



Health
South Eastern Sydney
Local Health District

INFO Share

07 February 2024

This consolidated list of resources, information and professional development opportunities is compiled from multiple sources by the Early Parenting Program of Child, Youth & Families Services, South Eastern Sydney Local Health District.

To access additional information outlined in the INFO Share you will need internet access.

New additions to the conference and workshop calendar from previous months are highlighted as **NEW**.

Any queries about events should be directed to the contact person listed in the description.

If you would like an event, conference or workshop included please contact Helen.Rogers@health.nsw.gov.au

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NEWSLETTERS

Australian Institute of Family Studies (AIFS) News [7 Feb](#)

Australian Research Alliance for Children & Youth (ARACY) [25 Jan](#)

Center on the Developing Child at Harvard University News [January 2024](#)

International Journal of Birth and Parent Education [Vol 11 Issue 2 2023](#)

SIGNIFICANT DATES

[Anniversary of the National Apology to the Stolen Generations February 13](#) marks the anniversary of the National Apology to the Stolen Generations, who suffered trauma due to past government policies of forced child removal. Stolen Generations survivors are some of Australia's most vulnerable people and many have kept their stories and experiences secret for many years, even decades. Through hearing the resilient stories of Stolen Generations survivors there is now a willingness for Australians to join in on the healing journey. To be part of solutions into the future. This is the spirit of the anniversary. [More>](#)

OPEN FOR CONSULTATION

[The Department of Social Services The Draft Early Years Strategy consultation report 2024-2034](#) has been developed to shape a vision for the future of Australia's children and their families. The consultation report synthesises the views of a range of stakeholders, including children, parents and families that participated in consultations over a seven-month period to inform the development of the Early Years Strategy. The consultation report is open for feedback until **9 February 2024**. [More>](#)

[Select Committee on Cost of Living](#) On 28 September 2022 the Senate established a select committee, to be known as the Select Committee on the Cost of Living. Closing date has been extended to **28 March 2024**. [More>](#)



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NEW RESOURCES & PUBLICATIONS

Aboriginal and Torres Strait Islander Communities

[Enabling the context for Aboriginal and Torres Strait Islander Community Controlled Birthing on Country services: Participatory action research](#) Birthing on Country services have demonstrated health and cost benefits and require redesign of maternity care. During the *Building On Our Strengths* feasibility study, use of endorsed midwives and licensing of birth centres has proven difficult. Participatory action research identified implementation barriers. The researchers conducted an iterative document analysis of instruments to inform government lobbying through synthesis of policy, economic, social, technological, legal, and environmental factors. [More>](#)

[When physical activity programs include cultural elements, they are even better for First Nations people](#) Through many social inequities, First Nations peoples are more likely to experience mental health issues. This review describes how physical activity that includes cultural practices can help. [More>](#)

Pregnancy and Birth

[The use of gender-neutral language in maternity settings: a narrative literature review](#) Staying up to date with contemporary issues enhances their ability to provide high-quality evidence-based care. One aspect of maternal care that is changing is the use of gender-neutral language. The aim of this review was to examine the use of gender-neutral language in maternity settings and collate the literature to expose any knowledge gaps. [More>](#)

[Inclusive Birthing Language Poster for Midwives](#) Inclusive language is a way of acknowledging and respecting the diversity of peoples' bodies, genders and relationships. As midwives and birth workers, using inclusive language supports people to feel safe within the health system, acknowledges who they are, and embraces LGBTQ+ Rainbow Families. [More>](#)

[NSW Health LGBTIQ+ health information and resources website](#) provides a range of resources and supports, including mental health and suicide prevention support, links to LGBTIQ+ community organisations, information about providing care to LGBTIQ+ communities, language and terminology, and LGBTIQ+ resources by health topic. [More>](#)

[A systematic review of the cost-effectiveness of maternity models of care](#) In this systematic review, the authors aimed to identify the full extent of cost-effectiveness evidence available for evaluating alternative Maternity Models of Care (MMC) and to summarize findings narratively. [More>](#)

[Reduction in spontaneous and iatrogenic preterm births in twin pregnancies during COVID-19 lockdown in Melbourne, Australia: a multicentre cohort study](#) Melbourne, recorded one of the longest and most stringent pandemic lockdowns in 2020, which was associated with an increase in preterm stillbirths among singleton pregnancies. Twin pregnancies may be particularly susceptible to the impacts of pandemic disruptions to maternity care due to their higher background risk of adverse perinatal outcomes. [More>](#)

[Maternity clinician use of shared decision-making in antenatal care: A scoping review](#) Implementation of shared decision-making in antenatal care has had limited exploration. This review aimed to assess what is known about shared decision-making in antenatal care. [More>](#)



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Pregnancy and Birth

[A scoping review of the reasons for and approaches to non-uptake of pertussis and influenza vaccinations in pregnant women in the United Kingdom and Ireland](#) Pertussis and influenza cause significant morbidity and mortality in pregnancy and the neonatal period. Maternal vaccination in pregnancy would reduce harm, but low vaccine uptake is a concern. This scoping review aimed to understand the reasons for, and approaches, to non-uptake of pertussis and influenza vaccinations in pregnant women in the UK and Ireland. [More>](#)

[Critical Windows of Maternal Exposure to Biothermal Stress and Birth Weight for Gestational Age in Western Australia](#) There is limited and inconsistent evidence on the risk of ambient temperature on small for gestational age (SGA) and there are no known related studies for large for gestational age (LGA). This research examines the associations and critical susceptible windows of maternal exposure to a biothermal metric [Universal Thermal Climate Index (UTCI)] and the hazards of SGA and LGA. [More>](#)

[Barriers and enablers to antenatal care attendance for women referred to social work services in a Victorian regional hospital: A qualitative descriptive study](#) Women referred to social work services during pregnancy are more likely to experience social disadvantage than those who are not, resulting in reduced antenatal care attendance. This study aimed to explore the barriers and enablers to antenatal care attendance by women referred to social work services from the perspectives of women, and clinicians who provide antenatal healthcare. [More>](#)

[A content analysis of women's experiences of different models of maternity care: the Birth Experience Study \(BEST\)](#) Pregnancy, birth, and early parenthood are significant life experiences impacting women and their families. Growing evidence suggests models of maternity care impact clinical outcomes and birth experiences. The aim of this study was to explore the strengths and limitations of different maternity models of care accessed by women in Australia who had given birth in the past 5 years. [More>](#)

[Telehealth use in maternity care during a pandemic: A lot of bad, some good and possibility](#) To reduce transmission risk during the COVID-19 pandemic, 'telehealth' was implemented into Australian maternity services. Whilst some reports on telehealth implementation ensued, there was scant evidence on women and midwives' perspectives regarding telehealth use. This study was conducted in Australia during 2020–2021 using two data sources from the Birth in the Time of COVID-19 (BITOC) study: interviews and surveys. [More>](#)

[Induction of labour and caesarean birth in lower-risk nulliparous women at term: A retrospective cohort study](#) This population-based retrospective cohort study of all births in Victoria, Australia, from 2010 to 2018 (n = 640,191), aimed to evaluate whether induction of labour is associated with caesarean birth and perinatal mortality in uncomplicated first births at term compared with expectant management outside the confines of a randomized controlled trial. [More>](#)

[Perinatal morbidity among women with a previous caesarean delivery \(PRISMA trial\): a cluster-randomised trial](#) Women with a previous caesarean birth face a difficult choice in their next pregnancy: planning another caesarean or attempting vaginal delivery, both of which are associated with potential maternal and perinatal complications. This trial aimed to assess whether a multifaceted intervention, which promoted person-centred decision making and best practices, would reduce the risk of major perinatal morbidity among women with one previous caesarean delivery. [More>](#)



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[WHO recommendations on the assessment of postpartum blood loss and use of a treatment bundle for postpartum haemorrhage](#) In 2023, the World Health Organization (WHO) convened a Guideline Development Group to update an existing recommendation on assessing postpartum haemorrhage (PPH) and consider using a care bundle to treat PPH. This document issues an updated recommendation on the assessment of PPH and a new recommendation on the use of a treatment bundle for the management of PPH. [More>](#)

[Effective and simple interventions to improve outcomes for preterm infants worldwide: The FIGO PremPrep-5 initiative](#) Preterm birth remains the leading cause of mortality among under-5's and is a major contributor to the reduction in quality-of-life adjusted years and reduction in human capital. Globally, there are many interventions and care bundles that aim to reduce the impact of preterm birth once preterm labour has ensued and into the neonatal period; not all of these are applicable in all settings. This article introduces the FIGO PremPrep-5 initiative, which aims to disseminate key information on the most simple and effective interventions with the aim of increasing implementation globally. [More>](#)

[Maternal disability and initiation and duration of breastfeeding: analysis of a Canadian cross-sectional survey](#) Known risk factors for breastfeeding non-initiation and early cessation of breastfeeding are diverse and include low breastfeeding self-efficacy, poverty, smoking, obesity, and chronic illness. Although women with disabilities experience elevated rates of these risk factors. This study examines breastfeeding non-initiation and early cessation of breastfeeding in women with and without disabilities. [More>](#)

[Perinatal depression and risk of mortality: nationwide, register based study in Sweden](#) This study aimed to determine whether women with perinatal depression are at an increased risk of death compared with women who did not develop perinatal depression, and compared with full sisters. Even when accounting for familial factors, women with clinically diagnosed perinatal depression were associated with an increased risk of death, particularly during the first year after diagnosis and because of suicide. [More>](#)

[Common mental disorders and perinatal outcomes in Victoria, Australia: A population-based retrospective cohort study](#) Common mental issues (non-psychotic mental health conditions which impact on day-to-day functioning) are increasingly common in childbearing women and may impact significantly on both maternal and neonatal outcomes. This study examines the associations between common mental disorders and perinatal outcomes. [More>](#)

[Perinatal Mental Health Support Finder](#) online resource listing developed for Perinatal Mental Health Week includes partners who support the initiative and provide support services. Services and resources can be filtered by State, client/partner/support person or health professional, and type of support required. [More>](#)

Child and Family Health and Wellbeing

[Mental health in the two years following hypertensive and normotensive pregnancy: The Postpartum, Physiology, Psychology and Paediatric follow-up \(P4\) cohort study](#) Postpartum mental issues and hypertensive disorders of pregnancy (HDP) are both common, and both associated with adverse maternal and child health outcomes. However, the relationship between them is unclear. This study aimed to investigate prevalence and symptom severity of depression, anxiety, and post-traumatic stress disorder (PTSD) 2-years postpartum in women with normal blood pressure (NBP) during pregnancy versus preeclampsia or gestational hypertension (GH). [More>](#)



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Child and Family Health and Wellbeing

[What is family?](#) report from our Families in Australia study show that there is a wide range of views when it comes to defining a family. Cultural and personal life experiences shape the way people define family, unconditional support and love are important in defining families. [More>](#)

[What is 'parent training' for families of children with ADHD?](#) ADHD can significantly influence family dynamics and can affect a child's ability to learn and interact socially. Raising children with behavioural, developmental or learning difficulties can also make parenting more challenging, with parents navigating feelings of frustration, grief and guilt. While medication is most effective at minimising core ADHD symptoms, non-drug interventions can also reduce the daily impacts of ADHD symptoms. Parenting/family training is one such intervention. [More>](#)

[Using the Australian Early Development Census \(AEDC\) data to support thriving children](#) in 2021, the fifth AEDC was undertaken with 305,015 children in their first year of full-time school. AEDC is a nationwide measure of early childhood development that shines a light on what is working well and where we have more work to do. Each Data Story in the series considers trends and how AEDC data can inform priorities, policies and practice to improve outcomes for children. [More>](#)

[Pertussis online course](#) Pertussis, commonly known as whooping cough, is one of the least controlled vaccine-preventable diseases. Gain an understanding of pertussis in Australia, including immunisation rates, prevention and symptoms in both adults and children. [More>](#)

[1 in 4 adults think smacking is necessary to 'properly raise' kids. But attitudes are changing](#) The United Nations Convention on the Rights of the Child considers smacking and all types of physical punishment, however mild, a violation of child rights. It's banned in 65 countries. Yet it remains legal in Australia for parents to use "reasonable force" for discipline. Children are the only group of people it remains legal to hit. This research found one in four Australians still think physical punishment is necessary to "properly raise" children. And half of parents (across all age groups) reported smacking their children. [More>](#)

[Traffic Lights®: Sexual behaviours in children and young people- Distance Education](#) Gain skills to identify, understand and respond to a broad range of sexual behaviours in children and young people, ranging from behaviours that are typical and developmentally appropriate to those that are harmful or problematic and signal the need for follow up and support. [More>](#)

[Do kids grow out of Attention-deficit hyperactivity disorder \(ADHD\) as they get older?](#) ADHD is more often diagnosed in children. That might make you wonder if people grow out of it as they reach adulthood. ADHD is a neurodevelopmental disorder that involves difficulties focusing attention (for study or work) and/or sitting still or keeping impulsive actions in check. This means people with ADHD are different and the differences are there for life. But development is a dynamic process because people change, mature and develop their skills. If people have ADHD, the way it affects them can change over time too. [More>](#)

[Extreme Heat Affects Early Childhood Development and Health](#) Globally, 2023 is believed to have been the hottest year on record. This working paper explores how extreme heat can affect young children's biological systems and disrupt development, as well as the many ways it can amplify the effects of systemic inequities. The paper offers strategies to mitigate the impact of extreme heat and provide new ways of cooling the places where children live, grow, learn, and play. [More>](#)



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Child and Family Health and Wellbeing

[3 ways to help your child transition off screens and avoid the dreaded 'tech tantrums'](#) Many Australian parents worry about how much time their children spend watching screens. While some time on devices is fine for entertainment and education, we also know it is important children do things away from TVs and devices. This means for many families, there is a daily battle around getting kids off their screens and avoiding "tech tantrums". This new research looks at how parents and carers can help children with what researchers call "technology transitions". [More>](#)

[Good lunchboxes are based on 4 things: here's how parents can prepare healthy food and keep costs down](#) Heading back to school is a time of great anticipation for many families, but it is not without challenges. One of the big challenges is preparing healthy, easy, affordable and appealing lunchboxes. Lunchboxes are vital for supporting children's energy levels throughout the school day, which in turn helps maintain their concentration. [More>](#)

Multicultural Health + Translated Resources

[Indian immigrants' constructions of mental health and mental illness in the perinatal period: A qualitative study](#) explores how immigrant women and men from India construct mental health issues in the perinatal period and provide insights into disclosure of mental health issues in Australia. [More>](#)

[When to come to hospital in labour in Spanish and Tagalog \(Filipino\)](#) provides information about what to expect at the start of labour and when to present at the hospital. The information sheet is now available in 31 languages via the following links:

- [When to come to hospital in labour — MHCS \(nsw.gov.au\)](#)
- [When to come to hospital in labour \(healthtranslations.vic.gov.au\)](#)

Women's Sexual and Reproductive Health

[A life-course approach to tackling noncommunicable diseases \(NCDs\) in women](#) In almost every country in the world, NCDs are the leading causes of death for women. Among these, cardiovascular disease (including heart disease and stroke) and cancer are the major causes of mortality. Risks for these conditions exist at each stage of women's lives, but recognition of the unique needs of women for the prevention and management of NCDs is relatively recent and still emerging. The authors of this article call for a strategic, innovative life-course approach to identifying disease triggers and instigating cost-effective measures to minimize exposure in a timely manner. [More>](#)

[Symptoms of menopause can make it harder to work. Here's what employers should be doing](#) How menopause affects women's working lives has been shrouded by stigma for decades. This global review of organisational supports for menstruation and menopause found workplaces play a pivotal role in breaking menopausal taboos. With the right interventions, workplaces can enable employees to manage their symptoms and remain in the workforce. [More>](#)

Domestic and Family Violence, Trauma, Sexual Assault and Child Protection

[1800RESPECT SMS service channel](#) anyone affected by domestic, family and sexual violence can now contact 1800RESPECT via text message (0458 737 732), ensuring those in unsafe situations who can't access telephone or online chat can still get help. [More>](#)



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Domestic and Family Violence, Trauma, Sexual Assault and Child Protection

[How both health and safety are compromised for people living with long COVID and intimate partner violence](#) What happens when a person is experiencing long COVID and intimate partner violence at the same time? Previous research shows women who are victim-survivors of intimate partner violence are twice as likely to develop long-term illnesses, including chronic fatigue syndrome and fibromyalgia. Global studies estimate one in ten infected people go on to develop long COVID symptoms. This research reveals the previously unseen impacts of long COVID on individuals experiencing domestic violence. [More>](#)

[Family, domestic and sexual violence](#) AIHW webpage brings together information from a range of sources to provide a comprehensive picture of family, domestic and sexual violence in Australia and summarises changes in key measures over time. Regular updates are made to include the latest data for key national data sources. [More>](#)

[National Principles to Address Coercive Control in Family Domestic Violence](#) The Australian Government has collaborated with all state and territory governments to develop the National Principles to Address Coercive Control in Family and Domestic Violence (the National Principles). The National Principles create a shared national understanding of coercive control, which is important for improving the safety of Australians, particularly women and children. [More>](#)

[Best practice principles for working with men from refugee backgrounds who use domestic and family violence: Key findings and future directions](#) ANROWS research provides a set of principles of practice for interventions with men from refugee backgrounds who use domestic and family violence, including understand violence in the context of refugee trauma, understand violence in the context of settlement challenges, recognise refugee family and community structures. [More>](#)

[Specialist Approaches to Managing Sexual Assault Proceedings: An Integrative Review](#) addresses two principal concerns – systemic barriers to reporting sexual violence, and the re-traumatisation experienced when engaging with the criminal justice system. It identifies and evaluates the specialist measures designed to address these concerns in sexual offences courts/lists, and in three comparative domains: child sexual offences courts/lists, DFV courts/lists and specialist prosecution units. [More>](#)

[Efficacy and moderators of efficacy of cognitive behavioural therapies with a trauma focus in children and adolescents: an individual participant data meta-analysis of randomised trials](#) Existing clinical trials of cognitive behavioural therapies with a trauma focus (CBTs-TF) are underpowered to examine key variables that might moderate treatment effects. This study aimed to determine the efficacy of CBTs-TF for young people, relative to passive and active control conditions, and elucidate putative individual-level and treatment-level moderators. [More>](#)

And more

[Understanding the Science and Reality of Obesity for Better Patient Care E-Learning Module](#) provides information about the science of obesity, personal experiences of patients and healthcare professionals, quick tips for best practice and opportunities to reflect on practice. Positive interactions with a healthcare professional can help clients better understand the science and complexity of obesity, their personal health risks, and their options. [More>](#)



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And more

[Mind the Gap: A handbook of clinical signs in Black and Brown skin](#) to raise awareness of how symptoms and signs can present differently on darker skin as well as highlighting the different language that needs to be used in descriptors. This is something which is not commonly practiced in medical textbooks and may compromise client care for certain groups. [More>](#)

[NSW Government campaign: Every vape is a hit to your health](#) aims to address the issue of vaping by young people. The campaign targets 14–24-year-olds and encourages young people to consider the proven health harms of vaping, such as nicotine addiction, lung damage, breathlessness, nicotine poisoning and burns from exploding vapes. The campaign has been developed by the NSW Cancer Institute in consultation with young people and medical experts and includes testimonial videos of young people who have experienced the health harms of vaping. [More>](#)

CONFERENCE AND WORKSHOP CALENDAR

February 2024	
Feb-5 May Online	GOLD Midwifery Online Conference the latest evidence-based information for midwives and other health care providers who are working with women and their families during the course of pregnancy, birth and the postpartum period.
14 Feb Online	NEW Exploring NDIS support for trans, gender diverse and non-binary young individuals with disabilities this webinar aims to promote a better understanding of the unique challenges faced by trans, gender diverse, and non-binary youth living with disabilities. Through discussion and practical guidance, participants will be able to gain insights into navigating the NDIS to optimise support, and enhance the overall wellbeing of trans, gender diverse and non-binary young people and their carers.
14 Feb Sydney	NEW The Future of Healthcare will bring together some of the brightest minds from across health services, government, industry, and academia to discuss healthcare innovation and the role of health and innovation precincts as an agency of collaboration and sustainable development. Keynote address from Professor Michael Kidd AO FAHMS, Director of UNSW's Centre for Future Health Systems and the former Deputy Chief Medical Officer of the Department of Health and Aged Care.
14 Feb, 15 May, 14 Aug, 13 Nov Online	NEW Relationships Australia 'Working with Dads' training gain knowledge, practical advice and strategies to engage dads, father-figures and families in positive and effective ways. Multiple dates available.
15-16 Feb Melbourne	NEW Introduction to Working with People from Refugee Backgrounds: Nurses and Allied Health Professionals will explore potential pre-arrival experiences of people from refugee and asylum seeking backgrounds, and the impact of those experiences on health and wellbeing in both early and longer-term settlement contexts.
16 Feb Online	NEW Responding to Domestic Violence with a Trauma-Informed Lens for GP's and Primary Care Providers The Safer Families Centre is leading The Readiness Program, a national domestic and family violence (DFV) training program for primary care. The Readiness Program provides a range of learning options to support for primary care providers to effectively recognise, respond and refer domestic and family violence using a trauma and violence informed approach.



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February 2024

20 Feb Online	NEW Foundations of cultural responsiveness for mental health practitioners this workshop introduces culturally safe and responsive practice and an intersectional understanding of mental health and will assist participants to apply human rights, cultural models of health and wellbeing and participatory frameworks to mental health practice.
21 Feb Online	NEW How to support positive peer relationships among young people in online spaces will explore ways to support young people to develop positive peer relationships in online spaces to promote wellbeing.
21 Feb Online & Melbourne	NEW Mercy Prenatal Genetics @ Twilight will focus on reproductive Carrier Screening, NIPT, the place of Prenatal Exome and the genetic evaluation when you elicit a history of autism in the family.
21-25 Feb Melbourne	Lamaze Certified Childbirth Educator training Lamaze International is the leading provider of childbirth certification education programs that teach healthy birth practices and prepare educators to teach with skill and confidence. Courses offered in Melbourne, Sydney, Brisbane and Live online.
21 & 28 Feb, & 6 Mar Online	NEW Introduction to Working with People from Refugee Backgrounds: Nurses and Allied Health Professionals - Rural & Regional These three half-day introductory sessions explore potential pre-arrival experiences of people from refugee and asylum seeking backgrounds, the impact of those experiences on health and wellbeing in both early and longer-term settlement contexts.
22 Feb Online	NEW Strategies to support work participation for clients/patients living with chronic pain an interdisciplinary panel of experts will explore strategies for practitioners to assist people with chronic pain to participate in work that benefits their health and wellbeing.
23 Feb Sydney	Every Week Counts: Preterm Birth Prevention and Safer Baby Bundle NSW Forum Hear from midwives and national obstetric leaders about the key strategies for preventing preterm, early term birth, as well as stillbirth, and hear from women and families about their experiences.
23 Feb Sydney	The Royal Hospital for Women (RHW) Midwifery Conference 2024 Riding the Waves Sometimes the Biggest Waves are created from the Smallest Ripples – follow link for more details.
23 Feb & 5 Apr Online	Trauma Informed Interviewing This workshop equips workers with practical strategies in conducting interviews in a culturally safe and trauma-informed way, and responding to the person's distress. It will also address the vicarious trauma that workers may experience when exposed to the distress and difficult content when assisting traumatised people seeking assistance for a variety of issues. Also available 5 April 2024.
27 Feb Online	NEW Respiratory syncytial virus (RSV) vaccines and treatments for infant disease prevention will explore new vaccines and treatments to reduce the incidence and impact of RSV in infants.
27 & 29 Feb Sydney	NSW & ACT Hepatitis B for Nurses and Midwives The course includes presentations and case discussions that introduce the epidemiology and natural history of hepatitis B, vaccination, testing, fibrosis assessment, advanced liver disease, stigma and discrimination and the cultural context of hepatitis B nursing and midwifery.
28 Feb Online	NEW Supporting family and child mental health in the face of severe weather events and disasters will explore the complex interplay of factors that can support or disrupt the wellbeing of whole families following a severe weather event or disaster, and how these factors in turn affect infant and child mental health.



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March 2024	
6 Mar Online	NEW Relationships Australia What works for men? Engaging men in prevention will explore different ways to effectively engage and work with men to prevent of violence.
6 Mar-6 Jun Online	NEW iLactation's 24th online conference Milk • Nurture • Wisdom aims to cover a wide range of topics to inform and guide clinical practice and to inspire and challenge thinking about breastfeeding, nutrition and human lactation.
7-8 Mar Sydney	NEW An Integrated Approach to Trauma Treatment: Synthesizing Neuroscience, Attachment Theory and Evidence-Based Modalities facilitated by Dr John Arden, a world-renowned psychologist, teacher and author, will offer a wealth of knowledge and practical strategies that use a synthesized model of neuroscience, attachment theory and evidence-based treatment to more effectively treat clients who have experienced complex trauma.
7 Mar Sydney	NEW Prince of Wales Hospital Nursing Symposium celebrating the work and achievements of nurses. Presentations will include: Translational Research, Innovation, Models of Care, and Quality of Improvement.
11 Mar Sydney, 12 Mar Brisbane, 15 Mar Melbourne, & 16 Mar Perth Online	NEW The Australian Breastfeeding Association Health Professional live seminars will be recorded and available online from 31 March 2024, with additional online presentations for all registrants.
14 Mar Sydney	NEW The Fathering Summit 2024 will address a wide array of topics that revolve around modern fatherhood including mental health, gender equity, caregiving, work-life balance, parenting roles, family safety, communication within families, and breaking down traditional stereotypes.
15 Mar & 4 Jun Online	Core Concepts in Working with People from Refugee Backgrounds designed to put a framework of understanding around working with people from refugee and asylum seeker backgrounds. It focuses on understanding the link between what refugees have been through, the impact of torture and other traumatic events, the stressors of detention, resettlement and cultural transition. It explores how to work in a trauma informed and culturally safe way that promotes recovery and fosters feelings of trust, safety and control, while minimising the risk of retraumatisation.
16 Mar Sydney	NEW Childbirth & Parenting Educators of Australia (CAPEA) NSW/ACT Branch Professional Development Day 'Listening for the Future' discover the art of storytelling, learn how childbirth and parenting educators can respond to the 'Blueprint for Action: Connecting, Listening and Responding'.
18-21 Mar Gold Coast	NEW Child and Adolescent Mental Health Conference: Together We Stand dedicated to addressing the mental health challenges faced by children and adolescents, bringing together mental health professionals, government, peer workers and people with lived experience to progress mental health and wellbeing for children and adolescents. Register to attend in person or virtually.



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March 2024	
18-21 Mar Online	HypnoBirthing® Childbirth Educator Training evidenced based and comprehensive Australian program enables you to better support women through pregnancy, and help them enjoy a calmer, more natural birth that requires less intervention. Certification is Internationally recognised with the HypnoBirthing® Institute. 32 ACM CPD points.
19 Mar Online	NEW Co-design with CALD communities: Ask us anything! Do you want to engage with communities you haven't engaged with before? Are you working on a co-design project? This webinar will discuss some of the key considerations for collaborating and engaging with CALD communities.
20-22 Mar Brisbane	NEW Australian Association of Psychologists Together in unity we are stronger promoting core values of advocacy, equality, and diversity; our mission is to connect psychologists to shape the future of mental health.
20-22 Mar Mildura	NEW ChangeFest 24 is the nation-wide movement for place-based change in Australia. Place-based change is a growing field with many approaches and initiatives. ChangeFest celebrates the significance of place and the progress being made, it supports the movement to learn and strengthen our understanding of community-led approaches, and is a demonstration of how initiatives across diverse lands are encouraging collaboration across sectors, meaningful engagement, and elevating First Nations and community voices as a pathway for transformative change
20-21 Mar Sydney	Australian Healthcare Week Connect, collaborate, and stay ahead in the ever-evolving world of healthcare innovation.
21 Mar Brisbane	NEW Safer Futures Symposium aims to create a collaborative platform that connects the youth support sector and domestic and family violence, sexual violence and women's health and wellbeing sectors to address the multifaceted challenges faced by vulnerable young people navigating their relationships..
22 Mar Sydney	NEW Accidental Counsellors: Responding to Refugee Trauma Related Distress and Crises will cover the practicalities of how the accidental counsellor contributes to the client's recovery and empowerment, acts as a buffer against strong emotions, makes sure the person is okay in the moment and safe to leave the session, and offers immediate support, assistance and appropriate referral. It is assumed that participants have attended an introductory workshop by STARTTS such as the Core Concepts or equivalent. Also available 25 July and 24 September.

April 2024	
2 Apr-30 Jun Online	GOLD Lactation Online Conference the latest developments in lactation research and professional breastfeeding education.
5 Apr Online	Trauma Informed Interviewing This workshop equips workers with practical strategies in conducting interviews in a culturally safe and trauma-informed way, and responding to the person's distress. It will also address the vicarious trauma that workers may experience when exposed to the distress and difficult content when assisting traumatised people seeking assistance for a variety of issues. Also available 23 February 2024.



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April 2024	
5-10 Apr Christchurch, New Zealand	Perinatal Society Australia and New Zealand (PSANZ) 2024: “Whiria te Tāngata - Weave our people together” represents the collaborative and multidisciplinary nature of PSANZ, woven together by their collective goal to improve the hauora (wellbeing) of wāhine (mother) and pēpi (baby).
6 Apr & 13 Apr Online	NEW NSW Sexual & Reproductive Health in Primary Care aims to provide practitioners with an overview of sexual and reproductive health care in general practice, covering sexual health, sexual history taking, STI screening, contraception and unintended pregnancy. This training also discusses how STI screening can be integrated into contraception and unintended pregnancy consultations.
15-18 Apr Brisbane	HypnoBirthing® Childbirth Educator Training evidenced based and comprehensive Australian program enables you to better support women through pregnancy, and help them enjoy a calmer, more natural birth that requires less intervention. Certification is Internationally recognised with the HypnoBirthing® Institute. 32 ACM CPD points.

May 2024	
1-3 May Gold Coast	Professionals and Researchers in Early Childhood Intervention (PRECI) Conference 2024 aims to connect early childhood intervention professionals and researchers, supporting knowledge sharing, collaborative research, and peer support in relation to the provision of high-quality evidence-informed early childhood intervention services.
5 May Online	Virtual International Day of the Midwife 24-hour free online education, research, clinical practice, activism, public policy, and midwifery education examples from the perspective of clinicians, researchers, activists, students, and educators.
7-10 May Brisbane, 14-17 May Melbourne, 28-31 May Sydney	NEW Circle of Security Training 4-Day seminar trains professionals to use an eight chapter DVD/USB and online materials to educate parents and caregivers. The program presents video examples of secure and problematic parent/child interaction in the zero to five age range, healthy options in caregiving, and animated graphics designed to clarify principles central to COS. To register: Brisbane Melbourne Sydney
8-9 May Sydney	NEW Zero Childhood Cancer National Symposium will showcase the scientific, translational, and medical advances achieved within the broad field of Precision Oncology, helping to expand knowledge and understanding of the key challenges in tackling childhood cancers, while also presenting an enriching networking opportunity.
13-16 May Melbourne	NEW Family Relationships Australia National Conference 2024: Family & Relationship Services Valued now and into the future provides a platform to showcase and learn from on the ground practice and research.
15 May Online	NEW NSW/ACT Culturally Responsive Care & Hepatitis B aims to improve knowledge and confidence in supporting and caring for patients from migrant and refugee communities.
16-17 Apr Melbourne & Online	Australian Fatherhood Research Symposium 2024 co-hosted by Deakin University (Centre for Social and Early Emotional Development) and University of Newcastle (Family Action Centre). Keynote presentations and snapshot summaries that showcase research and father-inclusive programs from around Australia.



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June 2024	
4 Jun Online	Core Concepts in Working with People from Refugee Backgrounds designed to put a framework of understanding around working with people from refugee and asylum seeker backgrounds. It focuses on understanding the link between what refugees have been through, the impact of torture and other traumatic events, the stressors of detention, resettlement, and cultural transition. It explores how to work in a trauma informed and culturally safe way that promotes recovery and fosters feelings of trust, safety and control, while minimising the risk of retraumatisation.
11-14 Jun Melbourne	NEW AIFS Conference 24 Families Thriving? Asking big questions. Influencing change Learn from the expert and foster conversations on the big challenges and emerging issues for families. Explore how policies and practices need to change so that families can flourish in a rapidly changing world.
12-16 Jun Sydney	Lamaze Certified Childbirth Educator training Lamaze International is the leading provider of childbirth certification education programs that teach healthy birth practices and prepare educators to teach with skill and confidence. Courses offered in Melbourne, Sydney, Brisbane and Live online.
17-20 Jun Canberra	HypnoBirthing® Childbirth Educator Training evidenced based and comprehensive Australian program enables you to better support women through pregnancy, and help them enjoy a calmer, more natural birth that requires less intervention. Certification is Internationally recognised with the HypnoBirthing® Institute. 32 ACM CPD points.
21 & 28 Jun Sydney	SESLHD Early Parenting Program: Group Skills Training for Early Parenting Educators two-day interactive workshop provides baseline training for Midwives, Child and Family Health Nurses, Aboriginal Health Workers, Physiotherapists, and Childbirth Educators providing antenatal and early parenting education to women, partners and families. The training is endorsed by Childbirth and Parenting Educators of Australia (CAPEA). Further details Tracey.Rayner@health.nsw.gov.au or Helen.Rogers@health.nsw.gov.au
22-23 Jun Sydney Brisbane & Melbourne TBA	NEW Birth International Active Birth Workshop for health professionals working with expectant parents provides skills to help women achieve normal physiological birth.

July 2024	
4-5 Jul Sydney	NEW Effective Facilitation Workshop Develop skills as an effective facilitator through this short course suitable for those with a background in maternity care who want to expand or develop their role in prenatal education.
11-14 Jul Melbourne	AIFS Conference: Families Thriving? Asking big questions. Influencing change Aims to share research, foster conversations on the big challenges and emerging issues, and build cross-sector capability to bring about positive change in family wellbeing and reduce gambling harms.
15-18 Jul Perth	HypnoBirthing® Childbirth Educator Training evidenced based and comprehensive Australian program enables you to better support women through pregnancy, and help them enjoy a calmer, more natural birth that requires less intervention. Certification is Internationally recognised with the HypnoBirthing® Institute. 32 ACM CPD points.



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July 2024

25 Jul Sydney	NEW Accidental Counsellors: Responding to Refugee Trauma Related Distress and Crises will cover the practicalities of how the accidental counsellor contributes to the client's recovery and empowerment, acts as a buffer against strong emotions, makes sure the person is okay in the moment and safe to leave the session, and offers immediate support, assistance and appropriate referral. It is assumed that participants have attended an introductory workshop by STARTTS such as the Core Concepts or equivalent. Also available 22 March and 24 September.
25-27 Jul Adelaide	NEW Essential Health Summit hear from renowned speakers, take part in insightful discussions covering the latest developments in health and lifestyle medicine, and explore cutting-edge products and services from exhibitors in the healthcare and the lifestyle medicine industry.
26 Jul Sydney	SESLHD Early Parenting Program: Advanced Group Skills Training for Early Parenting Educators designed for Midwives, Child and Family Health Nurses, Aboriginal Health Workers, Physiotherapists and Independent Childbirth Educators who are currently facilitating groups, and who have completed the 2-day SESLHD Group Skills Facilitator training and 30 hours of facilitation. The training is endorsed by Childbirth and Parenting Educators of Australia (CAPEA). Further details Tracey.Rayner@health.nsw.gov.au or Helen.Rogers@health.nsw.gov.au

August 2024

12-15 Aug Melbourne	HypnoBirthing® Childbirth Educator Training evidenced based and comprehensive Australian program enables you to better support women through pregnancy, and help them enjoy a calmer, more natural birth that requires less intervention. Certification is Internationally recognised with the HypnoBirthing® Institute. 32 ACM CPD points.
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September 2024

4 & 11 Sep Sydney	SESLHD Early Parenting Program: Group Skills Training for Early Parenting Educators interactive workshop provides baseline training for Midwives, Child and Family Health Nurses, Aboriginal Health Workers, Physiotherapists, and Childbirth Educators providing antenatal and early parenting education to women, partners and families. The training is endorsed by Childbirth and Parenting Educators of Australia (CAPEA). Tracey.Rayner@health.nsw.gov.au or Helen.Rogers@health.nsw.gov.au
09-12 Sep Townsville	HypnoBirthing® Childbirth Educator Training evidenced based and comprehensive Australian program enables you to better support women through pregnancy, and help them enjoy a calmer, more natural birth that requires less intervention. Certification is Internationally recognised with the HypnoBirthing® Institute. 32 ACM CPD points.
17-20 Sep Brisbane	NEW The Early Childhood Australia National Conference 2024-Realising the Vision: an integrated future for the early years provides a platform for professional discourse relevant to the rights, wellbeing and early education of young children (birth to eight years).
19-20 Sep Sydney & Online	Save the Date St George Hospital Maternity and Breastfeeding Conference 2024 - more details to follow.



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September 2024

24 Sep Sydney	NEW Accidental Counsellors: Responding to Refugee Trauma Related Distress and Crises will cover the practicalities of how the accidental counsellor contributes to the client's recovery and empowerment, acts as a buffer against strong emotions, makes sure the person is okay in the moment and safe to leave the session, and offers immediate support, assistance and appropriate referral. It is assumed that participants have attended an introductory workshop by STARTTS such as the Core Concepts or equivalent. Also available 22 March and 25 July.
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October 2024

4, 5, 6, 12 & 13 Oct Online	Lamaze Certified Childbirth Educator training Lamaze International is the leading provider of childbirth certification education programs that teach healthy birth practices and prepare educators to teach with skill and confidence. Courses offered in Melbourne, Sydney, Brisbane and Live online.
14-17 Oct Online	HypnoBirthing® Childbirth Educator Training evidenced based and comprehensive Australian program enables you to better support women through pregnancy, and help them enjoy a calmer, more natural birth that requires less intervention. Certification is Internationally recognised with the HypnoBirthing® Institute. 32 ACM CPD points.

November 2024

	Introduction to Active Birth Workshop
6 Nov Sydney	SESLHD Early Parenting Program: Advanced Group Skills Training for Early Parenting Educators designed for Midwives, Child and Family Health Nurses, Aboriginal Health Workers, Physiotherapists and Independent Childbirth Educators who are currently facilitating groups, and who have completed the 2-day SESLHD Group Skills Facilitator training and 30 hours of facilitation. The training is endorsed by Childbirth and Parenting Educators of Australia (CAPEA). Further details Tracey.Rayner@health.nsw.gov.au or Helen.Rogers@health.nsw.gov.au
11-14 Jul Gold Coast	HypnoBirthing® Childbirth Educator Training evidenced based and comprehensive Australian program enables you to better support women through pregnancy, and help them enjoy a calmer, more natural birth that requires less intervention. Certification is Internationally recognised with the HypnoBirthing® Institute. 32 ACM CPD points.
21-23 Nov Melbourne	NEW Mercy Perinatal Global Obstetrics Update 2024 topics confirmed: management of fibroids, tubal ligation, ovarian cysts and masses during pregnancy, repair of third (and fourth) degree tears, and more to follow.

December 2024

6 Dec Sydney	NEW Birth International Introduction to Active Birth Workshop a comprehensive workshop that empowers health professionals with skills to help women achieve normal physical birth.
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07 February 2024

TRAINING ORGANISATIONS 2023

Alberta Family Wellness Initiative	The Alberta Brain Story brain development and its connection to mental health course.
Albion Centre	The Albion Centre training in HIV, Hepatitis and infection control management, treatment, care, prevention, and education.
Advanced Maternal and Reproductive Education (Amare)	AMaRE provider of PIMS (Preparation in Maternity Safety), ALSO PART 2 – AIMS (Advancing in Maternity Safety), and BABE (Become A Breech Expert) courses.
Association of Children's Welfare Agencies (ACWA)	ACWA training opportunities for people working with vulnerable children, young people, and families.
Australian College of Midwives (ACM)	ACM eLearning courses, events and endorsed activities.
Ausmed	Ausmed wide range of online CPD for health professionals for an annual subscription.
Australasian Society for HIV Medicine (ASHM)	ASHM training in HIV, viral hepatitis and STIs developed and delivered by clinical experts, experienced trainers and people living with HIV/AIDS and/or hepatitis.
Birth International	Birth International workshops focused on protecting, supporting, and promoting midwifery.
Blue Knot Foundation	Blue Knot professional development workshops on trauma-informed care and practice, working with people with complex trauma histories, vicarious trauma, and more.
Breastfeeding Conferences	Breastfeeding conferences educational opportunities in a variety of formats.
Calmbirth Education Program	Calmbirth Courses Australia's highly acclaimed childbirth education program.
Centre for Community Child Health	Centre for Community Child Health provide Family Partnership Training Foundation Course, Infant Sleep Training, Linking Schools and Early Years, and PEDS (Parents' Evaluation of Developmental Status).
Centre for Genetics Education	Centre for Genetics Education professional development opportunities for health professionals, including online first trimester screening training.
Clinical Information Portal (CIAP)	CIAP Online Workshops free online workshops provided by NSW Government.
Centre of Perinatal Excellence (COPE)	COPE online training in perinatal mental health and perinatal loss.
Emerging Minds	Emerging Minds Learning free online training courses to support children's mental health and wellbeing.
edX (online)	EdX FREE online courses from international universities and specialist organisations.
Education Centre Against Violence (ECAV) NSW Health	ECAV training, consultancy and resource development for workers who provide services to children and adults who have experienced abuse, neglect, family violence or sexual assault.



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07 February 2024

TRAINING ORGANISATIONS 2023

Emerging Minds	Emerging Minds online training to help develop and build workforce capacity to support mental health outcomes for children aged 0-12 years old.
Ethnic Community Services Co-operative (ECSC)	Ethnic Community Services Co-operative range of training packages that focus on various aspects of cultural competency for managers and practitioners.
Family Planning NSW	Family Planning NSW courses on reproductive and sexual health.
Foundation House	Foundation House provides various blended courses, workshops, and webinars aiming to enrich practice for practitioners working with people from refugee backgrounds.
Future Learn	Future Learn online courses from international universities and specialist organisations.
Groupwork Solutions	Groupwork Solutions specialises in practice skills, resource development, working with men, strength-based approaches, and creative group work.
International Association of Infant Massage	The International Association of Infant Massage Instructor Training Program
Karitane	Karitane offer parent-child interaction therapy, family partnership training, toddler sleep and settling, brain development and toddler workshops.
NAPCAN National Association for Prevention of Child Abuse and Neglect	NAPCAN Training Calendar has more than 50 workshops, including Love Bites Respectful Relationships Education Facilitator Training, Creating Child Safe Organisation, and 7 Steps to Safety, and Reframing Parenting.
NSW Nurses & Midwives Association	NSW Nurses & Midwives Association courses, forums and workshops for members and non-members.
Parent-Infant Research Institute	Parent-Infant Research Institute (PIRI) workshops for health professionals.
Perinatal Loss Centre	Perinatal Loss Centre Online and face to face training in line with National and International best practice guidelines in bereavement care.
Red Nose	Red Nose Grief and Loss training designed to build the skills of people who interact with bereaved families and clients.
Safe Sleep Space	Safe Sleep Space Master Classes for Health Professionals training for healthcare professionals on infant and toddler sleep settling, safe sleeping and nutrition.
The Office of the eSafety Commissioner	The Office of the eSafety Commissioner range of free webinars for frontline, specialist and support staff in the domestic violence and disability sector across Australia.
Tresillian	Tresillian NCAST Parent Child Interaction (PCI) Assessment, Key to Caregiving and infant mental health workshops, and more.
Zedu Ultrasound Training Solutions	Early Pregnancy Assessment for Nurses & Midwives practical and theoretical knowledge to perform and understand early pregnancy ultrasound examinations.



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07 February 2024

SCHOLARSHIPS

Australian College of Midwives	Australian College of Midwives Scholarships vary in amount and criteria from branch to branch.
Australian College of Nursing	Australian College of Nursing offer a range of grants open to Fellows and Members who wish to undertake further study. The grants provide opportunities for members to undertake further study at diploma or masters' level.
Health Education and Training (HETI)	HETI Scholarships and grants provide a number of opportunities for access to education in areas of need.
Australian Rotary Health	Australian Rotary Health Indigenous Health Scholarships one off \$5,000 grant to assist students with their day-to-day expenses and provide mentoring support while they undertake a course in a wide range of health-related professions.
Nursing and Allied Health Scholarship and Support Scheme	Nursing and Allied Health Scholarship and Support Scheme Australian Government initiative to assist nurses, midwives, and allied health professionals to further their careers through short courses, workshops, conferences, or re-entry courses.
NSW Government	NEW NSW Government Tertiary Health Study Subsidies Applications are now open for students currently enrolled in healthcare degrees in NSW to apply for up to \$12,000 to support them in their studies. These scholarships are part of our plan to address the chronic staffing shortages in healthcare in NSW.
NSW Health Nursing and Midwifery Office	NEW Nursing & Midwifery Scholarships NSW Health Nursing and Midwifery Scholarship Fund offers a range of scholarships to support professional development, and to recruit and retain nurses and midwives within the NSW public health system. Currently open and close 23 February 2024 .
NSW Nurses & Midwives Association	NSW Nurses & Midwives Association offer several scholarships throughout the year that are open to Members of the NSW Nurses and Midwives' Association.
The Heart Foundation	The Heart Foundation Scholarships support study for a research degree (PhD or Masters) in any area of research that is relevant to cardiovascular health (including biomedical, clinical, public health and health services research).