

Program NDC for Providers & Educators <i>Grow your skills in Neuroprotective Developmental Care</i>	
Thursday 25 November 2021	
6.30-9.30pm, AEST, Brisbane, Australia	
Module 1: Breastfeeding Support Part A	
Introduction to Neuroprotective Developmental Care Latest ultrasound evidence concerning functional anatomy and biomechanics of infant suck and swallow in breastfeeding	Assoc Prof (Adj) Pamela Douglas, GP-Lactation Consultant, Researcher, Medical Director, Possums Education
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 What gestalt breastfeeding is not: popular methods that compromise the biomechanics of milk transfer	Ms Renee Keogh, RN-Lactation Consultant, NDC Accredited Practitioner
Case demonstration of gestalt intervention with volunteer breastfeeding pair (0-8 weeks)	Ms Renee Keogh, RN-Lactation Consultant, NDC Accredited Practitioner Live demonstration with volunteer Mum and baby
Implications of key findings of research from the Human Lactation Research Group UWA on fat content and normal volumes of breastmilk production	Dr Sharon Perella, Research Fellow, Human Lactation Research Group University of Western Australia (video)
Thursday 2 December 2021	
6.30-9.30pm, AEST, Brisbane, Australia	
Module 2: Breastfeeding Support Part B and the Possums Sleep Program	
How the gestalt approach to clinical breastfeeding support changes management of common problems: <ul style="list-style-type: none"> • Role of supplemental nursing system • How to apply a supplemental nursing system • Pumping • Fitting a pump flange • Management of chronic nipple pain • Fitting a nipple shield • White spots • Blocked ducts • Management of mastitis • Role of breast and reverse massage • Conditioned dialling up at breast • Hand expression • Nipple thrush • Reverse pressure softening • High and low supply • Use of domperidone 	Ms Renee Keogh, RN-Lactation Consultant, NDC Accredited Practitioner

Task-specific tongue biomechanics based on latest anatomic dissections and implications for frenotomy	Dr Nikki Mills , Paediatric ENT surgeon, Nelson Hospital, New Zealand (video)
The Possums Baby and Toddler Sleep Program	Ms Renee Keogh , RN-Lactation Consultant, NDC Accredited Practitioner
Case demonstration of volunteer parents with baby sleep problems (baby 4 months +)	Live demonstration with volunteer Mum and baby
Thursday 9 December 2021	
6.30-9.30pm, AEST, Brisbane, Australia	
Module 3: Cry-fuss problems and Acceptance and Commitment Therapy for the Perinatal Period	
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	Ms Renee Keogh , RN-Lactation Consultant, NDC Accredited Practitioner
Case demonstration of volunteer parents with baby cry-fuss problems	Ms Renee Keogh , RN-Lactation Consultant, NDC Accredited Practitioner Live demonstration with volunteer Mum and baby
Strategies from Acceptance and Commitment Therapy which powerfully support parent and infant mental health in the perinatal period	Ms Renee Keogh , RN-Lactation Consultant, NDC Accredited Practitioner
Discussion, questions, revisions, resources	Assoc Prof (Adj) Pamela Douglas , GP-Lactation Consultant, Researcher, Medical Director, Possums Education