

Friday 5th - Sunday 7th October 2018
Rangi Ruru Girls' School, Christchurch



La Leche League NZ CONFERENCE

Ūkaipō, nau mai ki te Ao Mārama – Making breastfeeding visible



Prof Amy Brown



Dr Anna Blair



Dr Alison Barrett

KEYNOTE SPEAKERS

Prof Amy Brown PhD

- Social and cultural barriers to breastfeeding - what mothers want from breastfeeding education and promotion
- What happens when women are unable to meet their breastfeeding expectations

Dr Anna Blair PhD, IBCLC, CLC

- Helping hands: exploring the impact of hands-on vs hands-off help during the first hour after birth and into the months beyond
- Joined by colleagues from the Healthy Children's Project:
Dr Karin Cadwell and Dr Kajsa Brimdyr

Dr Alison Barrett BSc, MD, FRCS(C), FRANZCOG

- Breastfeeding, birth and risk

COST: \$310 members, \$410 non-members (Register before 15 July to save \$25)

lalecheleague.org.nz/conference | facebook.com/LLLNZConference

Programme

Kia ora koutou katoa,

You are invited to join our 2018 La Leche League New Zealand Conference "Ūkaipō, nau mai ki te Ao Mārama - Making breastfeeding visible".

With an outstanding line-up of keynote speakers who will be sharing the latest in breastfeeding research, and a variety of elective sessions to choose from, we are confident that this will be one of our most informative conferences yet!

Set at the beautiful Rangī Ruru Girls' School in Christchurch, we have opted for a more intimate venue in which we can once

again enjoy the uniquely normalised breastfeeding culture that La Leche League is famous for - where the world of infants, parents, professionals and conference collide.

We look forward to welcoming you all to what will be another informative, collaborative and of course pro-breastfeeding event.

**Nau mai, haere mai,
Your conference committee**

Friday 5th October

11:00am	Registration desk opens	
2.00 - 3.00pm	Powhiri and welcome	
3.00 - 3.30pm	Afternoon Tea	
3.30 - 4.00pm	New leader ceremony and long service awards	
4.00 - 6.00pm	Social and cultural barriers to breastfeeding - what mothers want from breastfeeding education and promotion	Prof Amy Brown
	Breastfeeding, birth and risk	Dr Alison Barrett
6.30 - 7.30pm	Dinner	
7.45pm	LLL AGM, followed by a movie	

Saturday 6th October

8.30am	Registration desk opens				
9.00 - 10.15am	What happens when women are unable to meet their breastfeeding expectations				Prof Amy Brown
10.15 - 10.45am	Morning Tea				
10.45 - 12.00pm	Concurrent Session A				
A1. Assessing a breastfeed: why is it important to assess a breast-feed. How do you know if it's a good latch? Robin Jones	A2. Secret women's business Dr Alison Barrett	A3. Overlooking the significance of loneliness in motherhood Dr Anna Blair	A4. Avoiding leader burnout Aisling Osborne	A5. The pelvic floor: from post partum to menopause and beyond Alexandra Cronje	A6. Hands on Facebook help Renata Lander
12.00 - 1.00pm	Lunch				
1.00 - 2.00pm	FED talks - Breastfeeding and parenting ideas that are worth sharing				

Programme

2.00 - 3.15pm		Concurrent Session B			
B1. Secret women's business Dr Alison Barrett	B2. Matters of life and death: saving lives with lactation Carol Bartle	B3. When supply is demanding: working with milk-supply issues Kristina Maconaghie	B4. Trusting your instincts: Why, in a world teeming with information about parenting, taking a moment to consult our inner wisdom is so valuable Donna Booth	B5. Shared wisdom: breastfeeding support across generations (A facilitated session) Julie Foley	B6. Peer Counselor Program The who, what, where and why? Janine Pinkham
3.15 - 3.45pm		Afternoon Tea			
3.45 - 5pm		Concurrent Session C			
C1. Becoming a breastfeeding mother in neonatal intensive care: from breastmilk to breastfeeding Carol Bartle	C2. Shifting perspectives on birth and breastfeeding: media analysis and representation Dr Anna Blair Dr Kajsa Brimdyr	C3. Four years of pasteurising milk at the Christchurch milk bank Anthea Franks	C4. Baby-led weaning: teaching the hows, whens and whys Camille Bell	C5. Learning through stories – young mothers' successful breastfeeding journeys. An interactive workshop Dr Eva Neely	C6. Motherhood, feminism and La Leche League (A facilitated session) Lorraine Taylor
5.30 - 6.30pm		Dinner			
7.30pm		An evening of fun and frivolity, skits and songs			

Sunday 7th October

9.00 - 10.15am		Concurrent Session D			
D1. How midwives can support mothers to initiate breastfeeding in vulnerable situations: protecting babies' access to a healthy and well-functioning microbiome Catherine Reitveld	D2. Caring counts: reframing success and exploring whanau journeys Isis McKay Tash Wharerau	D3. The fussy, unsettled baby in the first 12 weeks Debra Graham	D4. Informed community-based milk sharing in NZ Rachel Ouwejan	D5. Intergenerational relationships: the joys and challenges (A facilitated session) Lindy Burton	D6. Hapu Waananga: supporting Maori women and whanau on their breastfeeding journeys Kelly Spriggs
10.15 - 10.45am		Morning Tea			
10.45 - 12.00pm		Helping hands: exploring the impact of hands-on vs hands-off help during the first hour after birth and into the months beyond			Dr Anna Blair, Dr Karin Cadwell
12.00pm		Directors closing address - Janine Pinkham			

General Information

Welcome and Opening

The conference starts on Friday at 2pm with a Powhiri and welcome. The registration desk opens at 11am on Friday and 8:30am on Saturday and Sunday of the Conference.

Photographs

Photo consent is included on the registration form. Please inform photographers if you do not wish to have you or your child's image recorded and cooperate by staying out of shot. Photos will be used in LLLNZ publications (print and digital).

Saturday Evening Fun

Come along and build on the legacy of La Leche League conference entertainment: hilarity like you've never seen before, with silly sketches, singing and dancing, performed by our talented LLLNZ women. Register your interest in presenting an item by emailing conference@lalecheleague.org.nz

Stroller Access

The plenary session rooms have good access for strollers/buggies, however the theatre is stepped, and the upstairs workshop rooms have no lifts. Slings/wraps would therefore be a more convenient option generally, rather than strollers.

Parking

There is free parking on-site and on nearby streets. This operates on a first in, first served basis.

Transport

Please arrange your own transportation to the venue. Taxis or shuttles would be the easiest way to get from the airport, and these can often be pre-booked. Car-seats can be checked on to airplanes as extra baggage without cost.

Supervised Playroom

A supervised playroom with children's activities will be available during session times on Friday, Saturday and Sunday. This is free and will be supervised by adults. Water and fruit will be provided. Please book on the Conference registration form if you will use this facility. Spaces are limited.

Children in Sessions

Non-separating children are welcome in all sessions. Please bring quiet toys. Please be considerate of the needs of the speakers and other participants and take your children out if they need to be settled. Older children may be happier with family and friends.

Conference T-shirts

These will be available for pre-order from our online shop, with details for ordering at lalecheleague.org.nz/conference.

Sales Tables and Displays

Will be available for LLL groups (\$25) or other commercial organisations (\$50). To book a sales table or display, contact llnzalumnae@gmail.com

La Leche League NZ Bookstall

A limited range of books and resources from LLLNZ will be on sale at Conference. EFTPOS will be available – see LLLNZshop.org.nz for our range.

Professional Education Points

CME, MOPS and CERPs for IBCLCs have been applied for and will be notified on the Conference page of the LLLNZ website when confirmed. Sessions may be approved for Midwifery professional activity points however they do not meet the MCNZ requirements for compulsory education. Certificates of Attendance will be available for all delegates. Health professionals will be able to obtain an authorised record of sessions relevant to their education requirements.

Emergency Contact: Rowena Harper 0275 752 782

Alumnae/ Former LLL Leaders

An alumnae stream has been integrated into the LLLNZ conference this year, and elective sessions can be selected from any of the available conference sessions. For more information about alumnae participation contact llnzalumnae@gmail.com

Social Events

The alumnae are organising a post-conference Sunday afternoon tour to Phytofarm herb gardens. All conference participants and partners are welcome. Have a look on www.phytofarm.co.nz and if you would like to book onto this bus trip and tour, please contact llnzalumnae@gmail.com. Individual payment will be at the venue on the day. The trip is expected to be between 1pm - 4pm. Bus bookings will also be taken at the registration desk.

LLLNZ Membership

To become an LLLNZ member, purchase a membership on our online shop at lalecheleague.org.nz/membership or email subs@lalecheleague.org.nz

LLLNZ Alumnae Membership

To become an LLLNZ Alumnae member, please email llnzalumnae@gmail.com

Registration Information

Purchase your registration, meals and accommodation through the LLLNZ shop. A link to our registration form will then be emailed to you to complete your registration and elective options. Your registration is not complete until this form has been filled out - a confirmation with your electives will be emailed to you.

Prices

\$310 members / \$410 non members - full registration (\$25 early bird discount prior to 15th July 2018). Full registration includes Friday afternoon, Saturday and Sunday morning conference sessions, and includes Saturday lunch and Saturday dinner. Single day rates do not include meals - see website for pricing.

Registrations close 15th September 2018. Late fees of \$25 will be added after this point. No registrations will be taken after 25th September. Refunds less an administration charge of \$50 will be given until 15th September. Refunds after this date will be considered on an individual basis. Contact conference@lalecheleague.org.nz

Meal prices: \$25 per dinner, \$20 per lunch, \$13.50 per breakfast. Children 0-3 years free, 4-10 years \$10 for lunch and dinner, \$6 for breakfast. Purchase these on the LLLNZ online shop.

Accommodation

There is limited conference accommodation at Rangī Ruru Girls' School in Christchurch. Please book your accommodation on our online shop - the cost will be \$50 per person, per night. Accommodation will be available for Friday, Saturday and Sunday nights. If required, you will need to provide your own portacot and portacot bedding - no charge.

Any queries can be made through conference@lalecheleague.org.nz and further announcements will be available on the LLLNZ website and also on Facebook - LLLNZ Conference.

Please see the LLLNZ website or Conference Facebook page for specially negotiated hotel / motel discounts.

Disclaimer: The opinions expressed by speakers are not necessarily those of La Leche League. Unforeseen circumstances may cause changes to some sessions. Extra copies of this registration brochure can be downloaded from the lalecheleague.org.nz/conference.