

Breastfeeding: care that continues



Australian
Breastfeeding
Association

For Health
Professionals

Annual Health Professional Seminar Series 2026 **Learning outcomes**

Live seminars

Presenter	Duration, CPD	Abstract	Key learning outcomes
<p>Dr Bec Jenkinson BEd (Hons), PhD</p> 	<p>1 hour, in-person or online Apply for ...</p> 	<p>Weight stigma in maternity care doesn't stop at birth; it can undermine breastfeeding confidence and access to support. Through the RADIANT study, we listened to 65 women and 24 clinicians, then co-created national Best Practice Principles for weight-inclusive care. This talk shares stories and strategies for moving beyond BMI toward respectful, evidence-based care that empowers women to feed their babies with confidence.</p>	<ol style="list-style-type: none">1. Describe how weight-centric care can undermine women's breastfeeding confidence, access to support, and wellbeing.2. Reflect on their own experiences, attitudes and beliefs to explore how weight stigma shows up in their practice3. Identify actionable steps to tackle weight stigma in care for larger-bodied breastfeeding women and their babies4. Articulate a weight-inclusive approach to breastfeeding support that promotes equity and positive feeding experiences
<p>Monica Hogan IBCLC, Grad Dip Mid, MMid, PhD candidat</p> 	<p>1 hour, in-person or online Apply for ...</p> 	<p>Breastfeeding challenges linked to tongue tie require ongoing support from health professionals, extending beyond the initial diagnosis. The focus includes oral function, maternal experience, and feeding outcomes over time, with practical strategies for collaborative care, post-frenotomy follow-up, and empowering families. Designed for lactation consultants, midwives, GPs, and allied health professionals aiming to foster long-term breastfeeding success.</p>	<ol style="list-style-type: none">1. Identify how tongue tie can affect oral function, maternal comfort, and breastfeeding outcomes over time, beyond the initial latch and diagnosis.2. Apply practical, evidence-informed strategies for post-frenotomy follow-up and collaborative care to support ongoing breastfeeding success.3. Support and empower families through effective counselling and multidisciplinary referral pathways to optimise long-term feeding outcomes.



Dr Treasure McGuire

PhD, BPharm, BSc, GradDipClinHospPharm, GCHED, FACP, FPS, FANZCAP (Edu, ObsGynae), MSHP



Enhancing or inhibiting supply: a pharmacological exploration

1 hour, in-person or online

Apply for ...



Pharmacological modulation of lactation is increasingly seen in clinical practice, whether to support breastfeeding or to suppress milk production. This session explores the physiology of lactation, reviews the mechanisms, efficacy, and safety of both pharmaceutical and herbal galactagogues and explores clinical considerations for lactation suppression. Ethical and regulatory implications of off-label prescribing to alter milk supply will be discussed, emphasising informed consent and evidence-based decision making.

1. Explain the physiology of lactation.
2. Describe the mechanism of action, efficacy and safety of pharmacological and herbal galactagogues.
3. Describe the mechanism, efficacy and risks associated with lactation suppressants.
4. Discuss the ethical and regulatory implications of prescribing medications off-label to modify milk supply.

Unpackaging contraception: breastfeeding and beyond

1 hour, in-person or online

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Navigating contraception postpartum requires an understanding of the physiological changes that influence fertility, lactation, and return to ovulation. This session will explore guideline evidence that intersects breastfeeding and contraceptive choices (hormonal, non-hormonal, and natural—including the lactational amenorrhoea method) to support informed, evidence-based decisions that align with breastfeeding goals and maternal health across different stages of the postpartum journey to optimise outcomes for both mother and infant.

1. Describe physiological changes in fertility, lactation and return to ovulation postpartum.
2. Describe the available contraception options.
3. Analyze the safety, efficacy, and impact of hormonal and non-hormonal methods (including the lactational amenorrhoea method [LAM]) on lactation.
4. Apply current clinical guidelines to identify suitable contraceptive options for breastfeeding women at different postpartum stages.

Sue Smith

Dip Community Serv, AHA, former EN



Strength, scars, and sustenance: transforming burn recovery through motherhood and love

1 hour, in-person or online

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Navigating burn survivorship and motherhood involves understanding the physical and emotional changes that influence recovery, lactation, and maternal identity. This session will examine the intersection of burns, breastfeeding, and motherhood through the lens of philia, eros, and agape love to support compassionate, person-centred care. It aims to empower mothers to overcome barriers and nurture healing for themselves, while enriching the lives of their infants.

1. Appreciate the intersectionality of burns survivorship and motherhood for women.
2. Describe the potential breastfeeding challenges of burns survivors.
3. Identify breastfeeding-related educational resources for burns survivors.



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<p>Dr Nina Chad PhD, DipArts (Phil), BA/BEd (Hons), Cert IV Breastfeeding Education, Cert IV TAA</p> 	<p>1 hour, in-person or online Apply for ...</p> 	<p>Nutritional management for infants under 6 months at risk of poor growth and development, WHO</p> <p>This presentation introduces WHO implementation guidance on nutritional management of infants under 6 months at risk of poor growth and development, including those with severe malnutrition. For the first time, WHO is providing practical guidance on rebuilding or maintaining exclusive breastfeeding to inform service design and delivery. The session will provide a summary of the guidance and consider its relevance to the Australian context.</p>	<ol style="list-style-type: none"> 1. Describe the key elements of WHO guidance for nutritional management of infants under six months at risk of poor growth and development, including those with severe acute malnutrition. 2. Identify practical strategies to rebuild and maintain exclusive breastfeeding as the primary goal of nutritional management for infants under six months in both inpatient and outpatient settings.

Online program

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<p>Naomi Hull RN, Cert IV Breastfeeding Education, IBCLC, MPH (Nutrition), PhD Candidate</p> 	<p>1 hour, online Apply for ...</p> 	<p>Turning down the heat: understanding mastitis</p> <p>Mastitis is not always an infection. Catch this online presentation to unpack the latest insights on recognising, managing, and preventing breast inflammation. From engorgement to abscess, we'll translate evidence into clear, practical strategies that protect lactation, minimise antibiotic use, and empower health professionals to support mothers effectively.</p>	<ol style="list-style-type: none"> 1. Understand mastitis as part of an inflammation spectrum. 2. Recognise the distinctions between four key stages of breast inflammation: engorgement, inflammatory mastitis, bacterial mastitis, and abscess. 3. Review evidence-based management and prevention strategies.
<p>Brigitte Corcoran BAppSc., Grad Dip Nutr Diet</p> 	<p>1 hour, online Apply for ...</p> 	<p>Cow's milk before 1: a moove in the right direction or udderly ridiculous?</p> <p>With the WHO's updated Infant Feeding Guidelines (2023) challenging long-standing advice, cow's milk in the second 6 months of life has become a hot topic. This presentation delves into the science, the debate, and what it means for Australian infants and families.</p>	<ol style="list-style-type: none"> 1. Understand the rationale for the WHO's (2023) revised recommendations around the use of animal milks in children 6-12 months of age. 2. Discuss the relevancy of application within the Australian context. 3. Understand current trends in infant weaning in Australian infants and toddlers.



Judith Russell

RN, RM, IBCLC, MClinEd



1 hour, online
Apply for ...



'I had no idea': women's expectations and experiences of breastfeeding a late preterm or early term infant

This presentation focuses on our research which identified an absence of information provided to women about potential challenges of breastfeeding a late preterm or early term infant when early birth is planned. This contributed to women feeling unprepared and disappointed in the reality versus their expectations of breastfeeding. This may negatively impact breastfeeding duration for these infants.

1. Describe the key breastfeeding challenges faced by infants born in the late preterm or early term period and the implications of planned early birth.
2. Explain how a lack of antenatal information when early planned birth is under consideration influences the preparedness of women for breastfeeding challenges.
3. Analyse the gaps and mismatches between women's needs and clinicians' provision of antenatal breastfeeding information in the context of early planned births.
4. Assess the implications of the findings for practice, i.e., how maternity care providers might improve antenatal education/support to optimise breastfeeding outcomes for late preterm/early term infants.

Deborah Bartrip

BMid, MMid, ERM, IBCLC



1 hour, online
Apply for ...



Breaking through barriers: unlocking the secrets to successful breastfeeding after caesarean birth

Breastmilk offers vital nutrition and immunity for newborns, with early and exclusive breastfeeding supporting mother and baby health. Caesarean births often make breastfeeding harder. This review identified barriers such as maternal and infant health, institutional practices, and personal challenges. Timely support and innovative practices help improve breastfeeding success. Recommendations highlight effective interventions and areas for further research to enhance outcomes for mothers who have caesareans.

1. Describe key barriers to early initiation and exclusive breastfeeding after caesarean birth.
2. Identify enablers that support breastfeeding success following caesarean birth.
3. Examine evidence on how institutional, physical and personal factors affect breastfeeding outcomes.
4. Outline practical strategies for improving breastfeeding support after caesarean birth.



Dr Jennifer Hocking

BA, BN, GradDipMid, MMid, PhD, RM RN, FACM



Panel discussion 1 – Mind the gaps: ethical challenges and policy failures in breastfeeding support

1 hour, online
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This panel explores the ethical challenges in breastfeeding research and policy, including formula marketing, data gaps, limited professional education, and underrepresentation in health strategies. We discuss why breastfeeding is often sidelined in Australia despite widespread maternal intent, and examine the implications for funding, regulation, and national health priorities.

1. Gain an understanding of the ethical challenges associated with breastfeeding research and policy.
2. Discuss the barriers in Australia that often sideline breastfeeding and the implications of this.

Panel discussion 2 – Whose voices shape the evidence? Evaluating the purpose and impact of breastfeeding research

1 hour, online
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This panel explores the essential qualities of effective breastfeeding research, from honouring women’s lived experiences to advancing multidisciplinary methodologies. We examine how topics like midwifery, First Nations nutrition pathways, and medical findings intersect with the real-world goals of supporting mothers. The discussion addresses the impact of research on policy, funding, and practical outcomes, asking: Does the research truly help women achieve their breastfeeding ambitions?

1. Discuss how different research methodologies contribute to improvements in care for breastfeeding mothers and families.
2. Describe how specific topics of breastfeeding research can actually engage with real-life matters including the breastfeeding goals of mothers.
3. Understand how translatable research helps women to achieve their breastfeeding goals.



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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. ABA is a registered training organisation and receives funding from the Australian Government. ABN: 64005081523

