



Bekki Cavallaro (35 mins)

Birth is the wedding day, breastfeeding is the marriage

We plan for the wedding day of birth – yet the marriage of breastfeeding often unfolds without preparation.

In this session, we'll explore the first two weeks as the foundation for lifelong feeding success, the role of oxytocin and instinct, and how creating a safe, supported environment can transform both connection and confidence for new families.

Presentation Learning Outcomes:

1. Recognise how early postnatal experiences shape breastfeeding outcomes and maternal confidence.
2. Explore the parallels between birth and breastfeeding in protecting oxytocin flow and primal instincts.
3. Identify strategies to prepare families and support mothers in the critical early weeks.



Emma Shipton (35 mins)

Trust your voice: Owning your breastfeeding journey

Breastfeeding is a personal and powerful journey, and often about finding your own way. This presentation explores experiences of antenatal and

postnatal breastfeeding support, drawing on recent qualitative research. By discussing experiences of women, this session aims to encourage trusting your own voice amidst structured care systems.

Presentation Learning Outcomes:

1. Recognise the importance of the woman's voice and experiences in breastfeeding
2. Explore the role of midwifery support in breastfeeding, recognising both the benefits and limitations of care
3. Identify ways to advocate for women's own needs and preferences in their breastfeeding journey



Dr Mairaed Crawford (20 mins)

Golden slumber

Do they sleep through the night?' is one of the most dreaded questions new parents face. Today's sleep

advice – from coaches, books, and influencers – often promotes unrealistic expectations. This presentation explores what the evidence really says about infant sleep, drawing on evolutionary perspectives and the history of mother-baby sleep. By understanding how infants have slept for millennia, health professionals can better support families with practical, compassionate approaches to sleep challenges in the early months of parenting.

Presentation Learning Outcomes:

1. Understand the evolutionary theory and biological basis of infant sleep
2. Understand why the modern-industrialised Western lens applied to sleep is a challenge for parents
3. Dispel some common sleep myths



Dr Mairaed Crawford (35 mins)

Sweet dreams are made of this

This presentation is designed to provide a practical framework to assist with infant sleep challenges, informed by and

integrating key aspects of the current infant sleep science evidence base talked about in the preceding presentation.

Presentation Learning Outcomes:

1. Review current guidelines for safe infant sleep
2. Provide an overview of key aspects of an infant's sleep history
3. Discuss tools that can be utilised to support families in navigating sleep challenges



Nicola Kett (40 mins)

We're here for you – be supported with your transition to parenthood

Transitioning to parenthood is a steep learning curve and having timely access to support can

make a world of difference. ABA has support available for every stage of parenthood through its accessible online and face-to-face services. Parents can connect with others who are going through a similar transition and get information and support specific to their situation. Learn more about the support that's available and the impact the services have on expectant and new parents' confidence to navigate breastfeeding and parenthood.

Presentation learning outcomes:

1. Recognise the need for breastfeeding education and support for expectant and new parents
2. Identify ABA's range of breastfeeding education and support services available for expectant and new parents
3. Review the effectiveness of the services in supporting mothers to establish and continue breastfeeding



Brigitte Corcoran (35 mins)

Tracking tiny trends: Making sense of infant and child growth

Infant and early childhood growth is one of the key markers of early childhood development. This presentation

will unpack the WHO and CDC growth charts, outlining their development, purpose, and differences. It will highlight key principles for interpreting infant and child growth, including age-appropriate chart selection, accurate measurement techniques, and the influence of genetics, nutrition, and health. Practical strategies will be shared to support health professionals and families in promoting healthy growth and early identification of concern.

Presentation Learning Outcomes:

1. Understand the data used in the development of current NHMRC endorsed growth charts for infants and children living in Australia
2. Gain an understanding of the typical patterns of growth in infancy and early childhood
3. Discuss the factors that may affect growth patterns in infancy and early childhood
4. Outline the indicators and growth patterns that may require further investigation



Naomi Drew (35 mins)

Clues in the poos and spews – is an allergy a culprit to blame?

This presentation explores breastfeeding and allergies for lactation professionals, clinicians, and families.

It covers allergy types, breastfeeding's role in immune development and the impact on the mother-infant dyad. Practical guidance includes allergy management, food elimination, and solids introduction. Key advocacy tips, and referral points help professionals support families and empower parents to navigate their baby's allergy journey with confidence.

Presentation Learning Outcomes:

1. Identify different types of allergies in breastfed infants and recognise signs and symptoms, including atopic dermatitis
2. Understand how breastfeeding affects immune development and the impact of food allergens in breastmilk
3. Recognise the risks of early breastfeeding cessation or formula substitution in infants with food allergies
4. Provide evidence-based advice on introducing solids for infants with known or suspected food allergies
5. Support and advocate for families by connecting them to appropriate resources and empowering both professionals and parents



Gemma MacDonald (35 mins)

Pregnant? Diabetes? Practical strategies to initiate and sustain breastfeeding

Women with diabetes in pregnancy experience

lower rates of initiation, duration, and exclusive breastfeeding. Breastfeeding is proven to reduce the risk of long and short-term health outcomes for women with diabetes and their infants. This presentation provides insight and practical strategies to support and encourage women with diabetes to initiate and sustain breastfeeding.

Presentation Learning Outcomes:

1. Improved understanding of diabetes in pregnancy and postnatal populations
2. Benefits of breastfeeding in diabetic populations (risks of not breastfeeding)
3. Strategies to improve breastfeeding in diabetic population