

## Masterclasses in Neuroprotective Developmental Care (or ‘the Possums programs’): online content

### Presenters

**Dr Pamela Douglas**, GP-Lactation Consultant, Medical Director, Possums Education; Adjunct Associate Professor, Maternity Families and Newborn Centre MHIQ, Griffith University; Senior Lecturer, Discipline of General Practice, The University of Queensland

**Ms Renee Keogh**, RN-Lactation Consultant, NDC Accredited Practitioner, Possums Education and Research Centre

**Dr Sharon Perella**, Midwife-Lactation Consultant, Research Fellow, Human Lactation Research Group, University of Western Australia

**Dr Nikki Mills**, Ear Nose and Throat Surgeon, Starship Children’s Hospital, Auckland, New Zealand

**Professor Laurence Walsh AO**, School of Dentistry, The University of Queensland

**Ms Deb Spink**, Perinatal Mental Health Advocate, PIPPS Co-ordinator

**Ms Renee Kam**, Physiotherapist-Lactation Consultant

**Dr Briony Andrews**, GP-Obstetrician, NDC Accredited Practitioner, Adelaide

**Dr Rhiannon Smith**, GP-Obstetrician, NDC Accredited Practitioner, Adelaide

**Dr Krystyna De Lange**, GP, NDC Accredited Practitioner, Brisbane

**Dr Cara Kajewski**, GP Registrar, NDC Accredited Practitioner, Toowoomba

### Videos

1. Introduction to Neuroprotective Developmental Care (or ‘the Possums programs’): Dr Pamela Douglas (7.5 mins)

2. Ultrasound imaging of breastfeeding pairs - normal suckling, and suckling associated with nipple pain: Dr Sharon Perella (5 mins)

See article in Resource Hub, “Practice-based interpretation of ultrasound studies” which contains Dr Douglas’s suggested interpretation of this study, under the subheading: “Intra-oral breast tissue shape alters after frenotomy for classic tongue-tie.”

3. Why previous biomechanical models of infant suck, upon which the Hazelbaker Assessment Tool for Lingual Frenulum Function and diagnoses of posterior tongue-tie and upper lip-tie are based, are inaccurate; the gestalt model, derived from ultrasound studies; omitted variable bias in crying baby and clinical breastfeeding research: Dr Pamela Douglas (7.5 mins)

4. Demonstration of gestalt breastfeeding with volunteer mother-baby pairs: Dr Pamela Douglas (1 hr 16 mins)

5. Steps in performing a scissors frenotomy: Dr Lisa Amir (23 mins)

6. Infant oromotor assessment: Dr Pamela Douglas (9 mins)

7. Gestalt breastfeeding: delegate’s practice session - see gestalt breastfeeding template in Masterclasses Workbook (3.5 mins)

- 8: Popular approaches to clinical breastfeeding support which are NOT consistent with gestalt breastfeeding: Ms Renee Keogh (7 mins)
9. Fit and hold for twins: Ms Renee Keogh and Dr Pamela Douglas (2.5 mins)
10. Demonstration of the gestalt approach to side-lying breastfeeding: Ms Renee Keogh and Dr Pamela Douglas (8 mins)
11. Breastfeeding chairs often undermine breastfeeding: Dr Pamela Douglas (1 min)
12. Breast milk production, fat content, storage capacity, and functional lactose overload: Dr Sharon Perella and Dr Pamela Douglas (17 mins)
13. Functional lactose overload: Dr Pamela Douglas and Dr Sharon Perella (10 mins)
14. Why 'baby-led breastfeeding' often results in breast tissue drag and positional instability (9 mins)
15. Demonstration of management for a volunteer mother and her ten-week-old crying baby: Dr Pamela Douglas (1 hr 15 mins)
16. Frena and their surgical management using lasers, exploring the anatomy of oral frena and the impact of various laser surgical methods on wound healing in the oral tissues: Professor Laurence Walsh (49 mins)
17. How the gestalt approach affects the management of common breastfeeding problems: panel of presenters (54 mins)
  - 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
  - Conditioned dialling up at breast
  - Management of mastitis
  - Role of breast and reverse massage
  - Hand expression
  - Nipple thrush
  - Reverse pressure softening
  - High supply
  - Use of domperidone
18. The role of laser surgery and the technique of scissors frenotomy: Dr Pamela Douglas (4.5 mins)
19. Management of breast and nipple candidiasis: Dr Pamela Douglas (4 mins)
20. Management of low supply: Ms Renee Keogh (4.5 mins)
21. About PIPPS (Possums' Program for Integrated Perinatal Peer Support): Ms Deb Spink (11 mins)

22. Demonstration of the Possum sleep intervention with volunteer parents of an 11 month old baby: Ms Renee Keogh (47 mins)
23. Focussed Acceptance and Commitment Therapy for perinatal and infant mental health: Ms Deb Spink (34 mins)
24. The 'four month sleep regression', a mother's experience of the Possums sleep program, safe sleep, sleep at day-care, and the low sleep need + high sensory need baby: Ms Renee Keogh (34 mins)
25. Examination of the newborn: Dr Briony Andrew and Dr Rhiannon Smith (5 mins)
26. Reflux and crying babies: Dr Pamela Douglas (2 mins)
27. Demonstration of the Possums sleep intervention with volunteer parents with a 9.5 month old baby with sleep problems: Dr Pamela Douglas (50 mins)
28. Return to paid work when breastfeeding: Ms Renee Keogh and Dr Pamela Douglas (5 mins)
29. Neuroprotective Developmental Care (or 'the Possums programs') and parental empowerment: Ms Deb Spink (2 mins)
30. Pacifier use: Dr Pamela Douglas (45 secs)
31. The functional anatomy of swallowing in the breastfeeding infant: Dr Nikki Mills (36 mins)
32. The functional anatomy of sucking in the breastfeeding infant: Dr Nikki Mills (39 mins)
33. Gestalt breastfeeding demonstration with volunteer: Dr Pamela Douglas March 2019 (36 mins)
34. Gestalt breastfeeding demonstration with volunteers: Dr Pamela Douglas September 2019 (1hr 18 mins)
35. Infant oromotor assessment: Dr Krystyna de Lange (10 mins)
36. How Pam performs a scissors frenotomy (7 mins)
37. The role of orofacial myofunctional therapy and chiropractic in infants with breastfeeding problems (2 mins 30 secs)
38. Protecting the development of baby's social skills and mental health (7 mins)
39. Protecting your baby's sensory-motor development (10 mins)

## Resources

NDC Masterclasses Workbook

(Please note: templates for Gestalt Breastfeeding and Possums Sleep Interventions available in Workbook – look at these when delegates in videos talk about their flashcards)