. (CERPS applied for)	Linda Dockrill , Administrator of Leader Accreditation
E6	Breastfeeding Resources Online 101. Are you looking for breastfeeding information online and don't know where to start? Which sites can you trust? How can you find them? Pointers will be given on using the internet for gathering breastfeeding information and a list of useful sites will be provided. (CERPS applied for)	Brylin Highton , LLL Leader; <i>Breastfeeding Communiqué</i> Editor
10:30-11:00am	Morning Tea	

Session F: 11:00am–12:30pm

F1	What makes us who we are? Weaving the threads of our memories and experiences.	Anne Devereux , LLL Leader, Peer Counsellor Programme Training Coordinator, former LLLNZ Director
F2	Sharing Sleep: exploring the benefits and risks. Identification of hazards and information for parents about bed-sharing safety in contemporary social sleeping environments. (CERPS applied for)	Susan Procter , Coordinator of Professional Liaison
F3	Mealtime Moments. Learning to build children's self-esteem and communication skills at the dining table; developing traditions for your family.	Hilary Henderson and Leslie Dalley-Williams , Communication Skills Tutors
F4	Learn the Art of Harakeke Weaving. Come and enjoy a basic weaving session where you will learn how to cut, prepare and care for our beautiful NZ native flax. Get creative and make your own masterpiece to take away with you. We will also observe and discuss the use of wahakura (baby sleeping baskets).	Amy Wray , Peer Counsellor Programme Administrator
F5	Connecting with your Group. Building your support team. (For Leaders and Leader Applicants only)	Vicki Dewdney and Kim Duggan , LLL Leaders
F6	Knots in the stomach: the unsettled baby. An overview of breastfeeding tips to help mothers understand and cope with too much milk, colic, reflux, and allergies. (CERPS applied for)	Debbie Graham , Administrator of Professional Liaison
12:30-1:15pm	Lunch	
1:30-2:30 pm	Director's Address and Closing: Relationships woven through breastfeeding – strengthening the social fabric of communities.	Alison Stanton , LLLNZ Director

General Information

Welcome and Powhiri. The conference commences at 1:00pm with a welcome and powhiri, followed by the opening address at 2:00pm. The registration desk opens at 8:30am.

Closing address is at 1:30pm on Sunday, after lunch, and will include a celebration of new and long-serving Leaders. Please plan to stay until 2:30pm for the completion of the Conference.

Accommodation and sessions are at the Brentwood Hotel, 14-16 Kemp Street, Kilbirnie, Wellington – 04 920 0400, www.brentwoodhotel.co.nz. LLLNZ has block-booked accommodation at the Brentwood Hotel. Please book on the Conference registration form and not directly with the hotel.

The standard accommodation is a mix of twin (some with two queen beds), triple and quad rooms. The accommodation is spread over two levels.

Each room has all bedding provided and its own bathroom. Also provided are hair driers, irons and ironing boards, tea/coffee-making facilities including a refrigerator. Wireless internet connections are available from all hotel rooms for a fee payable at reception. Most of the rooms are larger than average hotel size so there is space for an airbed or portacots, but you will need to provide your own, including bedding.

Accommodation is available from 1:00pm on Friday, and is to be vacated by 10:00am on Sunday. There will be a luggage storage area available. There will be some bedrooms available on Sunday for babies who need quiet space after 10:00am.

If you have specific accommodation requirements, please contact Jenny Coles ph 04 971 2708 or email jenny425506@hotmail.com

Alternative accommodation is available nearby. For accommodation in Wellington, contact the Wellington Information Centre (ph 0800 933 53 63 or www.wellingtonnz.com). Alternatively you can contact your nearest AA Centre for details.

Nearby facilities: Kilbirnie shopping area is just two blocks from the Brentwood and has a wide range of stores including cashflow machines, chemists, two supermarkets and an organics store. Also within walking distance are fields, a playground, library and the Wellington Regional Aquatic Centre. The zoo and central Wellington are only a short bus ride away. The airport is only five minutes drive.

Pushchairs are not recommended in the Brentwood. If using one please ensure you label your pushchair. A sling or pack may be more convenient.

Alumnae/ former LLL Leaders. There will be a concurrent Alumnae programme for former Leaders and members on the Saturday at the adjacent Evans Bay Intermediate School. For more information, contact Averil Sheehan, ph 06 356 7990 or email johnave@xtra.co.nz

LLLNZ membership. To become an LLL member tick the box on the Conference registration form, request a form from www.lalecheleague.org.nz, or email subs@lalecheleague.org.nz

Sales tables and displays. Please contact Carolyn Algar on trevorcaro@ihug.co.nz to book sales tables or displays.

Parking. Car parking is available onsite and on the road.

La Leche League NZ bookstall. LLL books and information leaflets will be on sale at Conference. EFTPOS will be available.

Conference T-shirts will be available in sizes 6-20. Colours: black, red, white, sand, sky-blue, or khaki. They are short sleeve, round or vee-neck, with a design on the left hip. Please pre-order on the Conference registration form. A limited supply of T-shirts may be available to buy during Conference. Payment is by cash or cheque only. Sizing is gauged by your chest measurement.

Size 6 = 84cm
Size 8 = 88cm
Size 10 = 92cm
Size 12 = 98cm
Size 14 = 102cm
Size 16 = 106cm
Size 18 = 112cm
Size 20 = 122cm

Certificates of attendance. Midwifery points and CERPs for IBCLCs will be available. CERPs sessions are marked on the Conference programme. For midwifery points, attendance at the Conference is approved for 5 professional activity points. However, this does not meet the MCNZ requirements for compulsory education.

Transport. Free shuttles are available to and from the airport if you are staying at the Brentwood. If you require a shuttle, please call 0508BRENTWOOD when you arrive at Wellington airport. The shuttles will provide infant rear-facing and toddler front-facing carseats.

Creche. A supervised playroom with children's activities will be available during sessions on Saturday and Sunday for children 18 months plus. This is free and will be supervised by adults. Water and fruit will be provided. Please book on the Conference registration form if you will use this facility. Spaces are limited.

Children in sessions. Non-separating children are welcome in all sessions. Please bring quiet toys. Please be considerate of the needs of the speakers and other participants and take your children out if they need to be settled. Older children may be happier with family and friends.

Extra copies of this registration brochure can be downloaded from www.lalecheleague.org.nz or by contacting the address below.

Emergency contact during the Conference is the Brentwood Hotel, ph 04 920 0400.

Closing date for registration is 6 September. Registrations after this date will still be accepted if space is available, but will incur a \$50 late fee.

Refunds less an administration charge of \$50 will be given until 24 September. Refunds after this date will be considered on an individual basis. Contact Anne Cullen, ph 06 769 9104 or email lllconnections@gmail.com

Disclaimer. The ideas expressed by speakers may not necessarily be in accordance with LLLNZ philosophy. Unforeseen circumstances may cause changes to some sessions.

For more information, contact:
Anne Cullen, ph 06 769 9104
Email lllconnections@gmail.com