

# Turning the Tide for Birth and Breastfeeding



**Dates:** Feb 14th & 15th, 2025  
Workshop Sunday Feb 16th, 2025

**Venue:** Lighthouse theatre corner of Liebig St & Timor St  
Warrnambool Vic 3280

[www.breastfeedingconferences.com.au](http://www.breastfeedingconferences.com.au)

All funds raised go to support the work of the Warrnambool Breastfeeding Centre

## About Turning the Tide for Birth and Breastfeeding.

*The Warrnambool Breastfeeding Centre welcomes you back to Warrnambool for Turning the Tide for Birth and Breastfeeding 2025. Join us for a packed 2 or 3 day program of learning in our beautiful beach location.*

### What is the Warrnambool Breastfeeding Centre?

The Warrnambool Breastfeeding Centre is a hub of information and support for parents in Warrnambool and the surrounding areas. It is a place parents can come to relax and connect with other parents in an informal setting. Importantly, parents can access the breastfeeding information and support they need, when they need it, through professional lactation support and practical support such as breast pump hire and information on lactation aids. Seeding money for the Warrnambool Breastfeeding Centre came from our first conference held in 2012 – more than 10 years later we are still supporting families in our community

### Getting there

Getting to and from Warrnambool is easy! Follow the Princes Highway to Warrnambool (Just over a 3 hour journey from Tullamarine, and 2.5hr from Avalon), or if you've got the time, why not enjoy the Great Ocean Road... Happy travels!

### Accommodation

Warrnambool has a great range of reasonably priced accommodation. For more information, please check out sites such as [www.airbnb.com.au](http://www.airbnb.com.au) and [www.stayz.com.au](http://www.stayz.com.au).

For help with accommodation that will fit your budget and requirements please ring the Warrnambool Visitor Information Centre on freecall 1800 637 725 or (03) 5559 4620.



# The Birth Map Birth Cartographer Training

Navigate the Maternity System  
with Catherine Bell

Master of Science Communication. PhD Candidate. Consumer Advocate.

**Workshop** Sunday, February 16th – 9.00am – 5.00pm

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**Catherine Bell** – Birth mapping workshop

**Venue:** The Warrnambool Breastfeeding Centre, 141 Koroit St, Warrnambool.

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This comprehensive training is for those birth workers and health professionals looking to enhance communication and support the decision making process with their clients in birth and beyond.

During the intensive, we will explore the importance of language, discover The Game of Birth and develop our skills to facilitate communication and support maternal decision making in maternity care.

Catherine Bell is a Mother of four, trained doula, trained breastfeeding counsellor and educator, deathwalker, consumer advocate, and Science Communicator undertaking a PhD in Birth Cartography.

**Registering includes:**

- A copy of The Birth Map
  - The Game of Birth
  - Access to the online training space and monthly zoom group
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**Cost:**

\$330pp – Numbers strictly limited

\$255pp – Earlybird (if registered by Jan 10th)

# Turning the Tide

## for Birth and Breastfeeding

### Day 1 Friday, February 14th

- 8.00am Registrations open – Tea/coffee served
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- 8.45am Opening address
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- 9.00am **Norma Barrett** – Understanding service user experiences of a unique community-based breastfeeding support service in Australia – The Warrnambool Breastfeeding Centre
- 
- 9.30am **Nancy Mohrbacher** – Simplifying breastfeeding: The first 36 hours
- 
- 10.30am Morning tea
- 
- 11.00am **Lisa Amir** – Mastitis & breast abscess – 25 years of research
- 
- 12.00pm **Catherine Bell** – Building the bridge of communication in midwifery
- 
- 1.00pm Lunch
- 
- 2.00pm **Amber Hart** – Managing low weight gain in breastfed infants
- 
- 2.45pm **Melanie Briggs** – Birthing on Country a model of care for First Nations Women and their families
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- 3.30pm Afternoon tea
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- 3.45pm **Alice Clarke** – The highs and lows of induced lactation
- 
- 4.30pm Close
- 
- 7.00pm Dinner – The Whalers Hotel, Cnr Liebig and Timor St Warrnambool  
*(just across the road from the Lighthouse Theatre)*
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## Day 2 Saturday, February 15th

- 8.30am Registrations open – Tea/coffee served
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- 8.45am **Ranmali Rodrigo** – Human milk feeding in neonatal units
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- 9.30am **Alexandra Chung** - Navigating food marketing: Empowering parents and protecting children's diets
- 
- 10.15am Morning tea
- 
- 10.45am **Alison Weatherstone** – Time to turn the tide on decreasing breastfeeding rates and increasing c/s in Australia
- 
- 11.45pm **Leo Smith** – Perinatal psychiatry for the non-perinatal psychiatrist
- 
- 12.45pm Lunch
- 
- 1.45pm **Nancy Mohrbacher** – Transitioning to direct breastfeeding (including transitioning from a bottle, transitioning preterm babies, weaning from a nipple shield)
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- 2.45pm **Amber Hart** – Untying the ties: Putting tongue tie research into practice
- 
- 3.30pm Afternoon tea
- 
- 3.45pm **Lisa Amir** – Clinical cases in lactation: Pearls of wisdom
- 
- 4.30pm Close
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## Workshop Sunday, February 16th

9.00am – 5.00pm

**Catherine Bell** – Birth mapping workshop | **Venue:** The Warrnambool Breastfeeding Centre

8.30am Registrations open

# Speakers

## **Lisa Amir**, MBBS, MMed, PhD, IBCLC

Professor Lisa Amir is a general practitioner and lactation consultant. She works in breastfeeding medicine at The Royal Women's Hospital in Melbourne. She is a Principal Research Fellow at the Judith Lumley Centre, La Trobe University, Australia, and the Editor-in-Chief of the International Breastfeeding Journal.

## **Norma Barrett**, BA, PGDE, MSc

Norma Barrett lectures on public health and health promotion subjects at Deakin University's Warrnambool campus and online. Norma is an early career researcher. Her work to date has focussed on i) experiences of the transition to parenthood in Australia and ii) parent experiences of the services they utilise during the transition to parenthood and in the early years of parenting.

## **Catherine Bell**, BSc (Hons), MScComm CertIV in Breastfeeding education and counselling Doula

In becoming a mother, Catherine was frustrated with the 'need to know' nature of maternity, so trained as a birth doula and breastfeeding counsellor and educator to fill the knowledge gap and support other women. Combined with her Master's in Science Communication, this led to the development of Birth Cartography and the invention of The Game of Birth. Her book The Birth Map was evaluated in her PhD study into communication and decision-making in maternity services.

## **Melanie Briggs**, BMidwifery, MPrimary Maternity Care, Advanced DipLeadership & Mgmt

Melanie Briggs is a Gumbayngirr Dharawal descendent, endorsed midwife, and Birthing on Country manager at Waminda. She is a successful recipient of the University of Technology Alumni Award for First Nations People and the Griffith University for Health Award. She was also awarded the HESTA Midwife of the Year award for work in models of care for First Nations women and families. She is currently working on the sustainability of a Birthing on Country program at Waminda.

## **Alexandra Chung**, APD, PhD

Dr Alex Chung is an accredited practising dietitian and a senior lecturer with the Dpt of Nutrition, Dietetics and Food, Monash University. She currently holds a VicHealth Postdoctoral Research Fellowship where she leads a program of research to reduce the impact of marketing of commercial foods for infants and young children. Through her research, Alex generates evidence to support and promote healthy diets for infants and young children throughout Australia.

## **Alice Clarke**

Alice Clarke is an award-winning freelance journalist and has a unique relationship with breastfeeding. In 1988 she became Australia's first and the world's second IVF surrogate birth and her mother, Maggie Kirkman, made headlines when she induced lactation to feed her. Thirty six years later, Alice induced lactation to feed her own daughter.

### **Amber Hart**, BSc, MBBS, DRANZCOG, FRACGP, IBCLC

Dr Amber Hart is a GP, IBCLC and founding director of Maternal and Infant Wellbeing Melbourne. Her clinic is home to the first of its kind Breastfeeding Day Stay Experience. She completed her Diploma of the Royal Australian and New Zealand College of Obstetrics and Gynaecology, and subsequently her Fellowship of General Practice. She qualified as an IBCLC in 2014 and went on to obtain accreditation as a neuro-protective developmental care practitioner through The Possums Clinic.

### **Nancy Mohrbacher**, IBCLC, FILCA

Nancy began helping nursing families in 1982 as a volunteer peer supporter. She became an IBCLC in 1991 and spent 10 years growing a large private lactation practice in Chicago. Nancy is the author or co-author of three current books including *Breastfeeding Answers* (2nd ed). Her *Breastfeeding Solutions* app is used worldwide, and her YouTube channel has millions of views. She was in the first group to be honoured for their contributions to breastfeeding with the designation FILCA, Fellow of the International Lactation Consultant Association.

### **Ranmali Rodrigo**, MBBS, DCH, MD, MRCPCH, FRACP, PhD, IBCLC

Ranmali is a neonatologist and lactation consultant. She had her medical training in Sri Lanka, UK and Australia and worked as a university lecturer, lactation management trainer and consultant neonatologist in Sri Lanka prior to moving to Australia. Ranmali completed her PhD on 'Storage and transport of mother's milk in neonatal intensive units', from La Trobe University, Melbourne in 2023 and is currently a consultant neonatologist and head of the Mercy Health Breast Milk Bank, Victoria.

### **Leo Smith**, BM, MPsych, MSc Sleep Medicine, DRANZCOG, MRCPsych, FRANZCP

Dr Leo Smith is a Warrnambool based psychiatrist, working in consultation-liaison (CL) at South West Healthcare. He has sub-specialty interest in the mental health care of the maternal-child dyad, setting up a perinatal psychiatry clinic embedded in the Women's Health Clinic in 2021. His Masters' thesis through the Oxford Online Programme in Sleep Medicine explored the effects of maternal psychiatric illness on infant sleep architecture, via systematic literature review.

### **Alison Weatherstone**, Adjunct Associate Professor, Chief Midwife

Alison is a contemporary dual qualified midwife, adjunct associate professor and the chief midwife for the Australian College of Midwives. With lived midwifery experience across WA, VIC, QLD and Kenya, Africa, Alison is drawn to rural and remote midwifery. Alison draws on experience working in the private and public healthcare sectors, not for profit member organisations, executive level leadership and clinical research projects.

# Registrations



## It's easier to register online

To book online go to:

[www.breastfeedingconferences.com.au](http://www.breastfeedingconferences.com.au)



Book online



Webinar

Full price – **2 days** – \$480

Early bird – **2 days** – \$450 (If registered by Jan 10th)

Group 5 or more \$420pp

Student/unwaged \$420

Single day registration (**Day 1 or Day 2**) – \$255

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**Workshop only** – \$330

Early bird – \$255 (If registered by Jan 10th)

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**Two day conference plus workshop** – \$810

Early bird – \$705 (If registered by Jan 10th)

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### Webinar

Full Price – \$350

Early bird – \$320 (If registered by Jan 10th)

Student/unwaged – \$305

Groups of 5 or more – \$305pp

### Accreditation:

CERPs Approval CL2024-AU2: Total hours 11.75

Total CERPs allocated: 9.25L CERPs, 1.75R CERPs & 0.75E CERPs

