Mātauranga Ūkaipō
The Art of Breastfeeding

La Leche League New Zealand Conference
October 3-4 2026
Scots College, Wellington

- **Family Friendly**
- **Breastfeeding Art**
- **Bling my Bra!**
- **Special Guests - WOW designers**
- **Local and international speakers**
- **For parents and breastfeeding supporters**

October 3-4 2026

Scots College Wellington
Accommodation on site

Scan to register

www.lalecheleague.org.nz | facebook.com/LLLNZconference

Kia ora koutou katoa!

Welcome to the LLLNZ Conference for 2026 - “Mātauranga Ukaipō - The Art of Breastfeeding”

Breastfeeding is both an art and a science, a mātauranga (knowledge) that mothers, babies, and communities have learned together throughout human history. “Ūkaipō” literally means “feeding from the breast at night”, but its wider meaning is of our true home, reminding us that breastfeeding involves physical, emotional, whānau, and spiritual nurturing.

In this conference we have a wonderful line-up of local, national, and international speakers. We have sessions aimed at mothers and parents, Leaders and breastfeeding supporters, and health professionals, but everyone is welcome to attend any session they like.

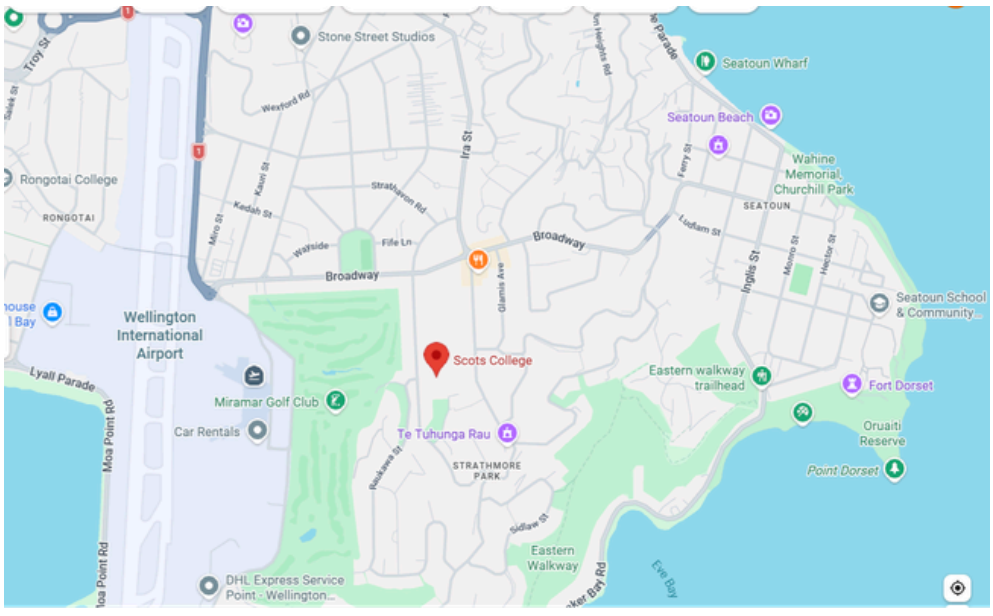
The conference will be held on October 3-4, 2026, at Scots College, Strathmore Park, Wellington.

Nau mai, haere mai,
Your conference committee

About the venue
Scots College is very close to the Wellington Airport. From the Wellington Train Station, buses no 2 and 4 leave from Lambton Quay Stop D. Bus no 2 stops on Broadway (3 minute walk to Scots College), and bus no 4 stops right outside the school hostel on Strathmore Ave and then outside the school gates on Monorgan St. There is ample car parking at the college and on Strathmore Ave outside the hostel. You can take a virtual tour of the school and the accommodation here.

Accommodation is available in the college hostels, mainly in twin rooms. There are a few single rooms available on a first-come basis. If you need to bring a cot/port-a-cot, there will be space in the room. You are welcome to use the kitchenette facilities in the common areas of the hostel. The rooms are located over two storeys, so please let us know on your registration form if you have mobility or access needs.

There is plenty of alternative accommodation nearby - if you want to make your own arrangements.



Meals
Meals will be provided in the dining hall. Scots College can cater to all allergies and preferences, please note these on your registration form.

Registration
Registration is available for the full weekend (Saturday-Sunday) or by the day.
Weekend registration includes morning/afternoon teas, lunches and Saturday dinner. Day registration includes morning/afternoon teas and lunches but not Saturday dinner, which can be purchased separately on the registration form.

Early bird discounts are available until August 8. The closing date for standard registration is September 13. Late registrations may be accepted until September 18 and will incur a late fee. No registrations will be accepted after September 18.

Activities
We are planning plenty of art-themed activities around the speakers and sessions. We are thrilled to announce that on the Saturday night we will have three award-winning WOW designers speaking to us about their experiences, and judging our own “Bling Your Bra” contest. We invite you to bring your own blinged bra to enter for the “most arty”, “most breasty”, and “people’s choice” bras. We will also have art stations where you can read and write breastfeeding poetry, or ground yourself with colouring pages. We will be opening the LLLNZ time capsule from 2000, and giving you the opportunity to fill it again for 2050.

Your families, partners, and children are welcome. There is no charge for an accompanying partner or child attending sessions, but please register for any accommodation or catering they need. Non-separating children are welcome to attend sessions with you. Please be considerate of the speakers and other attendees by bringing quiet toys and taking your child out if they need to be settled.

We will have a supervised playroom where children can be safely left to play during sessions, or where you can take a break alongside your children. There are also playgrounds in the college grounds. For older children and partners, there are lots of things to do in the area. Weta Workshop is a short drive away. Wellington Zoo, Te Papa, the Wellington Cable Car, and Zealandia make great excursions. There are excellent adventurous children’s playgrounds, and many bush and beach walkways.

Programme - Saturday 3 October

		A	B	C
9.00 am	Mihi whakatau	Mihi whakatau- welcome to the venue by tangata whenua Te Āti Awa		
9.30 am	Plenary 1	**Strengthening wellbeing of breastfeeding whānau** **Whāngai Pepe Breastfeeding Support Service**		
10.30 am	*Morning tea*			
11.00 am	Breakout 1	How to talk so mothers will listen, and listen so mothers will talk - skills for supporting breastfeeding parents - Donna Booth	Did you know? Amazing facts about breastfeeding - Katie Fourie	Maternal implications of breastfeeding - Yvonne Le Fort
12.00pm	Breakout 2	Red flags? When is outside help needed? - Annika Gilbert	Fathers and breastfeeding - Aidan Kyrke Smith, PADA	Understanding lived experiences of chest- and breastfeeding pain: Research insights and practitioner resources - Octavia Calder-Dawe and Carmen Timu-Parata
1.00 pm	*Lunch*			
2.30 pm	Breakout 3	Weaving Connections: Networking with community organisations and health authorities - Heather Cotter	Night time parenting - Heranush Hopkins, Sarah Hudson and panel	Milk banking - Pātaka Miraka Mothers Milk Bank - Leah Baddeley
3.30 pm	*Afternoon tea*			
4.00 pm	Breakout 4	Breastfeeding/Infant feeding support in Greece: “but look at my beautiful baby ...” - Ruth Brodbeck	Babywearing: one of the best tools in the parenting toolbox - Coralie Archer, Babywearing Aotearoa	Wai Oranga: Breastfeeding in the Far North - Weaving mātauranga Māori, whānau experience and primary health settings - Carmen Timu-Parata
5.00 pm	Break			
6.00 pm	*Dinner*			
7.30 pm	Evening speakers	**WOW designers Fifi Coulston, Katherine Bertram, Vicky Robertson; "Bling my bra" exhibition**		

Programme - Sunday 4 October

		A	B	C
9.00 am	Plenary 2	**Timeless Wisdom and New Evidence: The Art of Breastfeeding (Zoom session)** **Jayne Joyce, Teresa Pitman, Bibiana Moreno, Anna Swisher**		
10.00 am	Leader Ceremony	Recognition of new and longstanding Leaders Donna Booth and Janine Pinkham		
10.30 am	*Morning tea*			
11.00 am	Breakout 5	Antenatal breastfeeding workshop - Katie Fourie and Sarah Hudson	Breastfeeding challenges - Catherine Butler	Inducing lactation - Yvonne Le Fort
12.00 pm	Breakout 6	Baby Friendly Aotearoa 25 years in: where to next? - Pania Laskeratou	Supporting neurodivergent children at home and at school - Isa Pike	Keeping up with the Code - Janine Pinkham
1.00 pm	*Lunch*			
2.00 pm	Breakout 7	Marketing your Group - Janice Kirkwood	What's the meaning of weaning? - Julie Foley	Milk boosters or myths? A reality check on galactagogues - Lily Jia
3.00 pm	Closing session	Closing address and final announcements from the outgoing Board Chair - Janine Pinkham		
3.30 pm	*Afternoon tea*			

FOR MORE INFO ON SPEAKERS AND THEIR PRESENTATIONS, PLEASE SEE THE SPEAKER SPOTLIGHT BROCHURE

Thank you to our supporters:

AOTEAROA GAMING TRUST

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Clever Wee Fox

General Information

Registration
The registration desk will open at 5pm on Friday evening, and at 8am on Saturday and Sunday.

Accommodation
Accommodation check in will open at 3pm on Friday afternoon. Please get in contact if you will be arriving before 3pm or after 9pm.

Welcome and opening
The conference starts at 9am on Saturday 3 October with a mihi whakatau, followed by the opening address and morning tea.

Photos and videos
Photography consent is included in your registration form. Please inform our roaming 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 print and digital publications.

Saturday entertainment
We are very lucky to have three award-winning WOW (World of Wearable Art) designers to give us a presentation on Saturday night! Thanks to funding from Butternut Baby! The designers will also judge our "Bling my bra" competition.

Merchandise
Conference tees and pins will be available for pre-order. Watch this space for updates. LLLNZ will also be selling books and resources at the conference. EFTPOS will be available.

Exhibitors
Sales tables and educational displays will be located on the stage at the end of the main conference area. Acceptance of an exhibit does not constitute LLLNZ endorsement. Tables are available at $50 for a nonprofit group or $200 for a business. Anyone wishing to have a sales/display table should contact the conference team at conference@lalecheleague.org.nz.

Silent auction/raffles
There will be a silent auction of various items including the historic winner of the 2010 "Breastfeeding Barbie" competition. "Breastfeeding Cowgirl Barbie" is a piece of LLLNZ history, and she has been kindly donated back to grace another home with her presence. Come prepared to bid! Artists are invited to contact conference@lalecheleague.org.nz if they would like to auction a piece of breastfeeding/birthing related art at the conference (10% commission to LLLNZ, reserve prices can be set).

Professional education points
The conference will supply attendance certificates to all attendees so you can make your applications for Continuing Education Recognition Points. Session information will be available online, after the conference.

Refunds
Refunds will incur an administrative charge of $50, and can be applied for until September 13, 2026. 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 the programme.

Emergency Contacts onsite

*** Katie Fourie. 0211552893**
*** Sarah Hudson. 0212681230**