

# Breastfeeding: nurturing, nutrition

2024 Annual  
Health Professional  
Seminar Series



**Sydney** Monday, 11 March 2024

**Brisbane** Tuesday, 12 March 2024

**Melbourne** Friday, 15 March 2024

**Perth** Saturday, 16 March 2024

**Online program** from 31 March to 31 May 2024



Australian  
Breastfeeding  
Association

For Health  
Professionals

The Australian  
Breastfeeding  
Association is  
thrilled to present  
the 2024 Health  
Professional  
Seminar Series  
*Breastfeeding:  
nurturing, nutrition.*



The 2024 Health Professional Seminar Series once again brings together thought and practice leaders, as a face-to-face and online learning experience. Network with like-minded health professionals at our live seminars, and dive deeper into critical issues via our online program. Learn about the latest research and developments on breastfeeding, lactation and infant/maternal health. Seize this curated opportunity to expand your skills and knowledge in the ever-changing healthcare environment.

The 2024 Health Professional Seminar Series – *Breastfeeding: nurturing, nutrition* will be held in four major cities across Australia; Sydney, Brisbane, Melbourne and Perth. Take this opportunity to visit and explore Australia's beautiful state capitals.

## Professional development points

Australian College of Midwives  
CPD Endorsed Activity

**Online program:** 5 CPD Endorsed hours

**Live seminars and online program:**  
11.5 CPD Endorsed hours



## Sponsorship opportunities

Sponsorship of the 2024 Annual Health Professional Seminar Series provides the perfect opportunity to promote your brand to a diverse group of health professional influencers, as well as illuminating your organisation's commitment to evidence-based practice. Delegates attend this seminar for their professional development, networking and to gather information on useful, ethically sound products and services to share with colleagues and recommend to the families they support.



Sponsorship will give you the chance to:

- reach a targeted audience of over 5000 health professionals and breastfeeding experts via our trusted and evidence-led printed and digital communications
- address up to 800 delegates at the seminars
- connect with maternal and infant health thought-leaders, breastfeeding counsellors and the broader health sector

For more information or to download the sponsorship and exhibition prospectus visit: [breastfeeding.asn.au/seminars](https://breastfeeding.asn.au/seminars), email [marketing@breastfeeding.asn.au](mailto:marketing@breastfeeding.asn.au) or call 03 9690 4620.

PLEASE NOTE: The Australian Breastfeeding Association (ABA) reserves the right to change the program and speakers if they are unavailable due to illness, injury or unforeseen circumstances and events. All views and opinions of the speakers are not necessarily the position held by ABA. To view ABA's position statements, visit [breastfeeding.asn.au](https://breastfeeding.asn.au)

If you are feeling unwell, we ask that you do not attend a live seminar and view the seminars online instead. All 2024 live seminar registrants will receive access to the full online program at no additional cost. If, due to unforeseen circumstances, the live seminars are not able to go ahead, they will be replaced by a live-streamed seminar on Friday, 15 March 2024. The online program will then become available as normal. No refunds will be supplied, as livestreaming and webinar options will be available.

Learn more

[breastfeeding.asn.au/seminars](https://breastfeeding.asn.au/seminars)

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## Speakers: live seminars and online program



**Dr Nina Chad** PhD, DipArts (Phil), BA/BE (Hons), Cert IV Breastfeeding Education, CertIVTAA

Dr Nina Chad is an interdisciplinary social and behavioural scientist, and a qualified breastfeeding counsellor, with a PhD in Public Health. Dr Chad has worked with the IBLC, Save the Children, Sydney University, and the ACSQHC developing and testing complex behaviour change interventions. Dr Chad has been the Infant and Young Child Feeding Consultant for the World Health Organization since 2021.



**Dr Treasure McGuire** PhD, BPharm, BSc, GradDipClinHospPharm, GCHEd, FACP, FPS, MSHP

Treasure is a medicines information pharmacist, educator and researcher in reproductive health. As Assistant Director of Pharmacy, she regularly presents for GP credentialing with the Mater Mothers' Hospital in Brisbane and consults on complex cases, assessing medication safety in pregnancy and lactation. She holds conjoint appointments as: Associate Professor (Pharmacology) Medical School, Bond University, and Associate Professor Clinical, School of Pharmacy, University of Queensland.



**Maddie O'Connor** RN, RM, IBCLC

Maddie started her career as a NICU nurse and quickly realised her passion lay with supporting feeding rather than complex ventilation. She went on to study midwifery and subsequently completed her lactation consultant training. She works at the Royal Hospital for Women as well as operating a private lactation business in Sydney. She is passionate about supporting families to feed their babies amongst this changing modern world.



**Evelyn Volders** BSc, Grad Dip Diet, Grad Dip Health Ed, Grad Cert Higher Ed, Adv APd

Evelyn is a paediatric dietitian and senior lecturer in the Master of Nutrition and Dietetics, Monash University. She worked for many years at the Royal Children's Hospital, Melbourne and has previously held the IBCLC qualification for 20 years. She has a particular interest in infant and young child feeding and hopes to motivate dietitians to work ethically in this area.



**Leila Chirgwin** MA, BA (Hons)/Dip Ed, Grad Dip in Counselling & Psychotherapy, Cert IV in BE, Dip in VET, IBCLC

Leila has been in private practice as a psychotherapist, counsellor and lactation consultant for 15 years. She specialises in transition to motherhood, parenting, post-natal depression, anxiety, breastfeeding management and couples therapy. Leila has been an IBCLC for 25 years. She is a breastfeeding educator and counsellor with ABA, as well as a trainer and director.\*



**Karleen Gribble** PhD, BRurSc(Hons), Cert IV Breastfeeding Education

Karleen is Project Lead on ABA's Community Protection for Infants and Young Children in Bushfire Emergencies project and is an ABA breastfeeding educator and counsellor. She is an Associate Professor at the School of Nursing and Midwifery, Western Sydney University and author of over 70 peer-reviewed papers on infant feeding, child protection and rights, and infant and young child feeding in emergencies.\*



**Dr Susan Tawia** BSc PhD Dip Breastfeeding Mngmt Cert IV Breastfeeding Ed (Community)

Dr Susan Tawia has worked as a research scientist and a science teacher and has worked in a paid position with ABA since 2008. In her current role, Susan supports the work of ABA's Breastfeeding Information and Research team, undertakes evaluations of ABA services and advocates on behalf of ABA to influence policymakers and impact policies to ensure they protect, promote and support breastfeeding.

## Speakers: online program only



**Emily Carrolan** MHumNutr, GCertHealthProm, BHealthSc

Emily has worked at ABA since mid-2021 and is currently the Breastfeeding Friendly Environments Program Manager. Previous experience includes teaching behavioural nutrition and cooking classes to young children from 3 to 8 years old. In her current role, Emily oversees ABA's initiative to promote and support the right of mothers and infants to breastfeed in the community and the workplace.



\*More details available at [breastfeeding.asn.au/seminars](https://breastfeeding.asn.au/seminars)



## Live seminar program 2024

Sydney, Brisbane, Melbourne and Perth  
from 11 to 16 March

Recordings also available in the  
online program



7.45 am Registrations open

8.30 am Welcome and introduction

8.45 am **Is the *International Code of Marketing of Breast-milk Substitutes* still relevant?** **Dr Nina Chad**

WHO has been calling on governments to ban the promotion of infant formula and some other infant feeding products for more than 40 years. This presentation will describe the provisions of the *International Code of Marketing of Breast-milk Substitutes*, discuss the rationale for implementing the Code, and identify the duties it confers on health professionals, healthcare systems and governments.

9.45 am **Real foods in the first 1000 days for mums and babies. Are commercial products impacting nutrition choices and status?** **Evelyn Volders**

There is an enormous range of products marketed to mothers and infants with claims of wonderful impacts. These include those for improving breastmilk supply, infant formula in ever expanding numbers, multivitamin supplements and packaged infant and toddler foods. This presentation will examine some of these products and explore considerations for use, the nutritional value they might add and other consequences.

10.45 am Morning tea

11.15 am **STIs: what you need to know about the impact of STIs on breastfeeding** **Dr Treasure McGuire**

About 16% of Australians will experience a sexually transmitted infection (STI). Some STIs can pass from mother to baby during pregnancy and breastfeeding, potentially causing premature

labour, uterine infection, fetal or infant harm. This presentation will outline the impact of common STIs on the pregnant or breastfeeding woman and her baby, treatment risks, and strategies for prevention or risk reduction.

12.15 pm **Sifting through the breastfeeding kit and caboodle** **Maddie O'Connor**

Today's consumerist and influencer driven society exposes pregnant women and their families to an overwhelming amount of infant feeding and breastfeeding related marketing. The market of the 'new parent' is significant, and vulnerable to these influences. As health professionals, understanding the extent and use of the products available to new parents enables us to better provide women with quality evidence-based breastfeeding information. This presentation sifts through the vast variety of products on the market so we can encourage families to use them (or not!) without disrupting their breastfeeding goals.

1.15 pm Lunch

2.15 pm **Vaping and smoking: exposure and harm minimisation for breastfeeding women and their carers** **Dr Treasure McGuire**

Up to 5% of breastfeeding women are exposed to nicotine and cannabis from e-cigarettes and vaping. These lipophilic drugs passage extensively into breastmilk and via second-hand smoke, with effects across the first 1000 days of life. Those caring for regular users can also inadvertently be exposed. This presentation will explore the drug and dose form risks and provide strategies for harm minimisation.

3.15 pm **Competency verification for health professionals: BFHI Step 2 in action** **Dr Nina Chad**

Implementing the Ten Steps to Successful Breastfeeding is a critical dimension of providing quality of care in maternity services.

Step Two recognises that maternity facilities must ensure that health professionals have the knowledge, competence and skills they need to support breastfeeding in maternity facilities. This presentation will describe the BFHI competencies and explores tools and strategies for competency verification.

4.15 pm Closing remarks

4.30 pm Close

## Online program 2024

Available from 31 March to 31 May

Access all six recordings from the live seminar program as well as these five pre-recorded presentations:



**What needs to be done to protect babies and toddlers in disasters?** **Karleen Gribble**

Babies and toddlers and their parents are vulnerable in disasters and in need of support. However, Australia has lacked research, planning and resources to assist them. This presentation will report findings from ABA's Babies and Young Children in the Black Summer Study (BiBS) which shows for the first time what it is like to care for a very young child during an Australian emergency. It will describe the interventions needed to support babies, toddlers and their mothers in disasters and share resources developed as a part of ABA's Bushfire Project.

**Introducing solids – a review** **Evelyn Volders**

The recommendations about starting solids seem to change frequently. This presentation will review why the recommendations change, the reasons for starting solids, current evidence regarding food types and textures and prevention of allergies. Practical considerations for implementation in the workplace will be provided

### Assisting clients with practical and emotional challenges experienced during stressful breastfeeding situations **Leila Chirgwin**

This presentation explores working with clients encountering practical and emotional challenges during experiences such as inducing lactation, relactation, or other hurdles to establishing and or maintaining breastfeeding. Basic counselling skills needed when working with parents in these situations will be outlined. Advice that mothers have found helpful in assisting their breastfeeding journey will be discussed and how the grief of these situations affects their lives will be explored.

### Breastfeeding and optimal health outcomes for women **Dr Susan Tawia**

Breastfeeding reduces the risk of breast and gynaecological cancers, cardiovascular disease and diabetes in women. Women have a right to know this and health professionals have a duty of care to inform women of this reduction in risk and enable them to breastfeed. Women who know about the reduction in risk for breast cancer, do indeed choose to breastfeed for longer.

### Recognising effective breastfeeding support in early childhood education and care settings **Emily Carrolan**

Active support of breastfeeding in an early childhood education and care (ECEC) setting is a fundamental aspect of supporting a breastfeeding mother's transition back to the workplace. Research shows this is the time infants and their mothers are separated for the first time. Collaboration between ECEC educators and families is essential in developing multi-dimensional support working towards a shared goal of continued breastfeeding.

## Live seminar venues

### Sydney Monday, 11 March 2024

Rydges Sydney Central, 28 Albion Street, Surry Hills

### Brisbane Tuesday, 12 March 2024

Sofitel Brisbane Central, 249 Turbot Street

### Melbourne Friday, 15 March 2024

Pullman Melbourne on the Park,  
192 Wellington Parade

### Perth Saturday, 16 March 2024

Parmelia Hilton Perth, 14 Mill Street

## Online program

Access the live seminars from your computer or mobile device by registering for the online program (31 March to 31 May 2024). You will also gain access to five additional pre-recorded presentations available exclusively online.

**Live seminar registrations automatically upgrade to the online program at no additional cost.**

## Registration fees

Members*		Standard fee	
Early bird**	Standard	Early bird**	Standard
Live seminars and online program			
\$265	\$295	\$295	\$310
Online program only			
\$265	\$295	\$295	\$310

Early bird ends at 5.00 pm AEDT on 31 January 2024.

\*ABA member price. Become a member at [breastfeeding.asn.au/memberships](https://breastfeeding.asn.au/memberships) Health professionals, see [breastfeeding.asn.au/health-professionals](https://breastfeeding.asn.au/health-professionals)

\*\*Go into the draw to win one night's accommodation at the live seminar venue in your chosen location if you register before 5.00 pm 31 January 2024. One prize available in each location, subject to live seminars going ahead.

Learn more

[breastfeeding.asn.au/seminars](https://breastfeeding.asn.au/seminars)

## Register

Register via the link at

[breastfeeding.asn.au/seminars](https://breastfeeding.asn.au/seminars)

Payment can be made via credit

card. For help with registration,

contact the seminar series secretariat,

Rachel Washington, MECCA Concepts Pty Ltd.

Email [rachel@meccaconcepts.com.au](mailto:rachel@meccaconcepts.com.au).

Follow us on social media [@ozbreastfeeding](https://twitter.com/ozbreastfeeding)

#2024HPSeminars #BreastfeedingNurturingNutrition



## About the Australian Breastfeeding Association

The Australian Breastfeeding Association (ABA) is the leading provider of breastfeeding education in Australia, with a long tradition of providing high quality, evidence-based breastfeeding education for health professionals.

The 2024 Health Professional Seminar Series *Breastfeeding: nurturing, nutrition* is your opportunity to hear from experts in the field of infant and maternal health, brought to you by Australia's peak body for breastfeeding information.

Join us at one of the live seminars in Sydney, Brisbane, Melbourne or Perth, or register for the online program.

ABA is a not-for-profit organisation. Any income from the health professional seminars is used to support the provision of evidence-based and best practice breastfeeding information to mothers, their support networks and health professionals.

Australian Breastfeeding Association,  
PO Box 33221, Melbourne VIC 3000, phone: 03 9690 4620

The Australian Breastfeeding Association is a Registered Training Organisation and receives funding from the Australian Government.  
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Oct 2023

Learn more

[breastfeeding.asn.au/seminars](https://breastfeeding.asn.au/seminars)