



Breastfeeding: care that continues

Annual Health Professional Seminar Series 2026

Sydney Monday, 23 March 2026

Brisbane Tuesday, 24 March 2026

Melbourne Friday, 27 March 2026

Online program from 31 March to 31 May 2026



**Australian
Breastfeeding
Association**

For Health
Professionals

Online program 2026

Available from 31 March to 31 May

Access recordings from the live seminars as well as these pre-recorded presentations:



Turning down the heat: understanding mastitis on the inflammation spectrum Naomi Hull

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.

Cow's milk before 1: a moovve in the right direction or udderly ridiculous? Brigitte Corcoran

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.

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

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.

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

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.

Mind the gaps: ethical challenges and policy failures in breastfeeding support PANEL, with Dr Jennifer Hocking

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.

Whose voices shape the evidence? Evaluating the purpose and impact of breastfeeding research PANEL, with Dr Jennifer Hocking

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?

Learn more

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Live seminar program 2026

Sydney, Brisbane and Melbourne
from 23 to 27 March

Recordings also available in
the online program



7:45 am **Registrations open**

8:30 am **Welcome and introduction**

8:45 am **The hidden hurdle: weight stigma and its impact on breastfeeding journeys** **Dr Bec Jenkinson**

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.

9:45 am **Beyond the first latch: managing tongue tie for ongoing breastfeeding success** **Monica Hogan**

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.

10:45 am **Morning tea**

View the full live seminars and
online program information
and speaker details at
breastfeeding.asn.au/seminars



Learn more

breastfeeding.asn.au/seminars

11:15 am **Enhancing or inhibiting supply: a pharmacological exploration**
Dr Treasure McGuire

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.

12:15 pm **Strength, scars, and sustenance: transforming burn recovery through motherhood and love** **Sue Smith**

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.

1:15 pm **Lunch**

2:15 pm **Nutritional management for infants under 6 months at risk of poor growth and development, WHO** **Dr Nina Chad**

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.

Learn more

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3:15 pm **Unpackaging contraception: breastfeeding and beyond** **Dr Treasure McGuire**

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.

4:15 pm **Closing remarks**

4:30 pm **Close**

Sponsorship opportunities

Sponsoring the 2026 Annual Health Professional Seminar Series is a valuable way to showcase your brand to a diverse group of health professionals and highlight your commitment to evidence-based practice. Delegates attend for professional development, networking, and to discover useful, ethical products and services to recommend within their workplaces and to the families they support.

Sponsorship will give you the chance to:

- reach a targeted audience of over 5000 health professionals via our trusted 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, email marketing@breastfeeding.asn.au or call 03 9690 4620.

Speakers: live seminars and online program



Sue Smith Dip. Comm. Serv. Work, Allied Health Asst, Former EN

Sue Smith holds a Diploma in Community Services Work, with experience as an allied health assistant and enrolled nurse. A burns survivor of over 60 years, she is a founding and active member of the ANZBA Consumer Advisory Group. Passionate about prevention, advocacy, and holistic care, Sue shares her lived experience to support others and health professionals alike. In 2024, she contributed to the Global Burns Injury Workshop, helping identify the Top 10 global research priorities in burn injury.



Dr Treasure McGuire PhD, BPharm, BSc, GradDipClinHospPharm, GCHEd, FACP, FPS, FANZCAP (Edu, ObsGynae), MSHP

Treasure is a medicines information pharmacist, educator, and researcher in reproductive health. As Assistant Director of Pharmacy at Mater Mothers' Hospital in Brisbane, Treasure consults on complex cases assessing medication safety in pregnancy and lactation. She holds appointments as: Associate Professor of Pharmacology, Faculty of Health Sciences and Medicine, Bond University, and Associate Professor, Clinical, School of Pharmacy, The University of Queensland.



Dr Bec Jenkinson BEd (Hons.), PhD

Bec Jenkinson is a maternity consumer-turned-researcher with 15 years' experience advocating for respectful, woman-centered care. Now a senior research fellow at The University of Queensland, Bec led the award-winning RADIANT study, which has coproduced best practice principles to address weight stigma in maternity care.

Learn more

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Dr Nina Chad PhD DipArts(Phil) BA/BEEd(HonsI)

Nina Chad is a behavioural scientist, breastfeeding counsellor, and policy advisor, specialising in infant and young child feeding. Since 2020, she has been the Technical Consultant on Infant and Young Child Feeding to the WHO Department of Nutrition and Food Safety, where she provides technical support to countries. Nina is passionate about translating evidence into policy landscapes that support breastfeeding and improve health outcomes for mothers and babies.

Speakers: online program only



Naomi Hull RN, Cert IV BF Education, IBCLC, MPH (Nutrition), PhD Candidate

Naomi is a RN, IBCLC and has a Master of Public Health. Part of the ABA family for over 22 years, Naomi has held various roles such as breastfeeding counsellor, Branch President, Regional Rep, and more recently, Senior Manager Breastfeeding Information and Research. Naomi is passionate about seeing strong policy change from the top down to better enable breastfeeding.



Brigitte Corcoran BAppSc., Grad Dip Nutr. Diet.

Brigitte is a paediatric dietitian with nearly 30 years of experience, having worked across a wide range of healthcare settings - from acute tertiary hospitals to community health and private practice - both in Queensland and internationally. Passionate about early life nutrition and growth, she is dedicated to giving every infant the best possible start in life.

Learn more

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Monica Hogan RN, RM (Endorsed), IBCLC, Grad Dip Mid., M. Mid, Cert IV TAE., PhD Candidate

Monica is an endorsed midwife, IBCLC, and PhD candidate at ANU, with over 40 years' Nursing and Midwifery experience. She is currently researching wound healing after tongue tie division and its impact on breastfeeding. Monica serves as an educator and practitioner at Canberra Health Services and runs a private practice offering midwifery and lactation care, including tongue tie division.



Judith Russell RN, RM, IBCLC, MClinEd.

Judy is a clinical midwife consultant for lactation at Grampians Health Ballarat where she managed the Breastfeeding Service for 10 years. She has 35 years experience as an IBCLC. Judy will be presenting her research exploring women's experiences of breastfeeding a late preterm or early term infant, specifically in the context of informed decision making for early planned birth.



Deborah Bartrip BMid MMid ERM IBCLC

Deborah is an experienced endorsed registered midwife, IBCLC, and childbirth educator, working in both the hospital setting and private practice. With a focus on holistic midwifery and lactation practice, she brings a wealth of experience from her early career in early childhood education, and as a breastfeeding mum to three adult and teenage children.

Learn more

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Speakers: online program only *continued*



Dr Jennifer Hocking

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

Jen worked as a midwife in the Australian public maternity system for 20 years before undertaking a PhD – a focused ethnographic study of lactation consultant practice which she completed in 2020. She worked as a lecturer in, and course coordinator of, the Bachelor of Midwifery program at the Australian Catholic University (Melbourne) from 2018 – late 2023. Jen was awarded a fellowship of the Australian College of Midwives in 2023 for her work in the profession and the College and has been ACM Victorian branch chair since 2018. Jen commenced work at the Australian Breastfeeding Association in December 2023 as professional engagement lead and coordinator of the ABA WHO Code Advocacy project.

The Australian Breastfeeding Association is thrilled to present the Annual Health Professional Seminar Series 2026, *Breastfeeding: care that continues*.

The Annual Health Professional Seminar Series once again brings together thought and practice leaders, via face-to-face and online learning experiences.

Breastfeeding: care that continues provides a curated opportunity to expand your skills and knowledge, as well as network with like-minded health professionals at our live seminars, then dive deeper into critical issues via our online program.

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.



Live seminar venues

Sydney Monday, 23 March 2026

Rydges Sydney Central, 28 Albion Street, Surry Hills

Brisbane Tuesday, 24 March 2026

Sofitel Brisbane Central, 249 Turbot Street

Melbourne Friday, 27 March 2026

Novotel Melbourne on Collins, 270 Collins Street



Online program

Access the full seminar program from your computer or mobile device by registering for the online program (available from 31 March to 31 May 2026). You will gain access to recordings of the live seminars as well as the exclusive online program.



Professional development points

Australian College of Midwives CPD Endorsed Activity hours and RACGP CPD hours apply. Attendees may self-record for IBLCE CERPs. Please check our website for more information on professional development.



Register

Register via the link at

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



Breastfeeding: care that continues

Annual Health Professional Seminar Series 2026

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
Live seminar registrations automatically include access to the online program at no extra cost.			

*Australian Breastfeeding Association (ABA) member price. Become a member at breastfeeding.asn.au/memberships. Health professionals, see breastfeeding.asn.au/health-professionals

**Early bird registration is available until 11:59 pm AEDT, 31 January 2026. Go into the draw to win one night's accommodation at the live seminar venue in your chosen location if you register by that date and time. One prize available in each location, subject to the live seminars going ahead.



Australian Breastfeeding Association

For Health Professionals

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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. If, due to unforeseen circumstances, the live seminars are not able to go ahead, the online program will then become available as normal. No refunds will be supplied.

ABA is a registered training organisation and receives funding from the Australian Government. RTO: 21659

HP26-064 Mar 2026

Learn more

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