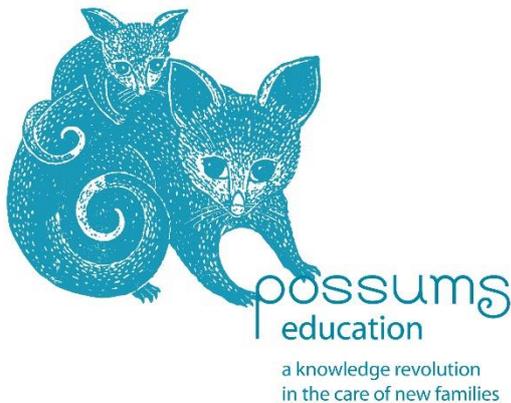


Testimonials 2019

I came across the Possums program when I was struggling with adequately responding to desperate mothers in the sensitive and challenging time as they transition to motherhood. Often, they were going to heroic lengths to feed and settle their babies and were overwhelmed with conflicting, and non-evidenced based advice. [The NDC Accreditation/Possums programs are] based on five domains that interact to affect parent -infant wellbeing. Once I began to incorporate this model into my practice, I immediately noticed a significant improvement in pain free breastfeeding, reduction in cry -fuss issues, improvement in sleep, and finally and most importantly of all – much much happier mamas!



The upskilling for me as a lactation consultant/ midwife has been life-changing. Networking with other health professionals through the NDC Network who have completed the NDC pathway has created a ‘village’ of like-minded professionals growing to support families in the continuing challenges of parenting. The fact that that I can access their collective experience, wisdom and knowledge is both professionally and personally supportive. How exciting to be part of an evidenced based new paradigm which empowers and engages families in early life care!

I am so indebted to Dr Pamela Douglas – her research and dedication to improving early life care

for mothers and babies is inspiring.

Robyn Fitzgerald, International Board Certified Lactation Consultant, Midwife, NDC Accredited Practitioner, Melbourne, Victoria

I hope you received my email yesterday telling you how much I enjoyed the observations and how valuable they were to me and my learning. I can’t thank you enough. It is so refreshing to hear you speak with patients. All I can hope for is that your approach will quickly catch on and become the norm. If only more practitioners had your philosophy and way of delivering the information, I can imagine the positive impact on moms, babies, dads, siblings, and society as a whole. I truly believe that if it was the norm to care for babies (and families) in the ways you have outlined, it could turn the course for so many other societal struggles. Thank you again for your commitment to leading the charge and for taking on so many professionals like me who want to learn the skills to implement these strategies.

Fondly,

Danielle Sharon, Psychologist and International Board Certified Lactation Consultant, NDC Accredited Practitioner, Michigan, US

Hi Pam

Just a quick line to let you know how I am getting on ... I have had a very satisfying three + weeks back at work. Mums are finding the gestalt breastfeeding approach VERY helpful indeed. My observations are that for the mums it is less stressful during the 'getting latched' phase; empowering as soon as the mums have that 'aha' moment when they feel how the micro-movements make such a difference. And for me it is less work and very satisfying. Two tongue toe clinics have been cancelled as there have been such a big reduction in appointments made (- I am anticipating a nice step change in my line graph). Not 100% success but lots of really positive feedback and I am still learning every day. All the best - I will keep dropping into the online sessions when I am still awake!

Sally Tedstone

Midwife, Infant Feeding Specialist, Breastfeeding Educator, UK

The NDC program has armed me with tools that are evidence-based to more effectively care for mothers and babies. Many women struggle with breastfeeding and unsettled babies and it's a privilege to be able to work with these families and see such great results.

I feel much more equipped to manage the conflicting advice out there about mother-baby care, and to help my patients navigate this journey.

Dr Briony Andrew, GP-Obstetrician, International Board Certified Lactation Consultant, NDC Accredited Practitioner, Adelaide, Australia

I first found The Possums Program when it was discussed in my mother's group. I looked further into it, and once I started applying their principles, found that my baby settled much more easily and my breastfeeding technique improved. I then attended the Masterclasses in 2018 so that, as a GP, I could help other mothers having difficulties with simple yet practical solutions for breastfeeding, fussing, crying and sleep problems. A combination of implementing these strategies and also learning what is normal behavior for an infant has improved the wellbeing of many of my patients who are Mothers. I highly recommend the program and hope that it can one day be integrated into general practice training more broadly.

Melody Jackson, GP, Sydney, NDC Accredited Practitioner, Australia

