



Friday 19th - Sunday 21st April 2024
St Peter's School - Cambridge



La Leche League NZ CONFERENCE

Ka mua ka muri - Walking backwards into the future
Celebrating 60 years of Breastfeeding Support in Aotearoa



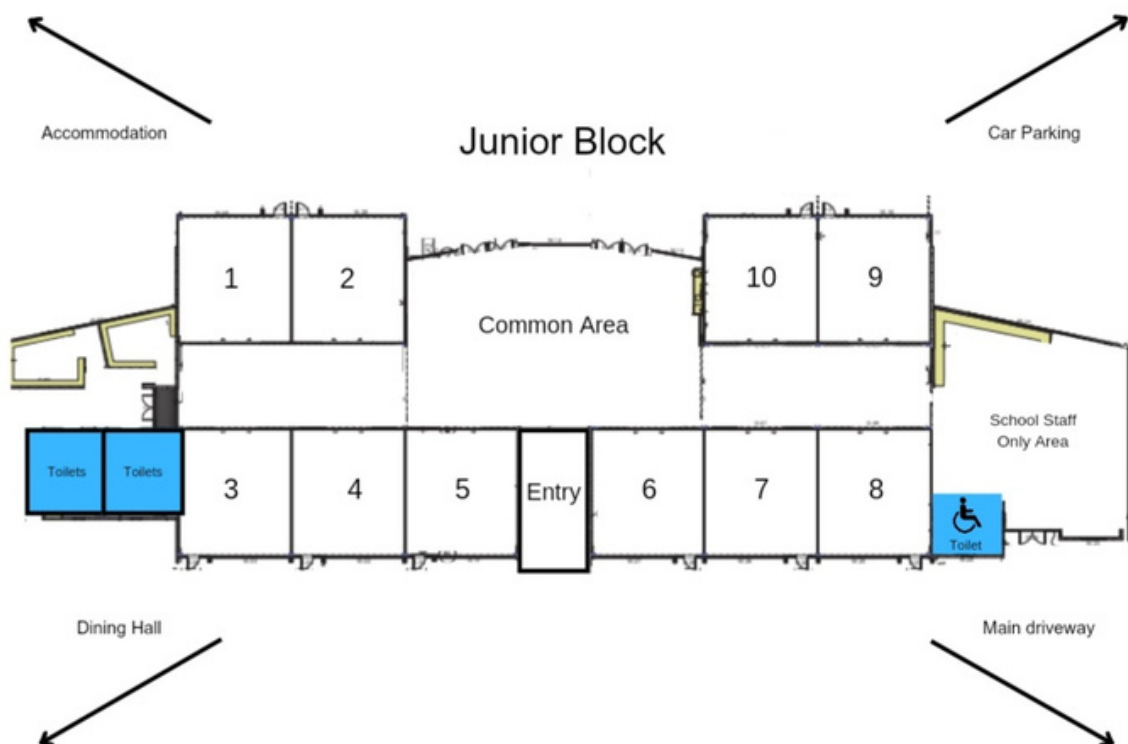
Keynote Speaker
Pinky McKay
IBCLC



Special Guest
Emily Writes
Saturday night only

Plus a fantastic
line-up of
local speakers

Karakia Timatanga Whakataka te hau ki te uru		Waiata Ehara i te mea	
Whakataka te hau ki te uru Whakataka te hau ki te tonga Kia mākinakina ki uta Kia mātaratara ki tai E hī ake ana te atakura He tio, he huka, he hau hū Tihei mauri ora!	Cease the winds from the west Cease the winds from the south Let the breeze blow over the land Let the breeze blow over the ocean Let the red-tipped dawn come with a sharpened air. A touch of frost, a promise of a glorious day	Ehara i te mea No inaianei te aroha No nga tupuna I tuku iho, i tuku iho Te whenua, te whenua Hei oranga mo te iwi No nga tupuna I tuku iho, i tuku iho Whakapono, tumanako Hei oranga mo te iwi No nga tupuna I tuku iho, i tuku iho	Love is not A thing of modern times It comes from the ancestors Passed down through time The land, the land Is the source of life for the people It comes from the ancestors Passed down through time Faith and hope Is the source of life for the people It comes from the ancestors Passed down through time
Karakia Whakamutunga He karakia whakakapi		Waiata Te Aroha	
Kia whakairia te tapu Kia wātea ai te ara Kia turuki whakataha ai Kia turuki whakataha ai Haumi e. Hui e. Tāiki e!	Restrictions are moved aside So the pathways is clear To return to everyday activities	Te aroha Te whakapono Te rangimarie Tatou tatou e	It is love It is faith It is peace That will bind us all together



Kia ora koutou katoa, and welcome to the 60th Anniversary Conference of La Leche League New Zealand.

“Ka mua ka muri - Walking backwards into the future”. During this conference, we will look back on 60 years of breastfeeding support in Aotearoa as we come together to celebrate our hard work and continue our unwavering commitment to supporting māmā, pēpi, and whānau for many years to come.

We have a fantastic line-up of local, national and international speakers sharing their knowledge and expertise throughout the weekend. We have sessions designed for mothers, parents, Leaders and Healthcare Professionals - something for everyone!

We look forward to learning and celebrating with you over the course of our 60th Anniversary Conference.

Nau mai, haere mai,
Your conference committee

	FRIDAY	
12.00 PM	Registration desk opens	Junior Block Entryway
2.00 PM	Welcome	Gather Outside Junior Block Entryway
2.45 PM	<i>Afternoon Tea</i>	<i>Dining Hall</i>
3.15 PM	Opening Address and Leaders Ceremony	Common Area
4.00 PM	Plenary Session: Milk, Sleep, and Your Baby's Brain Pinky McKay, IBCLC	Common Area
4.45 PM	Plenary Session: La Leche League comes to New Zealand. Our history, our story Alison Stanton	Common Area
5.30 PM	Free Time	
6.00 PM	<i>Dinner</i>	<i>Dining Hall</i>
7.30 PM	LLLNZ Constitution Discussion	Common Area
8.00 PM	Movie Screening	Common Area

		SATURDAY		
8.30 AM		Registration desk opens		Junior Block Entryway
9.00 AM		Plenary Session: Stone Age Mothering in a Digital World Pinky McKay, IBCLC		Common Area
10.30 AM		Morning Tea		Dining Hall
11.00 AM		Concurrent Session A		Breakout Rooms
A1 Healing Birth Trauma, Carla Sargent	A2 The Power of Family Stories, Janet McLean	A3 Too much milk, reflux and allergies, Debbie Graham	A4 Compassionate Communication: Enhancing our relationships Sarah Grace	A5 Creating Networks, Janine Pinkham
12.30 PM		Lunch		Dining Hall
1.30 PM		Concurrent Session B		Breakout Rooms
B1 Supporting whānau through sleep challenges, Whitney Davis; Infant Massage, Pinky McKay (practical session limited 8 adults, 8 babies)	B2 Breast Health: Demystifying breast conditions & self-care for breasts, Donna Booth and Katie Fourie; Nourishing Infancy to Empowering Motherhood: NZBA/ BFHI data, Pania Laskaratou and Cara Hafner	B3 Fitting LLL into your life, Carolyn Driver-Burgess; BreastFed NZ app updates, Kristina Maconaghie	B4 Tandem Fandom: Breastfeeding your growing boob brigade, Lily Jia and Erin Evis; Feeding Twins, Tamsin Kreymborg	B5 Mum and Bubs Pilates, Liesel Terblanche (practical session limited 8 adults, 8 babies); Exercise and breastfeeding, Jo Simpson;
3.00 PM		Afternoon Tea		Dining Hall
3.30 PM		Concurrent Session C		Breakout Rooms
C1 Where are you from? Erica Lourie	C2 Can I have that if I'm breastfeeding? Robin Jones	C3 Riding the Wave, Simone Degiorgio	C4 Why Breastfeeding Grief and Trauma Matter, Julie Foley	C5 Infant Crying, Attachment and Mental Health Rachel Rachmani
5.00 PM		Free Time		
6.00 PM		Dinner		Dining Hall
7.30 PM		An Evening with Emily Writes (Supper included)		Common Area

		SUNDAY			
8.30 AM		Registration desk opens		Junior Block Entryway	
9.00 AM		Concurrent Session D		Breakout Rooms	
D1 Embracing Cultural Diversity in Lactation Support, Heranush Hopkins	D2 Food and Herbal Galactagogues, Lily Jia	D3 Weaning, Breastfeeding to (what can feel like) Infinity and Beyond, Linda Dockrill	D4 Overcoming Challenges: Breastfeeding Twins, Pamela Gainfort and Debbie Graham	D5 Liberating LLL Leadership: moving on together, Janet McLean; LLLI Q&A, Carolyn Driver-Burgess	
10.30 AM		Morning Tea		Dining Hall	
11.00 AM		Concurrent Session E		Breakout Rooms	
E1 Maori traditions for breastfeeding and maternal mental health, Joanne Teina	E2 Comfortable Breastfeeding, Margaret Fletcher	E3 Advertising your group, Kristina Maconaghie	E4 Working and Breastfeeding, Rowena Harper	E5 Planning and Leading LLL Meetings: A Leader Applicants only session, Alison Stanton	
12.30 PM		Closing Address and Acknowledgements		Common Area	

For more info on speakers and their presentations, please see the Speaker Spotlight brochure

*A note about session times: concurrent sessions are 90 minutes long. Some of our presentations are 90 minutes, and therefore will take up the whole session. Some presentations are 45 minutes, and therefore you will have two different presentations within one concurrent session.

About the Venue

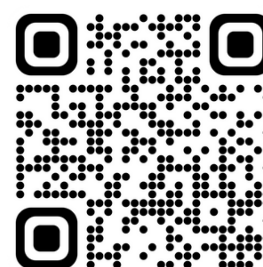
St Peter's' School, Cambridge is an Anglican-affiliated school that is open to people of any religion, denomination, and background. It is the largest co-educational boarding school in New Zealand, now over 80 years old. St Peter's is located 5 minutes from Cambridge and 15 minutes from Hamilton.

St Peter's is alcohol, smoke and drug-free - please be respectful of this.

Our conference sessions will be held in the Junior Block, with meals held in the Dining Hall, a very short walk from the Junior Block. There is wheelchair and pushchair access to all areas of our conference. Limited on-site accommodation is available and is located near the Junior Block and Dining Hall.

To explore the venue, simply scan the QR code or visit the link below:

www.stpeters.school.nz/Explore/



General Information

Welcome and opening

The conference starts at 2.00 PM on Friday with a Mihi Whakatau, followed by afternoon tea at 2.45 PM, and the opening address at 3.15 PM. Registration desk opens at noon on Friday and at 8.30 AM on Saturday and Sunday.

Photographs

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

Saturday Evening Entertainment

Thanks to funding from the *Waipa District Council*, we have provided the Saturday Evening Entertainment. An Evening with Emily Writes is not to be missed!

Accommodation and Sessions

Conference accommodation and sessions are at St Peter's School, Cambridge. The venue has good access for strollers/buggies to the conference rooms and easy access in and out of the building, though a sling or wrap may be more convenient. You will need to provide your own porta cot, including bedding if required. If you have specific accommodation queries, please contact the conference team at **conference@lalecheleague.org.nz**

Car Parking

On-site car parking is available and this operates on a first-in, first-served basis. More parking is available next to the sports area of the school (approximately 5 minutes walk).

Transport

The venue is approximately 15 minutes from Hamilton, 5 minutes from Cambridge and 15 minutes from Hamilton Airport. Local attendees may be able to help with transport to and from the airport; this needs to be arranged in advance. Please contact the conference team at **conference@lalecheleague.org.nz**

Supervision

A supervised playroom with children's activities will be available during session times on Saturday and Sunday. This is free and will be supervised by adults. Please book on the Conference registration form if you will use this facility. Spaces are limited and must be arranged in advance to ensure adequate supervision.

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 Tees and Promotional Materials

Tees will be available for pre-order only, other conference merchandise will be available for pre-order and for sale during the conference at the LLLNZ stall. Details for ordering at **lalecheleague.org.nz/conference**.

LLLNZ Bookstall

Books and resources from LLLNZ will be on sale. EFTPOS will be available – see **LLLNZshop.org.nz** for our range. The bookstall will be open Friday and Saturday - closing after afternoon tea on Saturday.

Exhibitors

Sales and educational displays will be located in the rear of the main conference area. Acceptance of an exhibit does not constitute LLLNZ endorsement.

Professional Education Points

Midwifery points and CERPs for IBCLCs have been applied for and will be notified on the Conference page of the LLLNZ Website when confirmed. Potential CERPs sessions are marked () on the Conference programme. 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.

Alumnae/former LLL Leaders

Alumnae/former LLL Leaders and members attending the LLLNZ Alumnae Reunion Day on Saturday 20 April 2024 are also warmly invited to register separately for part of the conference. For more information about alumnae participation contact lllnzalumnae@gmail.com For information about the LLLNZ Alumnae Association go to lalecheleague.org.nz/alumnae

Health Professionals

Health Professionals who are attending the Health Professionals Seminar Day on 19 April 2024 are also warmly invited to register for the main conference. For more information contact conference@lalecheleague.org.nz or go to lalecheleague.org.nz/conference

LLLNZ membership

To become an LLL member go to lalecheleague.org.nz/membership or email administrator@lalecheleague.org.nz

Closing date for registrations

The closing date for registrations is 31 March 2024. Early bird registrations are available until 18 February 2024 for a \$25 discount. Registrations may be accepted until 8 April 2024 if space is available but will incur a \$25 late fee. No registrations will be accepted after 8 April 2024. Refunds will incur an administration charge of \$50 and will be given until 8 April 2024. Refunds after this date will be considered on an individual basis. Contact conference@lalecheleague.org.nz

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 brochure can be downloaded from our website lalecheleague.org.nz/conference

Emergency Contacts:

Sarah Hudson

M: 021 268 1230

Katie Fourie

M: 021 155 2893

THANK YOU TO THE FOLLOWING ORGANISATIONS FOR THEIR FINANCIAL SUPPORT:





FIRST LLLNZ CONFERENCE, MAY 1969, HAMILTON



CONFERENCE, NOVEMBER 1974, PALMERSTON NORTH



CONFERENCE, MAY 1988, HAMILTON



CONFERENCE, AUGUST 1991, WAIKATO



CONFERENCE, SEPTEMBER 2000, CHRISTCHURCH



CONFERENCE, OCTOBER 2018, CHRISTCHURCH

60
YEARS



**La Leche
League NZ**

Supporting your breastfeeding journey
E tautoko ana i to ara whāngote