



La Leche
League NZ

Supporting your breastfeeding journey
E tautoko ana i tō ara whāngote

22 June 2019

The Breastfeeding Journey



Hamilton

La Leche League Waikato Awhi
Workshop

St Francis Community Church
92 Mansel Ave
Hillcrest
HAMILTON



WORKSHOP INFORMATION

MORNING TEA

Please bring a plate to share for morning tea.

LUNCH

is included in the registration fee. Children are free. We will serve a range of delicious hot soups & bread and fruit. Please indicate how many serves you require on your registration form, and any dietary requirements.

BABIES AND TODDLERS ARE WELCOME

to attend sessions with you. Please bring quiet toys, and see to your child's needs as required. Quiet, happy noises will not be distracting, but unhappy sounds will. Older children may be happier left with Dad/friend/family member exploring Hamilton, or at home.

HOW TO FIND US

St Francis Church is located where SH1 meets SH26 (very close to the Burger King roundabout).

<https://goo.gl/maps/4emSWeWVvKFA2>

PARKING

There are two entrances and parking areas: off SH26 (Morrinsville Road) and also off Mansel Ave. It's the same church so park in either place!

REGISTRATION INFORMATION

COST

\$38 LLL Members
\$48 Non-Members
\$10 Partners of attending parents

Associate and Professional Supporting Member forms are available at <https://lllnzshop.org.nz/membership>
Standard Member \$50, Professional Member \$85.

PAYMENT

Internet banking: Cambridge La Leche League Westpac account 03 1568 0063033 001 with your name as reference.
Cheque: to reach Debbie Graham by Monday 19th June 2306 Buckland Road, RD4, Cambridge 3496.

REGISTER ONLINE: Register [here](#):

REGISTRATIONS CLOSE: Thursday 20th June 2018. Late registrations incur additional \$10 charge.

Calculate the total owed and make payment asap please to secure your registration. REFUNDS: If prior notice is given, a \$10 administration charge will apply.

Midwifery professional development points pending.

For any further information, please contact:
Katie - katiehansen86@gmail.com or
Debbie - cambridge@lala lecheleague.org.nz

The Breastfeeding Journey

8:30 - 9:00	REGISTRATION
9:00 - 9:15	WELCOME, KARAKIA & HOUSEKEEPING
9:15 - 10:15	PLENARY SESSION: Transition into Parenthood: Enhancing the mother-child relationship and highlighting the challenges mothers face today and the ways mums can be supported to adjust to motherhood. Simone de Georgio, CBE
10:15 - 10:45	MORNING TEA
10:45 - 12:00	CONCURRENT SESSION ONE
	<p>A. Riding the Waves: Parents are more connected with others than ever before, with more support available now than there ever has been, so why is it that parents are often feeling less supported and more stressed than previous generation? 'Riding The Waves' will focus on identifying the areas of stress, challenge and joy throughout the parenthood journey, and share skills around relaxation, control and letting go. Simone de Georgio, CBE</p> <p>B. Staying connected - how parents are accessing their breastfeeding support in an online society. A discussion on the changing landscape of breastfeeding support and how LLLNZ is working to meet the needs of the people where they are...the internet! Kristina Maconaghie, LLL Leader</p> <p>C. Gaining Co-operation with Preschoolers: how we can listen to our children and develop new skills to help acknowledge the feelings they are experiencing, while broadening their emotional vocabulary. This session is ideal for any parents of toddler or near toddler age children. (Limited to 16 participants) Aisling Osborne, LLL Leader and Communication Skills Tutor</p> <p>D. Breastfeeding, Motherhood and Body Image: a frank discussion about body image, mothering and sexuality. Katie Hansen, Aroha magazine Editor</p>
12:00-1:00pm	LUNCH
1:00 - 2:15 pm	CONCURRENT SESSION TWO
	<p>A. Trouble Shooting: navigating latching problems and common challenges in the first 6 weeks. Debbie Graham, LLL Leader</p> <p>B. Returning to Paid Employment and Breastfeeding: how to create a successful working and breastfeeding relationship. Rowena Harper, LLL Leader</p> <p>C. Pelvic Health: learn how to look after your pelvic health in pregnancy, post birth and beyond Georgiana Fitzpatrick, LLL Leader</p> <p>D. Steps to becoming a LLL Leader: Everything you need to know about becoming an accredited La Leche League Leader Alison Stanton, LLL Leader, Administrator of the Leader Accreditation department of LLLNZ</p>
	PLENARY SESSION
2:35 - 3:20 pm	A mystery topic to be revealed Alison Barrett LLL Leader, Obstetrician, member of the LLLNZ Professional Advisory group
3.20 - 3-30 then 3.30 - 4.00	CLOSING, KARAKIA,FAREWELLS AND EVALUATIONS 3-30 to 4.00 EGM(Extraordinary General Meeting) for all La Leche League Leaders. We ask that Leaders please stay on for this special event. Our Director, Janine Pinkham, will be attending to facilitate this.