

Advanced Clinical Skills for the Management of Breastfeeding, Cry-fuss, Sleep and Mood Problems: Masterclasses in Neuroprotective Developmental Care	
Online Modularised Masterclasses Program	
Thursday 4 May 2023	
7.00-9.00pm, AEST, Brisbane, Australia	
Module 1: Focussed clinical breastfeeding support	
Introduction to Neuroprotective Developmental Care	
<p>Latest ultrasound evidence concerning functional anatomy and biomechanics of infant suck and swallow in breastfeeding, and clinical implications</p>	<p>Assoc Prof (Adj) Pamela Douglas, GP-Lactation Consultant, Researcher, Medical Director, Possums Education</p>
<p>Role of 'baby-led' or 'laid back breastfeeding': mammalian methods are foundational, but alone are not enough to ensure pain-free effective breastfeeding for many women</p>	<p>Ms Renee Keogh, RN-Lactation Consultant, NDC Accredited Practitioner</p>
<p>What gestalt breastfeeding is not: popular methods that compromise the biomechanics of milk transfer</p>	
<p>Case demonstration of gestalt intervention with volunteer breastfeeding pair</p>	<p>Live demonstration with volunteer Mum and baby</p>
Thursday 11 May 2023	
7.00-9.00pm, AEST, Brisbane, Australia	
Module 2: Focussed clinical breastfeeding support	
<p>Clinical implications of key findings of research from the Human Lactation Research Group UWA on fat content and normal volumes of breastmilk production</p>	<p>Dr Sharon Perrella, Research Fellow, Human Lactation Research Group University of Western Australia (20 minutes - Video)</p>
<p>Task-specific tongue biomechanics based on latest anatomic dissections and implications for frenotomy</p>	<p>Dr Nikki Mills, Paediatric ENT surgeon, Nelson Hospital, New Zealand (40 minutes - Video)</p>
<p>Steps in clinically relevant oromotor and tongue function assessment Steps in performing a scissors frenotomy</p>	<p>Assoc Prof (Adj) Pamela Douglas, GP-Lactation Consultant, Researcher, Medical Director, Possums Education</p> <p>Ms Renee Keogh, RN-Lactation Consultant, NDC Accredited Practitioner</p>
<p>Case demonstration of gestalt intervention with volunteer breastfeeding pair</p>	<p>Live demonstration with volunteer Mum and baby</p>
Thursday 25 May 2023	
7.00-9.00pm, AEST, Brisbane, Australia	
Module 3: Focussed Clinical Breastfeeding Support	
<p>How the gestalt approach to clinical breastfeeding support changes management of common problems:</p> <ul style="list-style-type: none"> • Role of supplemental nursing system PD • How to apply a supplemental nursing system RK • Pumping PD • Fitting a pump flange RK • Management of chronic nipple pain PD 	<p>Assoc Prof (Adj) Pamela Douglas, GP-Lactation Consultant, Researcher, Medical Director, Possums Education</p> <p>Ms Renee Keogh, RN-Lactation Consultant, NDC Accredited Practitioner</p>

<ul style="list-style-type: none"> • Fitting a nipple shield RK • White spots PD • Blocked ducts RK • Management of mastitis PD • Role of breast and reverse massage RK • Conditioned dialling up at breast PD • Hand expression RK • Nipple thrush PD • Reverse pressure softening RK • High and low supply PD • Use of domperidone PD 	
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Thursday 1 June 2023

7.00-9.00pm, AEST, Brisbane, Australia

Module 4: Advanced clinical skills for the management of cry-fuss and sleep problems

How to give information to parents that is different to or even the exact opposite of what parents have been told elsewhere Review of management of 5 domain approach to management of cry-fuss problems	Assoc Prof (Adj) Pamela Douglas, GP-Lactation Consultant, Researcher, Medical Director, Possums Education Ms Renee Keogh, RN-Lactation Consultant, NDC Accredited Practitioner
Case demonstration of volunteer parents with cry-fuss problems (baby 0-12 weeks)	Live demonstration with volunteer Mum and baby

Thursday 8 June 2023

7.00-9.00pm, AEST, Brisbane, Australia

Module 5: Advanced clinical skills for the management of cry-fuss and sleep problems

Case demonstration of volunteer parents with baby sleep problems (0-5 months)	Ms Renee Keogh, RN-Lactation Consultant, NDC Accredited Practitioner
Participant practice in break-out rooms with flashcards and role play	
Case demonstration of volunteer parents with baby sleep problems (6 months +)	Assoc Prof (Adj) Pamela Douglas, GP-Lactation Consultant, Researcher, Medical Director, Possums Education

Thursday 15 June 2023

7.00-9.00pm, AEST, Brisbane, Australia

Module 6: Advanced clinical skills for the management of cry-fuss and sleep problems

Strategies from Acceptance and Commitment Therapy which powerfully support parent and infant mental health in the perinatal period	Assoc Prof (Adj) Pamela Douglas, GP-Lactation Consultant, Researcher, Medical Director, Possums Education
Case demonstration/role play of applying an ACT strategy with parent of young baby	Ms Renee Keogh, RN-Lactation Consultant, NDC Accredited Practitioner
Discussion, questions, revisions, resources	

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