

# Speaker Spotlight



The following pages contain all the information about our fabulous speakers and their presentations.

Please read through as you make your session selections.



# Pinky McKay

Pinky McKay is one of Australia's most recognised and respected breastfeeding experts. She's an International Board Certified Lactation Consultant (IBCLC), and best-selling author of 4 titles including 'Parenting By Heart' and 'Sleeping Like a Baby', (Penguin Random House). Pinky specializes in gentle parenting styles that honour mothers' natural instincts to respond to their babies.

Pinky's work is inspired by her passion to see 'every mother with a baby in her arms and a smile on her face.' She says, "support is essential for all new mothers to thrive, to reach their breastfeeding goals and for families to enjoy a gentle, connected beginning."

Pinky's 'get real', no-nonsense approach, along with a blend of humour, sharp wit and wisdom, make her an expert source for national publications and major network TV. Her real-world experience stems from being the mother of five and grandmother of four.

Pinky has spoken across Australia, New Zealand and the United States and has presented a popular Tedx talk, 'Surrender is Not a Dirty Word'. Her reach extends worldwide through her books, podcast, e-programs, blogs and highly engaged Facebook and Instagram pages.

"LLL was my 'home' when I was a young mum floundering and confused against pressure to wean my first baby, went along to meetings in Cambridge when he was a year old to find out how to wean him - was SOO relieved to discover I didn't have to DO anything that didn't feel right - spent the next twenty years breastfeeding (5 kids - that one didn't BF til he was 20!)"

# Pinky McKay

Pinky will be presenting 3 fabulous talks at our conference, "Milk, Sleep and Your Babies Brain" on Friday 19th April, "Stone Age Mothering in a Digital World " on Saturday 20th April, and "Infant Massage" on Saturday 20th April.

*Milk, Sleep, and Your Babies Brain:*

Confused about baby sleep advice?

Concerned about the impact of baby sleep training regimes on your baby's development?

Looking for gentle baby sleep information that supports breastfeeding, bonding and attachment, and baby brain development?

Evidence shows that some approaches to 'teaching babies to sleep' may negatively impact breastfeeding, mother-infant attachment, and cause long term, adverse changes to a baby's developing brain.

Best-selling author, Mum of 5, IBCLC and former La Leche Group leader, Pinky McKay examines this evidence. She offers gentle options to encourage infant sleep and settling that also support breastfeeding, promote optimum brain and emotional development, along with a secure parent-infant bond.

# Pinky McKay

## *Stone Age Mothering in a Digital World:*

Join us for this empowering Keynote talk as Pinky McKay (Author, IBCLC, Mother and grandmother) explores the profound connection between the primal instincts of Stone Age Mothers and the challenges faced by modern-day mothers in the Digital Era.

In this talk, Pinky will help you:

- \* Delve into the overwhelming pressures of social media, where curated parenting images can create unrealistic standards.
- \* Navigate the sea of information online and decode the confusion surrounding conflicting advice around mothering through breastfeeding and unmask the impact of digital expectations on your well-being as a breastfeeding mother.
- \* Rediscover the power of trusting your maternal instincts and learn how intuition has been a guiding force throughout history.
- \* Build a supportive community, both online and offline, to share experiences and wisdom.
- \* Explore mindful technology use as a tool, rather than a source of pressure.
- \* Re-define your motherhood journey as we uncover and celebrate the timeless innate wisdom and resilience of 'Stone Age Mothering' in our ever-evolving digital world.

# Pinky McKay

## *Infant Massage workshop:*

Bring your baby (newborn to mobile) and a towel to this fun session for parents, partners and couples.

Certified Infant Massage Instructor, Internationally Certified Lactation Consultant (IBCLC), Mother of Five and Author, Pinky McKay will show you how to calm and connect with your baby as you follow her simple step by step instructions for a mini baby massage.

## Massage Can Help You:

- \* Understand your baby's body language so you can respond to his cues without so much guessing.
- \* Calm and relax your baby so she will cry less and sleep better.
- \* Relieve your baby's tummy pains, wind and constipation without resorting to medication.

Pinky learned infant massage from a Sikh woman when her own babies were young, then later she trained as an infant massage instructor and taught classes privately, at a birthing centre, a Day spa, and at a Melbourne hospital where her Friday night classes were popular with Dads from 'tradie' guys to 'suits' as they learned this lovely skill to engage with their babies.



# Alison Stanton

Alison Stanton is the mother of seven adult children, and “nana” to nine grandchildren. She has been involved with La Leche League for over 46 years and a La Leche League Leader for 34 years.

Her interest in LLLNZ’s history was first sparked when she delved into the local LLL Group’s history. In 2007 she was tasked with taking the LLLNZ history project a step further. During her time serving as LLLNZ Director (2010-2015) she oversaw the history project, liaising with historian Louise Shaw during the writing and publication of Latching On in the lead up to LLLNZs 50th anniversary.

Alison will be presenting one of our plenary sessions "La Leche League comes to New Zealand: Our history, our story. A journey back to how it all began." on Friday 19th April AND "Planning and leading LLL meetings – A Leader Applicant only session" on Sunday 21st April.

*La Leche League comes to New Zealand:*

Our history, our story. A journey back to how it all began.

*Planning and leading LLL meetings:*

This is an opportunity to network with other Leader Applicants and to progress your journey towards becoming a La Leche League Leader. We will be working on an aspect of the Checklist and related Preview Questions



# Emily Writes

Emily Writes is a mum of two, a columnist, an activist, a volunteer, a writer and a friend. She is the best-selling author of *Rants in the Dark: From One Tired Mama to Another* which was turned into a stage play that toured Aotearoa. She's the editor of the anthology *Is It Bedtime Yet?* and her latest book *Needs Adult Supervision: Lessons in Growing Up* is the long-awaited follow up to *Rants in the Dark*.

She is currently making a living from her online newsletter (Emily Writes Weekly) subscriber base. She is also the director of Awhi Nga Matua – a charity supporting parents of disabled and medically fragile kids and host of the podcast *The Courage Club*.

Emily will be providing our evening entertainment on Saturday 20th April.

Enjoy laughter and tears with bestselling author Emily Writes as she celebrates community and love. Emily will share fun and funny stories and maybe a few heartbreaking tales about motherhood and how important it is to support parents through the highs and lows of raising babies.

An evening not to be missed!





# Carla Sargent

Carla Sargent is a home birthing mother of three, an ex midwife, an educator, an author, a podcast host, and the founder (in 2015) of her birth trauma support and education business, Healing Birth. Through her holistic and unique Healing Birth work, Carla has helped hundreds of families to find healing after a traumatic birth, and to prepare for a positive and empowering next birth. She has also worked with a vast array of birth workers, helping them to understand the causes and impacts of birth trauma, including its prevention and how to support the healing process.

Carla will be presenting "Healing Birth Trauma " on Saturday, 20th April.

In our over-medicalised birth culture, steeped in fear and mistrust, birth trauma has become rife. This talk delves into the reasons why a traumatic birth often leads to breastfeeding difficulties, and discusses ways to navigate the healing journey.

Session abstract: Around one in three women describe their birth experience as traumatic. We are so conditioned to fear birth and consequently we rely on expert advice and medical technologies to get our babies born 'safely'. However, very often it is the over-medicalisation of birth and the needless interventions that are done in the name of safety, that ultimately cause birth to become a traumatic event.

# Carla Sargent

A traumatic birth frequently leads to a traumatic postpartum. Interruptions to the normal flow of birth and postpartum hormones, and the different physiology that results, means that many new mums and babies struggle to bond and to establish breastfeeding.

This talk will delve into the physical and emotional reasons why a traumatic birth often leads to breastfeeding difficulties, and discuss ways to navigate the healing journey. Whether you are someone who works with new mothers, someone who has experienced a traumatic birth, or someone who wants to be better equipped to support friends or family who may be confronted with birth trauma, this talk will offer helpful insights and tools for you to use or share.



# Janet McLean

Janet McClean: La Leche League Leader, Mother of 6 and grandmother of 5. I live in Plimmerton, Porirua, New Zealand.

Being the main caregiver of our children and support worker for our family business shaped my days for many years. Alongside this- a large chunk of my working life has been as a volunteer for LLLNZ. Local, regional, and national roles have held my interest for about 35 years now, and the *kaukapa* of breastfeeding support definitely still pulls my heart strings.

Many years ago now (late seventies , early eighties), I trained as a dietitian. This career path led me to volunteer for Volunteer Services Overseas (UK), and I was posted for 2 years to East New Britain, Papua New Guinea, where I was the nutritionist for the Catholic mission. A role that took me to many remote communities to work with nurses and teachers. Breastmilk or *susu bilong mama* was the star food - the maker of chunky healthy babies and toddlers. Influenced by these years in PNG and the stark lack of breastfeeding in my own Glasgow communities, it wasn't surprising, looking back, that I was drawn to La Leche league and to its mission to .... I attended my first meeting while pregnant with my first child.

Janet will be presenting "The Power of Family Stories: Exploring breastfeeding heritage and where to from now" on Saturday, 20th April AND Liberating La Leche League Leadership - moving on together (Leaders only session) on Sunday 21st April.

# Janet McLean

The Power of Family Stories: Exploring breastfeeding heritage and where to from now

A time to explore together how our breastfeeding experiences influence breastfeeding confidence in our whanau and wider community.

‘How to breastfeed’ has been passed down from generation to generation for millennia, where the only infant feeding stories are breastfeeding stories. However, there are some cultures that have had little interference with this, which we will discuss. We will discuss the progress we have made in the last decades on looking at the biology of breastfeeding initiation and establishing early practices at birth that protect breastfeeding, e.g., skin to skin, and later in the baby/child’s life. We will also look at some possible answers to: how important is the whanau/community to the protection and of breastfeeding; how do our breastfeeding stories make a difference to family confidence around breastfeeding; and what challenges in family attitudes and feelings around breastfeeding are most prevalent and why?

## Outcomes

- promote awareness on how families can feel powerless to help with breastfeeding (which can lead to mistrust of breastfeeding promotion and even breastfeeding support)
- Highlight acceptance and respect.
- Looking at the positive role of La Leche League and peer support groups in helping increase community trust and understanding.
- Give Leaders and others a new appreciation of the influence of community outreach activities they do.

# Janet McLean

Liberating La Leche League Leadership - moving on together

How can we work best as Leaders and liberate the energy and momentum we need to achieve great things

The last few years have taken a toll on the connectiveness we have as Leaders. We have learned the importance of social connectiveness in helping ideas flow. In this session for Leaders and LAs (and those interested in potentially becoming a Leader), we will look at the importance of getting to know each other to bring out the best in each other. Taking time to develop trust as co Leaders is essential.

This will be a discussion session where Leaders can explore how they can help develop conditions within our Groups and organisation that enable us all to do our best work together.

Leaders may review their group/awhi culture with regards to taking time to better know their co leaders.

Re-visit the importance of knowing where to get help in order to find our best outcomes and do our best work ie we don't need to heroically know everything we need to have people we trust to turn to and work with.



## Debbie Graham

Debbie Graham is married to a wonderful husband Tony....together they live on a 4 acres nursery of Japanese Maples and Flowering Cherry trees at Karapiro. Debbie left school to become a nurse then a midwife, then a Lactation Consultant currently working at Waikato Hospital as a Clinical Midwife Specialist in Lactation. She became a mother of three big kids....Fraser 33, Meredith 30 and Chelsea 27 and went to her 1 st LLL meeting in Cambridge 33 years ago. Debbie has been a Leader for over 27 years and been a Group Leader with Te Awamutu Group for 10 years plus several Area and National positions, now just focusing on her home town group Cambridge. She accredits LLL and all the mothers and babies she has met and learnt from for her knowledge and experience she has gained. Debbie feels very strongly about passing that knowledge on to each new generation of Leaders, mothers and health professionals.

Debbie will be presenting "Understanding Too Much Milk, Reflux and food allergies" on Saturday 20th April, AND "My Breastfeeding Journey of Overcoming Challenges with Twins" (alongside Pamela Gainfort) on Sunday 21st April.



# Debbie Graham

## Understanding Too Much Milk, Reflux and Infant Food Allergies

An overview of the breastfeeding challenges of Too much milk, reflux and infant food allergies and strategies to help parents cope so they can reach their breastfeeding goals.

### Session abstract:

I will present an overview of the breastfeeding challenges: oversupply with an overactive letdown, a baby that is unsettled and fussy from too much milk, misunderstood baby behaviours, understanding reflux and gastro-oesophageal reflux disease called GORD, infant food allergy including symptoms, normal infant stooling, and food elimination that some mothers are advised to trial.

Participants will improve their knowledge and understand ways

- to help the mother improve her feeding technique and manage her lactation issues.
- to assist a mother on what is normal baby behaviour and therefore understand ways she can relieve the baby's symptoms,
- to guide a mother to identify and manage reflux disease, including trigger foods and coping strategies
- to offer the mother with information, resources and encourage her to seek health professional guidance to manage infant food allergies
- to identifying trigger foods, how to manage elimination foods and then reintroduction strategies for trigger foods

# Debbie Graham

My Breastfeeding Journey of Overcoming Challenges with Twins:

We will review a timeline of events that created breastfeeding management challenges for an experienced breastfeeding mother, Pamela, and her twins, Kit and Abby and also for Debbie as her friend, La Leche League Leader and IBCLC.

Session abstract:

Pamela will share her breastfeeding journey with a timeline of events, management and outcomes. Debbie will pose questions for the participants about the management of these breastfeeding challenges.

Starting with caesarean section, we will also cover preterm birth , weight loss, use of donor milk, too much milk, reflux, not enough milk, the practicalities of breastfeeding twins, side effects of drugs on milk supply, expressing/pumping breastmilk, introduction of solids; plus the impacts of stress, workload and overwhelming feelings on supply and mental health.

This will be an interactive session and invite participants to contribute their ideas about management plans so that the participants will learn practical tips, learn to adapt management plans and feel more confident at guiding breastfeeding mothers and whanāu to fulfil their own goals with a positive outcome.





# Sarah Grace

Sarah is a homeschooling mother of two. With a background in mental health support work and a passion for personal growth, Sarah is now running peer support groups for mothers. Her mission is to equip and empower mothers to support one another, transforming their experience of motherhood into one of connection, empowerment and growth.

Sarah will be presenting "Compassionate Communication: Enhancing our relationships" on Saturday 20th April.

Compassionate Communication: Enhancing our relationships:

Communication is at the core of every relationship. How we express ourselves and how we understand others. When we can apply compassion, our communication has the ability to create safety and trust, deepen our connections, and enhance our relationships.

In this talk we will discuss what Compassionate Communication is, how we can practise it in our daily lives and how it can enhance our relationships.

## Outcomes

- \* Participants develop an understanding of what compassionate communication is and why it's important
- \* Gain practical skills they can apply in their daily life



## Janine Pinkham

It's been my passion to support mothers to be fully informed on breastfeeding and to discover what it means to be a parent. For over 20 years I have worked, helping mothers as a La Leche League Leader, from my home in North Canterbury. La Leche League helped me to find the joys of parenting, especially breastfeeding, with my four sons. I see La Leche League as an important and unique element in the network of breastfeeding protection, promotion and support. I've worked to strengthen links within the network by being involved with other organisations, such as NZ Breastfeeding Alliance, Waitaha Primary Health (previously Rural Canterbury PHO) and local breastfeeding networks. It's important for everyone and every organisation involved with breastfeeding to work together to give pregnant and new mums and dads accurate, reliable, supportive information about feeding their babies and to show understanding of their individual circumstances. Now that I am well beyond my own breastfeeding experiences, I carry on my breastfeeding journey by working and advocating for those who are breastfeeding and who are still to become parents.

Janine will be presenting "Creating Networks" on Saturday 20th April.



# Whitney Davis

Dr Whitney Davis is a consultant GP/IBCLC who works as a Breastfeeding Medicine Specialist in Tauranga, NZ. Whitney works for Māmā Maia Breastfeeding Support service, in Tauranga Hospital providing the local Tongue Tie and Frenotomy Clinics, and privately as co-director of Nurtured: Mother Baby Clinic. She recently retired as a La Leche League Leader, but is an active member of the Academy of Breastfeeding Medicine as well as the Breastfeeding Medicine Network Australia & New Zealand. Whitney has been an accredited NDC practitioner and uses the Possums/NDC principles in consults with whanau.

Whitney will be presenting “Supporting Whaanau through sleep challenges” on Saturday 20th April.

## Supporting Whanau through sleep challenges

Having an understanding of normal baby sleep physiology and behaviour is imperative for helping parents navigate 'sleep problems' in infants and toddlers. We will explore this normal physiology and use it to provide some practical solutions and explanations for common sleep challenges parents face, in ways that support the mental and physical health of both infant and parents.

## Outcomes:

1. Understanding normal sleep physiology particularly in infants
2. Relating this normal physiology to common sleep 'problems'
3. Support parents to feel confident supporting their baby's normal sleep and biological needs



# Donna Booth

Donna will be presenting "Breast Health: de-mystifying breast conditions and self-care for breasts." (alongside Dr Katie Fourie) on Saturday 20th April.

We will provide information about how to look after the health of our breasts over the lifespan. We will discuss breast cancer-risk reduction and early detection as well as common breast conditions as well as debunk some myths.

## Objectives:

- To provide recommendations for maintaining breast wellbeing
- To highlight common myths impacting on breast health
- To provide information on conditions affecting the breast and the early detection of breast cancer
- To discuss how breast health is affected by lactation and breastfeeding.



# Katie Fourie

Dr Katie Fourie is a La Leche League Leader in the Waikato who received invaluable LLL support in the course of breastfeeding her 4 children. She works as a GP/IBCLC and Breast Physician for Te Whatu Ora Waikato and runs a Breastfeeding Medicine private practice. She is an active member of the Academy of Breastfeeding Medicine and is currently serving on the LLLNZ Board. She is passionate about breastfeeding education and support for health professionals as well as parents. As a creative outlet, she records and produces the Nurtured: Behind the Scenes Podcast, where she gets to talk about her favourite subjects to her heart's content.

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## Pania Laskaratou

Pania began in the field of school psychology wanting to help children have a happy childhood. As a mother, she discovered that breastfeeding is the best possible start! In 2006 she became a LLL leader while tandem nursing a newborn and three-year-old. In 2011 she certified as an IBCLC and devoted her energy to helping mothers achieve their own breastfeeding goals. In 2019 this took a new direction by advocating and supporting the Baby Friendly Initiative through the BFHI Coordinator Role for the New Zealand Breastfeeding Alliance.

Pania will be presenting "Nourishing Infancy to Empowering Motherhood: A Journey Through NZBA's Breastfeeding Data and the Impact of BFHI in Aotearoa New Zealand" (alongside Cara Hafner) on Saturday 20th April.

This session will look at the story told by 20+ years of breastfeeding data in Aotearoa and how BFHI is one crucial link in a warm chain of support for breastfeeding in an evolving healthcare system and world. Join us to explore the trends, the challenges and the opportunities going forward.

# Pania Laskaratou

## Abstract:

NZBA was established in 1998 to promote, protect and support breastfeeding in New Zealand, and is funded by Te Whatu Ora to manage the Baby Friendly Hospital Initiative (BFHI) for maternity services in Aotearoa. The BFHI is based on the WHO and UNICEF's Ten Steps to Successful Breastfeeding, evidence-based practices that have been shown to increase breastfeeding initiation and duration. BFHI has been adapted to the Aotearoa New Zealand context to reflect Te Tiriti o Waitangi and a commitment to achieving health equity for māmā, pēpi and whānau.

BFHI has had a tremendous impact on breastfeeding initiation since its inception in Aotearoa New Zealand though in recent years, exclusive breastfeeding rates at discharge from maternity services have stalled and there is a noticeable decline in the exclusive rates of those leaving tertiary maternity services. We will look at the story that 20+ years of breastfeeding data tells and how BFHI is one crucial link in a warm chain of support for breastfeeding in an evolving healthcare system and world. Join us to explore the trends, the challenges and the opportunities going forward.

## Objectives:

- Understand the role of BFHI in breastfeeding initiation and the data trends over the last 20 years via the NZBA Infant Feeding at Discharge data.
- Understand possible reasons for a recent shift in breastfeeding initiation in Aotearoa New Zealand.
- Understand the role of BFHI and breastfeeding within the context of the latest health reforms in Aotearoa.
- Discuss the importance of whānau voices in BFHI and ensuring support for breastfeeding initiation in our maternity services.



## Cara Hafner

Cara is originally from the USA and has a background in maternal-child nursing as a postnatal nurse, community health nurse and lactation consultant (IBCLC) in the inpatient and outpatient settings. She has been an IBCLC for 18 years and previously worked at Christchurch Women's Hospital from 2009-2012. She is currently in the role of Baby Friendly Clinical Lead at NZBA and is very happy to be working to protect, support and promote breastfeeding in Aotearoa.

Cara will be presenting "Nourishing Infancy to Empowering Motherhood: A Journey Through NZBA's Breastfeeding Data and the Impact of BFHI in Aotearoa New Zealand" (alongside Pania Laskaratou) on Saturday 20th April.

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## Carolyn Driver-Burgess

Carolyn Driver-Burgess is a Group Leader in Wellington and the LLLNZ representative on the LLLI Board. She has six adult children and one grandchild, and has been a Leader for 30 years.

Carolyn will be presenting “Fitting LLL into your life” on Saturday 20th April AND “LLLI Q&A” on Sunday 21st April.

### Fitting LLL into your life (45 minutes)

Time and space management for busy Leaders.

Group discussion of how Leaders manage to incorporate Leader work into family, work, and other responsibilities. We will share tips for effective management without burnout, and consider what might work best in our individual situations.

### LLLI Q&A (45 minutes)

Bring your questions about how LLLI works as the international body for La Leche League. Questions and answers brought by participants about how LLLI works, LLLI policies and processes, and how to become involved.



# Kristina Maconaghie

Kristina lives in Taupo, has 4 children, and has been a La Leche League Leader for 17 years. During that time she's been involved in a variety of LLL teams and projects locally, regionally, and nationally and is a current member of the LLLNZ social media team. Kristina works for Te Whatu Ora Lakes as a Lactation Consultant in the Kia Wana breastfeeding service and is a collaborator on the recently released 3rd edition of the BreastFedNZ app.

Kristina will be presenting "BreastFedNZ App updates" on Saturday 20th April AND "Advertising your group" (Leader/Leader Applicants only session) on Sunday 21st April.

BreastFedNZ App: Introduction to the 3rd edition of the BreastFedNZ app  
45 mins

Nau mai Welcome to the BreastFedNZ app! This resource is grounded in both experience and evidence, with content thoughtfully curated by the team and informed by the personal stories of whānau families. Our primary audience is breastfeeding whānau families based in Aotearoa New Zealand, but this app is also a useful resource for breastfeeding helpers.

# Kristina Maconaghie

## Learning outcomes

- \* Explore the 3rd edition of the BreastFedNZ app
- \* Relate app information to core breastfeeding knowledge and skills
- \* Discuss use of the app as a tool in breastfeeding help situations

## Advertising your group (Leader and Leader Applicant only session)

## Connecting with mothers and families using social media

In this interactive session we will explore the art of advertising your group on social media including challenges and opportunities. Bring your questions and ideas.

## Learning outcomes

- \* Explore popular platforms and tools
- \* Learn strategies for increasing your reach and impact
- \* Discuss specific issues and possible solutions



## Lily Jia

Lily is a La Leche League leader in Palmerston North. She breastfed her three children and questioned her milk supply at the beginning of her breastfeeding journey. This experience inspired her to complete her PhD investigating food and herbal galactagogues. Lily conducted a randomised placebo-controlled trial on brewer's yeast. Her work was published in scientific journals and presented at national and international conferences.

Lily will be presenting "The Tandem Fandom: Breastfeeding your Growing Boob Brigade" (alongside Erin Evis) on Saturday 20th April AND "Food and Herbal Galactagogues" on Sunday, 21st April.

### Tandem Fandom:

Delve deep into the world of tandem feeding with researcher Lily Jia and naturopath Erin Evis, two LLL leaders and mothers experienced in this unique and often challenging style of breastfeeding.

Tandem breastfeeding is something that many women do, at least for a time. Yet the information available, both practical and scientific, is often inaccessible and always limited. Thus, many mums end up muddling their way through and not necessarily getting the specialised support they sometimes need due to the unique difficulties that can arise. Having personal experience of it and working with other mums who also have tandem breastfed, combined with updated evidence in research and health, we will offer unique insight and information that may help other mothers and leaders understand more about this breastfeeding niche.

# Lily Jia

## Food and Herbal Galactagogues:

A comprehensive introduction to perceived insufficient milk supply and food and herbal galactagogues.

Galactagogues are substances suggested to increase milk production. Food and herbal galactagogues are used in many countries to address perceived insufficient milk supply and getting more popular in women to support breastfeeding. However, most of them are supported by anecdotal evidence or local culture and tradition. Why do women want to use food and herbal galactagogues? Are they effective in increasing milk production? How should healthcare professionals and La Leche League leaders discuss them with mothers? This session will answer all these questions and provide a comprehensive introduction to food and herbal galactagogues.





## Erin Evis

Erin is a qualified naturopath and herbalist, La Leche League leader, wife, and mother of three gorgeous children. She has been breastfeeding for ten years, more than seven of them tandem, and loves supporting other women on their breastfeeding journeys. She lives in Fielding, where she home educates her children and runs a small but busy naturopathic clinic.

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# Tamsin Kreymborg

My name is Tamsin Kreymborg, and I'm a mother of 4 living in the Waikato. I have been a La Leche League leader since 2021, shortly before the birth of my twins. I love the connections I make with mothers through this important māhi. I am passionate about supporting and empowering māmā to make informed decisions about their breastfeeding journey.

Tamsin will be presenting "Feeding Twins" on Saturday, 20th April.

A group discussion on supporting mothers of twins and multiples in their breastfeeding journey.

We will be having a casual group discussion on typical challenges faced by mothers/parents breastfeeding twins or higher order multiples and tips for supporting them with their breastfeeding.

Session outcomes include: gaining confidence to help mothers and whānau to navigate tandem breastfeeding positions, potential supplementation techniques or managing their triple feeding schedule if they've been put on one, and when to refer to an IBCLC for more personalised advice.





# Liesel Terblanche

I discovered Pilates 10 years ago and immediately knew that I wanted to become an instructor. I started my training a couple of months later with BASI and have been teaching Pilates full time since. A few years ago I discovered the MELT method and took on the training 2 years ago. I have always enjoyed movement and exploring different ways of moving my body and finding what the body is capable of. My baby girl was born at the end of 2022 and it was love at first sight. I was adamant that I wanted to take care of her myself and so I went back to teaching 6 weeks postpartum and cut back my teaching hours so I could manage this in the long run. We started out with her in the baby carrier and as she grew older, we just figured out new ways to keep this working. From newborn I had her rolling, bouncing, rocking on the pilates balls and this was a lovely way for us to bond. She is now my little co-instructor and she absolutely loves playing in the studio.

Liesel will be presenting "Mum and Bubs Pilates" on Saturday 20th April.

This class is a wonderful opportunity for mums to connect with their baby while exploring gentle and safe movements together.

# Liesel Terblanche

**Abstract:** Pregnancy and postpartum can be hard on our bodies and sometimes stressful. This session is designed for us to connect with ourselves, bond with our babies and have fun moving together. In this session we will be using a small exercise ball for baby movements and we will do a basic mini foot massage sequence for bubs with a little ball. You will learn how to reconnect and strengthen your body after welcoming your baby into the world. This includes basic movements we can do to regain strength of our pelvic floor and deep stabilising muscles. We don't always have time to exercise for an hour at the gym when we have a baby at home, but we can still move even if it is short intervals during the day, with our little ones. Movement can be so beneficial for our physical and mental well-being. The goal is for us to encourage each other on this amazing journey, to use this as a tool when we exercise at home and to have fun moving our bodies together.

Exercise mats and props are provided. Feel free to bring along anything that might help your little one keep calm in a new environment (favourite toy, blanket).



# Jo Simpson

Jo is a mum of three little blessings – Sammy (7 years), Toby (4 years) and Lottie (1 year) – wife to Kenny and La Leche League co-Leader with the Cambridge group. She has been coming to La Leche League meetings since Sammy was only a few weeks old then became a Leader after having Toby. Jo embraced exercise while completing her PhD, first with ballroom and Latin dancing then progressing to complete her first ultra marathon (82km) and Half Ironman in 2010. She has since completed two more ultra marathons and another half Ironman, before pressing pause on long distance events while her children are young. Exercise continues to be an important part of Jo's lifestyle with adaptations made to include the family.

Jo will be presenting "Exercise and Breastfeeding" on Saturday, 20th April.

An interactive session about expectations and reality of exercising while breastfeeding/lactating – from walking to ultra marathons. This session will explore some research into the ability to exercise while breastfeeding/lactating while still meeting the babies needs. We will look at how breastfeeding may affect the ability to do some forms of exercise and the potential impact on breastfeeding/lactating of those exercises.

## Outcomes:

- Identify how breastfeeding/lactating can affect the body in terms of exercising
- Identify how exercise may impact breastfeeding/lactating
- Create a suggested list of exercises that are compatible with responsive feeding.



# Erica Lourie

I am a Paakehaa woman with gaps in my whakapapa yet to be revealed. Mum to Josie, who is 6 and lives with me half the time. A lover of Jesus, people, beauty, swims, mountains, songs, food, rest, deep connection, and conversations about the things that really matter. A (very) part-time nurse, prison chaplain, and La Leche leader.

Erica will be presenting "Where you from?" on Saturday 20th April

A space to explore identity and belonging in Aotearoa.

Abstract: Having open and respectful conversations about identity and belonging is essential and challenging right now. I am hoping to open a space where anyone can gently and lovingly look deeper into their own family story, and share this exploration with others. I will share some of my own story. The exercises planned are for anyone who would like to travel a little further down the road of knowing who they are and how they fit into the story of Aotearoa. I aspire to provide space where we can help each other have these important conversations, to enable us to come to the table full, with something to offer, as we dream of what kind of Aotearoa we want to build for our children.



## Robin Jones

Robin is a mother of three adult children and recently retired from working as a midwife at Wairau Hospital. A Leader for 40 years, she is still actively supporting mothers to breastfeed their babies and loves seeing women grow into motherhood. When not sat at her laptop reading, researching and writing, you can find her engaged in the never ending battle of the weeds in the garden, working on a cross stitch or quilting project or doing something fun with her border collie Circe.

Robin will be presenting, "Can I have that if I'm breastfeeding?" on Saturday, 20th April.

Exploring what's compatible with breastfeeding and how to know.

During this session, participants will learn the basics about drugs and medications and breastfeeding. What are the important questions to ask, and why weaning a baby is usually not necessary.





# Simone Degiorgio

Simone DeGiorgio has been working with women and their partners for over 20yrs through pregnancy, birth and early parenting mainly within group settings. Simone's focus and passion is on enhancing the mother baby relationship and the parenting experience.

Simone will be presenting "Riding the Wave - managing the daily changing tides of parenting" on Saturday 20th April.

## Riding the Waves

A skill based session identifying the emotional challenges parents are facing and skills to help manage those challenging times.

With the pace of life continuing to get faster, and mothers experiences of anxiety and depression higher than ever, this session will look at skills and strategies to manage the daily changing tides of parenting. This skill based session will look at enhancing the mother baby relationship by identifying some of the challenges parents are facing and skills to manage those difficult times.



## Julie Foley

Julie is the mother of five breastfed children, and Nanny to five breastfed grandchildren. She became a LLL Leader in 1997, and an IBCLC in 2009. Julie retired as a Leader in 2023, but previously held several positions within LLLNZ, including ACL, GSL and ACPL in the Auckland/Northland region, and more recently Awhi Group Coordinator for lower North Island region. She also trained as a PCPA through LLLNZ and continues to train breastfeeding peer supporters in her current role as Lactation Consultant and BFHI Coordinator at Wairarapa Hospital. Julie was the consumer representative on NZBA board between 2016 and 2021, and is a current NZLCA Board member. Prior to working in Wairarapa, Julie coordinated a service at Tui Ora in Taranaki that provided breastfeeding education to health care workers, and breastfeeding support to parents through clinics, home visits and community health promotion events.

Julie's interest in breastfeeding began when she attended her first La Leche League meeting in September 1990, when her first baby was 5 weeks old. La Leche League, and breastfeeding peer support, will always hold a special place in her heart – along with the many life-long friends she has found along the way.

Julie will be presenting "Why Breastfeeding Grief and Trauma Matter" on Saturday 20th April.

# Julie Foley

## Abstract

Most pregnant people plan to breastfeed/chestfeed their babies, but statistics show that there are many who don't meet their own goals. This session explores some of the research on the topic, including Professor Amy Brown's 2016 research and subsequent book on the topic, titled 'Why Breastfeeding Grief and Trauma Matter' (published in 2019). We also explore the impact on mental health, discuss what is happening here in Aotearoa/New Zealand, and how you might support parents when infant feeding outcomes don't go as planned.

Come to this session prepared to share ideas, experiences and new ways of providing support to those for whom breastfeeding/chestfeeding doesn't turn out as they had hoped or expected.

## Session Outcomes:

The objectives of the session are as follows:

1. Understand some of the outcomes for women when breastfeeding doesn't go as planned
2. Explore the relationship between breastfeeding and mental health
3. Discuss how this relates to the Aotearoa/New Zealand context
4. Discuss ways to develop strategies for helping parents navigate this topic.





# Rachel Rachmani

Rachel Rachmani is an Educational and Developmental Psychologist and Childbirth Educator who works in the perinatal space. Rachel's work includes supporting people who have experienced baby loss, birth trauma and maternal injuries and emotional distress as they adjust into their parenting role. Attachment and infant mental health is an area of interest. She has worked in the Ministry of Education, in a Kaupapa Māori Early Intervention Service and is currently in private practice.

Rachel will be presenting "Infant Crying, Attachment and Mental Health" on Saturday 20th April.

Infant Crying, Attachment and Mental Health: A presentation looking at what current research tells us about inconsolable crying, attachment and infant mental health.

Attachment and infant mental health are inextricably linked, and research indicates that as a society we all have a role to play in supporting whanau to provide sensitive, responsive care to their infants. Recent research on inconsolable crying also shows how it can potentially play a role in disrupting early relationships and improved understanding in this area will mean more effective support for caregivers.

You should come away from this presentation with a better understanding of what infant mental health is and why it is important, how attachment develops and how we can support caregivers to be more attuned to their babies, and have an updated understanding of what research tells us about crying in those early months.



# Heranush Hopkins

Heranush Hopkins is a La Leche League Leader and an International Board Certified Lactation Consultant with a private practice. She has dedicated over a decade to serving families in the communities where she has lived, in North and South America, Oceania and the Middle East. Heranush gives support in English and Spanish. She is also studying Health Sciences with a major in Integrated Human Health at Massey University and works on a research neonatal health project for the Liggins Institute (Auckland University). She is involved in community development and educational activities. Heranush was inspired to help other families through her breastfeeding journey with her two beautiful children. Before becoming a parent, she worked in human resources and management in diverse global organisations.

Heranush will be presenting "Embracing Cultural Diversity in Lactation Support" on Sunday, 21st April.

# Heranush Hopkins

Lactation is a fundamental aspect of human life and a biological necessity deeply connected to cultural beliefs, traditions, and societal norms. Lactation supporters can provide invaluable assistance to families seeking support. However, cultural differences and a lack of understanding of culture and diversity can create barriers between lactation supporters and the families we are trying to help. Lactation supporters and healthcare providers must be aware of and acknowledge the unique role that culture and diversity can play in this dynamic to prevent obstacles and encourage lactation through culturally appropriate methods.

In this interactive workshop, we will explore how we can adapt our approach, language and content to ensure effective and sensitive care that families will readily accept. Participants will learn practical ways to improve communication with people from diverse cultures and backgrounds.



# Linda Dockrill

Linda Dockrill is māmā to three fabulous young people in their 20's and a fan of Toy Story movies. She has been a LLLNZ leader for more than 20 years and has held a variety of roles in that time, including Administator of Leader Accreditation and Board Member. In her professional life, Linda is a registered social worker who feels privileged to work supporting people through the transitions encountered along life's course.

Linda will be presenting "Weaning – Breastfeeding to (what can feel like) "Infinity and Beyond!" on Sunday 21st April.

Breastfeeding past 12 months can seem like “a secret mission in uncharted space”. This session will provide you with an opportunity to understand more about the weaning process and share strategies to continue breastfeeding as well as strategies for weaning. The central theme is the relationship between you and your tamariki.

This interactive session will:

- look at the differences between child-led weaning and parent-led weaning
- discuss the reasons we feel we have to wean
- address the challenges of the transition we call “weaning”
- highlight the importance of breastfeeding in the second year
- share strategies and support for continuing to breastfeed
- share strategies to help us transition towards weaning



## Pamela Gainfort

Pamela is a Cambridge local, a husband to Grant and mother to four wonderful children; Fergus (6), Della (3), Kit and Abigail (13 months). Pamela is a registered nurse having worked in a variety of settings and additionally is self employed together with Grant. Pamela has been attending LLL meetings since her oldest was just 8 weeks old and quickly joined the support team, before signing up to become a leader applicant, which she is still in the early stages of completing. LLL has been a big part of her mothering journey and feels it has been fundamental in her knowledge of breastfeeding and navigating different stages and challenges. Pamela is looking forward to completing her training and continuing to support and mentor mums.

Pamela will be presenting "My Breastfeeding Journey of Overcoming Challenges with Twins" (alongside Debbie Graham) on Sunday 21st April.

We will review a timeline of events that created breastfeeding management challenges for an experienced breastfeeding mother, Pamela, and her twins, Kit and Abby and also for Debbie as her friend, La Leche League Leader and IBCLC.



# Pamela Gainfort

## Session abstract:

Pamela will share her breastfeeding journey with a timeline of events, management and outcomes. Debbie will pose questions for the participants about the management of these breastfeeding challenges.

Starting with caesarean section, we will also cover preterm birth , weight loss, use of donor milk, too much milk, reflux, not enough milk, the practicalities of breastfeeding twins, side effects of drugs on milk supply, expressing/pumping breastmilk, introduction of solids; plus the impacts of stress, workload and overwhelming feelings on supply and mental health.

This will be an interactive session and invite participants to contribute their ideas about management plans so that the participants will learn practical tips, learn to adapt management plans and feel more confident at guiding breastfeeding mothers and whanāu to fulfil their own goals with a positive outcome.





# Joanne Teina

Joanne's true superpower is that she grows the Korako peach her tupuna grew at Rangiaowhia at her home in Mangere and now in Rangiaowhia also. Joanne is an urban Maaori who was disconnected from her culture, who reconnected when she became a Mama, she grew 7 fluent Maaori speakers, one of which is the weather reporter fill in Te Rauhiringa Brown who reports the weather bilingually.

She is blessed to be married to John and together they have a blended whaanau of eleven Tamariki and 17 mokopuna and 1 Great-mokopuna and a new mokopuna due in March who decided to arrive in January at 32weeks and has only received breastmilk since arriving.

Joanne worked as a cleaner and nurse aid in a private hospital with her Mum and then trained and qualified as an enrolled nurse in 1985 and registered comprehensive nurse in 1990, and also as a midwife in 1992. She worked across many settings from birth to Palliative care.

Joanne calls herself a recovering Midwife and believes when she has healed from the impacts of the racism she experienced as a Midwife and that racism is recognised as the underlying cause of the horrific Perinatal mental health statistics, that there is a possibility she will return to practice as a midwife. Her mentor midwife Joan Donely began midwifery at 60 and retired at 80 only because she got run over on a pedestrian crossing.

# Joanne Teina

She was one of the first LMC Māori Midwives to practice in South Auckland and spent 18 years providing Kaupapa Maaori midwifery care for whaanau. As well as growing her own whaanau of seven Tamariki. Joanne has been facilitating waananga Hapuutanga for over 31 years across Tamaki- Makaurau and is passionate about the restoration of matauranga Maaori in pregnancy and the reclamation of these taonga in both birthing and breastfeeding she believes the ultimate act of Tino Rangatiratanga is to breastfeed. She has breast-fed her babies and two mokopuna.

Joannes passion for maternal mental wellbeing is born out of her own traumatic lived experiences. She is on a mission to inform and inspire Maaori communities about perinatal mental health and to inform and inspire Tangata tiriti to view this through a trauma informed Te Ao Maaori lens.

She currently works across a few spaces, Te Toka tumai as a pregnancy and parenting educator where she provides education for resilient Whaanau and facilitates Waananga Hapuutanga for E tipu e rea an Iwi health and social service with a focus on supporting Teen parents and for Tea ta kura a new Maaori maternity service based at Manurewa Marae. Joanne is also the Kaumatua and Kaiarahi for PADA and is project leading the Perinatal mental health E Learning project with Wharaurau and creator of Hine Tu Hine Ora and Hine Ora Hine Tu a new program training future educator's to facilitate courageous conversations about Perinatal mental health.

Joanne also shares her own personal journey with Perinatal mental health and warns that her story can be triggering for some. She is a passionate and engaging speaker, who's personal Vision is for a world where people care about perinatal mental health and the whaanau affected by it.

Joanne will be presenting "Decolonising breastfeeding as an intervention for reducing peri natal mental challenges." on Sunday, 21st April.



# Margaret Fletcher

I am a registered nurse, midwife and lactation consultant, mother of five, and grandmother of six. I worked as a lactation consultant in a hospital setting for 15 years with primary and secondary/tertiary care patients and also in community clinics with well mothers and babies. I currently work in a birth centre as a midwife as well as running a lactation consultant community clinic one afternoon per week. I breastfed my children into toddlerhood and had the joy of seeing my grandchildren breastfed up to two years of age.

Margaret will be presenting "Comfortable Breastfeeding" on Sunday, 21st April.

Comfortable breastfeeding provides both comfort and nourishment for the baby and is satisfying for the mother. Breastfeeding can be both physically comfortable and nourishing and emotionally/spiritually comforting. When breastfeeding is viewed holistically, the carer will facilitate physical comfort of mother and baby, nourishment of the baby, and emotional/spiritual comfort of mother and baby.

\* Outcomes include:

- Understand the principles of comfortable breastfeeding for the mother and baby
- Practice facilitating comfortable breastfeeding by role play
- Discuss the notion of spiritual and emotional stress and its impact on the breastfeeding relationship
- Consider how healing brings comfort and facilitates the mother-baby bond and comfortable breastfeeding



## Rowena Harper

Rowena has been a La Leche League Leader for ten years. She was a working & breastfeeding mother whilst she worked in the dairy industry for 16 years, ironically specialising in milk harvesting & mastitis. When her own two children were 5 & 2 years old (now 14 & 10), she was inspired to open her own pre-school centre thanks to her La Leche League experience, which happened to align with the Montessori philosophy of "following the child". She has seen a lot of babies now settle into a day care environment, most who settle quickly, and some who take time. She taught herself to hand express (Harper technique) on a long haul aeroplane flight out of necessity, and perfected her method that week so as not to be heard expressing with paper thin accommodation walls by her boss who was staying in the room over the hall.

Rowena will be presenting "Working and Breastfeeding" on Sunday, 21st April.

How to make breastfeeding and working "work" when a baby is being cared for by someone else. This session will cover the general age / stage requirements of breastfed babies. Different daycare options will be touched on with a focus on daycare policy requirements for breastmilk & storage, as well as different practical ideas for expressing and how the day might work for breastfeeding mothers from drop off to pick up. Common expressing concerns will be discussed such workplace facility requirements, missing a pumping session, travelling for work (with & without baby) & preventing mastitis. Common baby concerns such as babies that don't take a bottle or who "hold out" for Mum, reverse cycling (babies that feed through the night), what happens when babies can't be fed to sleep in care, and suggestions for how to ease everyone into a new daycare routine.