



INFANT FEEDING ESSENTIALS

**DECEMBER 12-14
2024**

Supporting breastfeeding is everyone's business. Gain confidence or refresh your skills and earn professional development points. All health workers welcome!

JOIN US IN BRISBANE



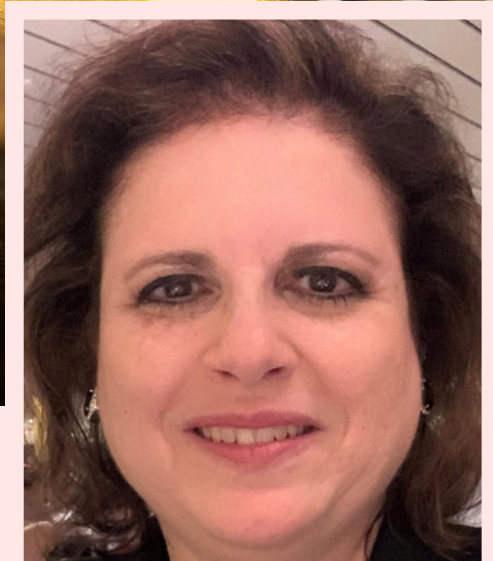
BACK TO BASICS BREASTFEEDING EDUCATION

**BREASTFEEDING IS
EVERYONE'S BUSINESS**



We believe breastfeeding is everyone's business and all health workers need a basic understanding of normal and how they can impact a breastfeeding mother positively, even in a brief encounter. We offer courses for all health and allied health workers who want to ensure they support the breastfeeding mothers they encounter in their workplace. Mothers need accurate information and positive interactions from all health workers that is free from commercial influence. Be part of their support network and get skilled!

INDUCED LACTATION



AN EVENING WITH DR LENORE GOLDFARB

Enjoy a 3-course dinner with colleagues and learn more about inducing lactation from world renowned expert Dr Lenore Goldfarb. Induced lactation is possible and understanding the physiology can deepen your understanding of breastfeeding and your confidence in its success. (Drinks not included) 1.5 CERPs

Early Bird \$145 After 19/10/24 \$165

DAY 1



Early Bird \$180
After 19/10/24 \$205

ORAL TIES 5.0 CERPS

Identifying the problem

Infant oral anatomy can vary and common genetic concerns such as ankyloglossia and variations on restrictions within the oral cavity can cause disruption to the dyad. This session will discuss incidence and identification of any variation from normal, identify subsequent adaptations and/or compensations to feeding and discuss specific and relevant management strategies.

Taking the lactation history

Identify elements of the medical and social situation to include in a history, observe and record a breastfeed to create a baseline for observing and recording changes resulting from interventions and record findings from physical examination and observation of the infant and mother.

An Overview of Breastfeeding Challenges

Many infants with oral ties experience breastfeeding challenges. This session will offer an overview of the common challenges of breastfeeding, pain, supply/growth concerns, mastitis, explore simple strategies to support breastfeeding and overcome difficulties and briefly discuss the prudent use of lactation aids.

Oral Ties – Effective Management

This session will describe and discuss the various tools and methods of releasing frenula and identify the functional desired outcome and the impact on the infant. (Based on recorded data from 6000+ procedures)

Discuss strategies to support maintenance of breastfeeding before and after any intervention, describe what parents need to know, including potential risks, and discuss facilitating decision-making.

Oral ties and non-breastfed infants

Discuss the impact of oral ties on non-breastfed infants. Explore strategies to support these dyads before, during and after interventions to treat oral ties.

DAY 2

BREASTFEEDING CHALLENGES 6.5 CERPS

Managing Milk Supply

This session will characterise the elements of adequate milk supply at different stages of lactation, discuss strategies to determine if milk supply is normal, compromised or overabundant and discuss strategies to manage concerns about milk supply.

Using Galactagogues Effectively

This session will describe both prescribed and non-prescribed galactagogues and identify when and how to use prescribed galactagogues such as domperidone.

Re-lactation

This session will differentiate between re-lactation and induced lactation and discuss the varying situations when this might be useful, eg regretted early weaning, emergencies etc

Nipple Pain and Damage

This session will discuss the various types of nipple pain and their causes, including mechanical trauma, discuss infections and possible treatments, and explore practical strategies to support the breastfeeding mother and the decision to limit time at the breast. Then the merit of available lactation aids/treatments will be discussed and medical conditions that may contribute to nipple pain will be reviewed.

Medication for pain and damage

This session will describe the available prescribed and non-prescribed topical and systemic treatment of nipple infections and identify when, if, and how to use prescribed and unprescribed topical preparations.

Lumps and blockages

This session will explore duct blockages, breast lumps and white spots and practical management strategies. We will then discuss when and if to seek medical assistance for blockages.

Mastitis and Abscess

This session will differentiate between infective and non-infective mastitis and identify non-medical management strategies as well as knowing when to seek medical assistance. Then current prescribing recommendations for mastitis will be discussed followed by a discussion on the characteristics of an abscess, including diagnosis, treatment and referral pathways for abscess.



Early Bird \$180
After 19/10/24 \$205

REGISTRATION TODAY!

REGISTRATION

REGISTRATION FORM

Complete your personal details and Workshop preferences then email an electronic copy of the completed form (you will need to print the form) to workshops@lactationleap.com.au

An Invoice will be sent to the email you provide, payment details will be on this invoice. Early Bird Registrations can be paid by instalment, provided these payments are:

- paid by direct deposit only
- payment is completed by 18th October 2024.

Accommodation - all accommodation will be handled directly by the hotel. We advise early booking to ensure the best rates and a CODE will be provided on your Invoice to use when booking.



WORKSHOP REGISTRATION FORM

First Name:

Surname

Job Title:

Phone No:

Email:

Special Diet:

Organisation:

PLEASE CHOOSE WHICH WORKSHOP/S YOU WILL BE ATTENDING
EARLY BIRD RATES until midnight Friday 18/10/24
 Final registrations close midnight Friday 29/11/24

EVENT	DATE		Early Bird	After 19/10/24
Dinner with Dr Goldfarb Induced lactation 1.5 CERPs	Thursday 12th December 2024	<input type="checkbox"/>	\$145	\$165
Workshop 1 Oral Ties & Infant Feeding 5.0 CERPs	Friday 13th December 2024	<input type="checkbox"/>	\$180	\$205
Workshop 2 Breastfeeding Challenges 6.5 CERPs	Saturday 14th December 2024	<input type="checkbox"/>	\$180	\$205
Dinner and Day 1 only	12- 13th December 2024	<input type="checkbox"/>	\$325	\$370
Dinner and Day 2 only	12 + 14th December 2024	<input type="checkbox"/>	\$325	\$370
Both Workshops only	13-14th December 2024	<input type="checkbox"/>	\$360	\$410
Dinner & Both Workshops	12- 14th December 2024	<input type="checkbox"/>	\$495	\$555

Email your completed Registration Form to workshops@lactationleap.com.au

OTHER COURSES OFFERED

OTHER COURSES

All courses can be taken to your town, city or workplace and delivered face-to-face. Please email us to arrange a quote at: workshops@lactationleap.com.au



INFANT FEEDING ESSENTIALS **AN INTRODUCTION**

Breastfeeding is for everyone, this course is for all health workers who have missed adequate basic breastfeeding knowledge in their training. We can deliver this 1 day Workshop in your town, city or work place.



INFANT FEEDING ESSENTIALS **FACILITATING NORMAL**

For health workers working in closer contact with breastfeeding mothers this course offers skills to ensure your interactions positively support adequate growth and development through breastfeeding.



INFANT FEEDING ESSENTIALS **ETHICAL LACTATION CARE**

Mothers seek infant feeding advice from health workers. It is essential that this advice is free from commercial influence. Let's explore the guiding documents for health workers on infant feeding, NHMRC, WHO, MAIF.

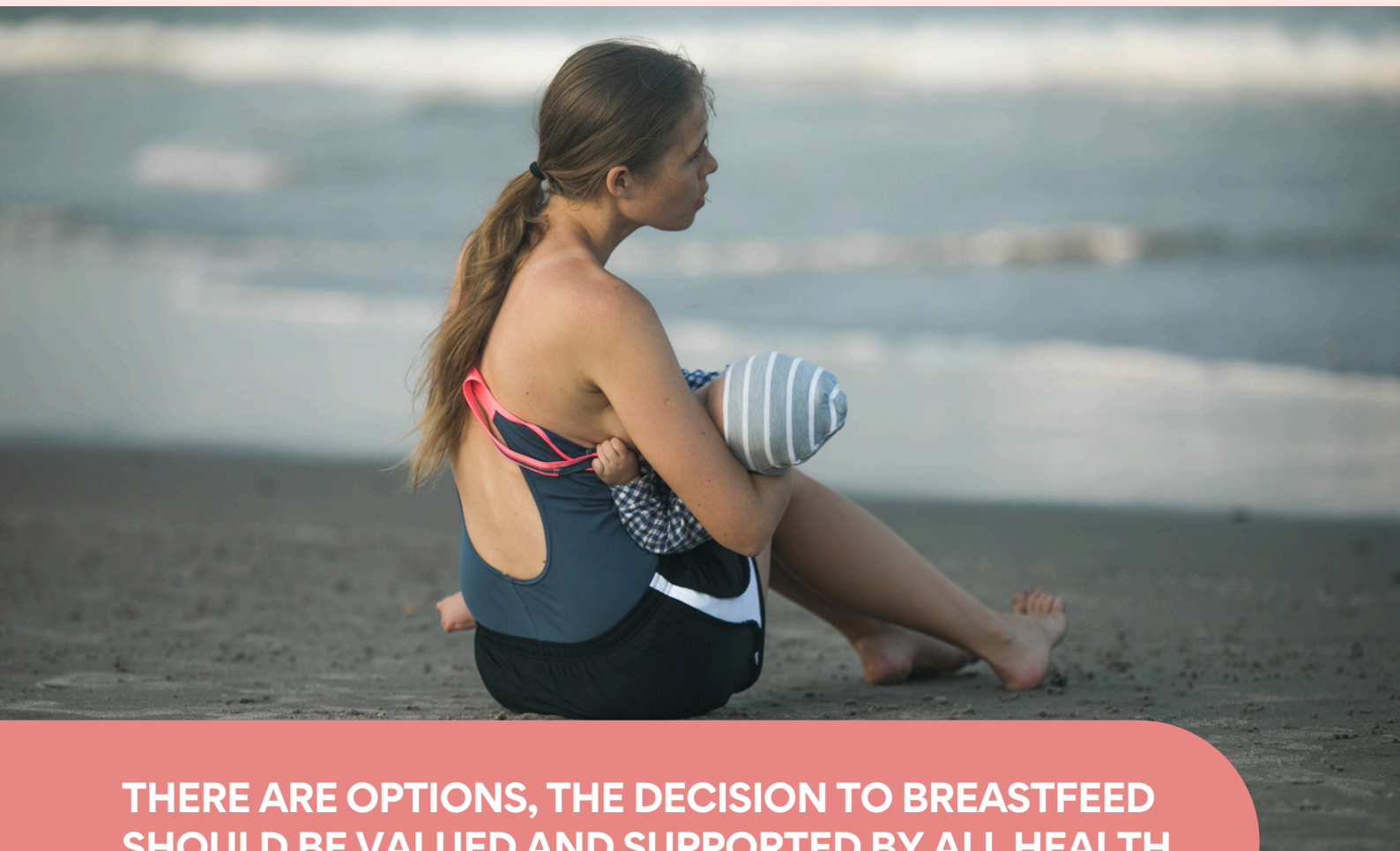
COMING 2025

RELACTATION MANAGEMENT TRAINING

with **LACTATION MASSAGE TECHNIQUES**

Master Trainer: Ma. Innes Av. Fernandez

Co-Founder: ARUUGAN and BREASTFEEDING MOVEMENT OF THE PHILIPPINES



THERE ARE OPTIONS, THE DECISION TO BREASTFEED SHOULD BE VALUED AND SUPPORTED BY ALL HEALTH WORKERS. BREASTFEEDING IS FOOD SECURITY

The 2-Day Training on Re-lactation Management with Special Lactation Massage Skills is an intensive hands on learning experience on how to return the mother-baby pair to breastfeeding. It will be a step by step demonstration on several interventions to support a return to breastfeeding for those on formula or mixed feeding.

Dates towards the end of March 2025 are still being finalised, and at this point there will be one workshop in Sydney and Melbourne. Places are strictly limited, so if you would like to be on our waiting list, please email: workshops@lactationleap.com.au