

<b>Program</b> <b>NDC for Providers &amp; Educators</b> <b><i>Grow your skills in Neuroprotective Developmental Care</i></b>	
<b>Thursday 28 July 2022</b>	
<b>7.00-9.30pm, AEST, Brisbane, Australia</b>	
<b>Module 1: Breastfeeding Support Part A</b>	
Introduction to Neuroprotective Developmental Care  Latest ultrasound evidence concerning functional anatomy and biomechanics of infant suck and swallow in breastfeeding  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	<b>Ms Renee Keogh</b> , RN-Lactation Consultant, NDC Accredited Practitioner
Case demonstration of gestalt intervention with volunteer breastfeeding pair (0-8 weeks)	<b>Ms Renee Keogh</b> , RN-Lactation Consultant, NDC Accredited Practitioner <b>Live demonstration</b> with volunteer <b>Mum and baby</b>
Implications of key findings of research from the Human Lactation Research Group UWA on fat content and normal volumes of breastmilk production	<b>Dr Sharon Perella</b> , Research Fellow, Human Lactation Research Group University of Western Australia (video)
<b>Thursday 4 August 2022</b>	
<b>7.00-9.30pm, AEST, Brisbane, Australia</b>	
<b>Module 2: Breastfeeding Support Part B and the Possums Sleep Program</b>	
How the gestalt approach to clinical breastfeeding support changes management of common problems: <ul style="list-style-type: none"> <li>• Role of supplemental nursing system</li> <li>• How to apply a supplemental nursing system</li> <li>• Pumping</li> <li>• Fitting a pump flange</li> <li>• Management of chronic nipple pain</li> <li>• Fitting a nipple shield</li> <li>• White spots</li> <li>• Blocked ducts</li> <li>• Management of mastitis</li> <li>• Role of breast and reverse massage</li> <li>• Conditioned dialling up at breast</li> <li>• Hand expression</li> <li>• Nipple thrush</li> <li>• Reverse pressure softening</li> <li>• High and low supply</li> <li>• Use of domperidone</li> </ul>	<b>Ms Renee Keogh</b> , RN-Lactation Consultant, NDC Accredited Practitioner

Task-specific tongue biomechanics based on latest anatomic dissections and implications for frenotomy	<b>Dr Nikki Mills</b> , Paediatric ENT surgeon, Nelson Hospital, New Zealand (video)
The Possums Baby and Toddler Sleep Program	<b>Ms Renee Keogh</b> , RN-Lactation Consultant, NDC Accredited Practitioner
Case demonstration of volunteer parents with baby sleep problems (baby 4 months +)	<b>Live demonstration</b> with volunteer <b>Mum and baby</b>
<b>Thursday 11 August 2022</b>	
<b>7.00-9.30pm, AEST, Brisbane, Australia</b>	
<b>Module 3: Cry-fuss problems and Acceptance and Commitment Therapy for the Perinatal Period</b>	
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	<b>Ms Renee Keogh</b> , RN-Lactation Consultant, NDC Accredited Practitioner
Case demonstration of volunteer parents with baby cry-fuss problems	<b>Ms Renee Keogh</b> , RN-Lactation Consultant, NDC Accredited Practitioner <b>Live demonstration</b> with volunteer <b>Mum and baby</b>
Strategies from Acceptance and Commitment Therapy which powerfully support parent and infant mental health in the perinatal period	<b>Ms Renee Keogh</b> , RN-Lactation Consultant, NDC Accredited Practitioner
Discussion, questions, revisions, resources	