



10 JUNE 2024
MANTRA ON MOOLOOLABA, SUNSHINE COAST
www.capea.org.au

**CAPEA QLD Symposium on Birth and
Parenting Education
Program
and
Book of Abstracts**

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CAPEA QLD Symposium

ON BIRTH AND PARENTING EDUCATION

Welcome

Welcome to CAPEA Queensland's Symposium on Birth and Parenting Education 2024. This symposium has been designed specifically Midwives, Child Health Nurses, and other health professionals involved in educating women and their families. We are excited to be back at the Mantra on Mooloolaba Beach on the Sunshine Coast and look forward to a wonderful day of networking.

Here at CAPEA we are committed to supporting you, our members, to expand your skills and knowledge to empower you to provide best possible care through current, evidence-based education to your clients. CAPEA acknowledges that childbirth can be a vulnerable time for parents to be. Therefore, having knowledgeable, highly skilled, and compassionate care givers is essential to supporting parents transition to parenting as this can be life changing.

So... sit back and get ready to be enthralled, inspired, and equipped with the latest in childbirth and parenting education. Industry professionals will share insights and captivate delegates with their vast knowledge, expertise, and cutting-edge research. From designing comprehensive curriculum to planning impactful classes, brace yourself for a day filled with illuminating discussions and enriching workshops that will energize, empower, and enlighten.

Thank you!

Elizabeth Rigg (Dr)

CAPEA QLD President

Symposium Chair

Queensland CAPEA Committee and Symposium Planning Committee

- President: Dr Elizabeth Rigg
- State Secretary: Julie Thomas
- State Representative: Helen Gunter
- Treasurer: Helen Funk

President

Dr Elizabeth Rigg RN, RM. HV, BLM, MMid, PhD

Midwife, CAPEA QLD President, Symposium Chair, Midwifery Education Consultant, Researcher



Elizabeth is a nurse and midwife, health visitor, academic and researcher with over 35 years of clinical experience providing health care and educational services to people across Australian and internationally in Ireland and UK. She is a qualified as a Queensland teacher 2008 and completed her PhD at the Westerns Sydney University 2021. Her passion is working with people providing respectful, equitable and quality health and educational services to women, families, trainees, and colleagues through high-quality evidence-based education and research. Elizabeth has a long career working in academic roles

since 2005 including: Lecturer in nursing, Lecturer in midwifery, Director of Midwifery programs, Midwifery Education Committee Australia (MECA) Committee member for the Australian Health Practitioners Regulatory Authority (AHPRA) and is the current President CAPEA Queensland and chair for this symposium.

Secretary

Julie Thomas RN, CHN

Clinical Child Health Nurse, Caboolture Child Health, State secretary, CAPEA QLD



Julie is currently a Clinical Child Health Nurse for Children's Health Queensland. She has worked with the Caboolture Child Health team for 15 years with Post Grad Qualifications in Paediatric, Child and Youth Health. Julie has worked in the field of supporting families as a Midwife, Child health Nurse, Practice Nurse in Brisbane and on the Sunshine Coast for her whole career. She has a special interest in Perinatal Mental health and is now a 'Becoming Us' facilitator. Julie volunteers for Dads Group as well as a literacy program: 'Story Dogs' with her Chocolate Labrador 'Maze'. In 2023, Julie joined the CAPEA QLD committee in a Secretarial position.

State Representative

Helen Gunter RN, BMid, GDMH, CHN, MIHA.

State Representative, CAPEA QLD



Helen is a registered nurse with over 35 years' experience working in adult chronic diseases and Interventional Cardiology. Over the past ten years of Helen's professional career has evolved with a career change to study midwifery (2017) and qualified as a registered midwife in 2019. Since then, Helen has undertaken professional midwifery roles supporting childbearing women and more recently Child Health nursing for the Sunshine Coast University Hospital. Currently, Helen is studying to become a lactation consultant and is passionate about promoting lifelong family health and wellbeing.

Treasurer

Helen Funk RN, RM; BNurs; MMid

Lead Childbirth Coordinator and Educator, Redcliffe Hospital, Treasurer, CAPEA, QLD



Helen Funk is a senior clinical midwife with over 25 years of clinical experience and the lead Childbirth Coordinator and Educator at Redcliffe Hospital. In recent years she has been project manager for two Metro North Hospital & Health Service (MNHHS) projects focusing on enhancing mental health and wellbeing for families and better engagement and support for fathers/partners. She was instrumental in the development and facilitation of the Emotional Preparation for Parenthood Session as part of the childbirth class program within Metro North HHS and is passionate about working with consumers to co-design programs to better support families. She has been a member of CAPEA for six years and currently is the treasurer of the Qld CAPEA Branch. Helen values the collegiality,

support and friendships made through her association with CAPEA.

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Founder and Director of Abercrombie Event Management

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Symposium Program

Monday 10 th June 2024			
8.00-8.30	Welcome and opening Dr Elizabeth Rigg		
30/60			
8.30-9.15	Dr Rachael Beswick Reforming the First 2000 Days in Queensland		
45/60			
9.15-10.00	Bernadette Lack Providing Intuitive Care		
45/60			
10-10.30	Morning Tea Break		
Workshops			
	Childbirth and Parenting	Innovation and Development	Child Health
10.30-11.30	<i>Melissa Redsell</i> Engaging and interactive childbirth education Classes	<i>Dr Sarah Goffin</i> Preventing Respiratory Syncytial Virus	<i>Helen Gunter</i> <i>Ashley Marriott</i> Growing a human: Attachment, Parenting, and the effects of trauma
60/60			

			on Infant development and mental Health
11.30-12.30 60/60	<i>Paula Dillon</i> Addressing unexpected outcomes in Childbirth Education class	<i>Kerry Sutcliffe</i> Why a systems-based approach to researching childbirth education may help it reach its full potential	<i>Susanne King</i> <i>Justin Wright</i> Feeding it's not what you think.
12.30-13.15	Lunch		
	Childbirth and Parenting	Innovation and Development	Child Health
13.15-14.00 45/60-	<i>Karen McClay</i> Preparing couples for a Calm birth: Understanding the fear tension pain cycle and the impact that antenatal education has on this	<i>Tom Docking</i> DadConnect- Supporting New Fathers with low-cost, high impact programs of support	<i>Lois Wattis</i> Infant Tongue & Lip Tie Surgery – An Evidence-Based Update
14.00-14.45 45/60	<i>Jacqui Morrison</i> <i>Fiona McCormack</i> Supporting Expectant Families in Next Birth after a Caesarean Section	<i>Carla Anderson</i> The importance of including perinatal mental health education in antenatal education for expectant parent	<i>Dianne Collis</i> Pondering about Poos and wondering about Wees: Workshop to educate parents to manage continence challenges in their children.
14.45-15.30 45/60	<i>Leonie Rastas</i> The C-Section experience: Bringing the Elephant into	<i>Jodi Dyer, Tara Denaro & Phillipa Cole</i> 'Ngarrama Yarns' - a Strong Start to Life	<i>Professor Jeanine Young</i> The Queensland Pēpi-Pod® Program: A partnership in translating advice to

	Childbirth Education Classes with Care		action in reducing preventable infant mortality
15.30-16.00	Afternoon Tea Break		
16.00-16.45	<i>Jenny Blyth</i>		
45/60	An introduction to Spinning Babies - supporting physiology for birth		
16.45-17.00	<i>Fiona McCormack and Jackie Morrison</i>		
15/60	Close		

Speakers: Monday 10th June 2024

08.30-09.15 Plenary

Dr Rachael Beswick PhD

Director Reform Office. Queensland Health.



newborn period.

Dr Rachael Beswick PhD MBA is a Director within the Queensland Health Reform team and the First 2000 Days Program lead and Co-Chair of the Qld Child and Youth Clinical Network. With more than 10-years in program and system level leadership roles, Dr Beswick has delivered several large-scale population-based research programs receiving \$1.6 million in research funding to date and has more than 30 publications. Dr Beswick has established and maintained extensive sector partnerships at a local, state, and national level, including development of the inaugural Childhood Hearing Collaborative. She is also currently leading the Australasian Newborn Hearing Screening sub-committee which is developing a national consensus statement for detection of hearing loss beyond the

Abstract: Reforming the First 2000 Days in Queensland

Background

There is compelling evidence for the health, social and economic benefit of investment in the first 2000 days, with experiences during this period impacting a child's trajectory through life – including their physical and mental health, education, and employment opportunities. In Queensland, there is clear evidence of need for focussed effort and investment in these years, with Queensland's children performing poorly against the Australian average on many headline indicators including infant and early childhood mortality, immunisation, dental health, childhood injuries, school entry measures and teenage births. Since the November 2022 Queensland Health Clinical Senate Meeting focussed on the first 2000 days of life, Queensland Health have been developing a system-level program of work to improve the health outcomes of children.

Aim

To provide an overview of this work, including alignment with the cross-government commitment to the early years under the 'Putting Queensland Kids First' package.

Discussion

This presentation will provide an understanding of the renewed commitment to supporting children and families in Queensland, including collaboration with other cross-government priorities.

09.15-10.00 Plenary

Bernadette Lack BMid (Honours), MPH

Midwife, Trainor, founder and Creator of Core & Floor Restore



Bernadette is a midwife, creator and founder of Core and Floor Restore and co-creator of Motheration, two companies centered around enabling you to feel the very best version of yourself emotionally and physically. She is also an author, educator, and co-host of The Great Birth Rebellion podcast. Her favourite roles in life though are being a lover to her husband and mother to their two epic children.

Abstract: Providing Intuitive Care

Background

We live in a world that values intellect over intuition. This valuing being good rather than being aligned and authentic. A world where individuals constantly look to external authority rather than turn within and acknowledge their expertise in their body.

Yet pregnancy, birth and postpartum are predominantly body events that require a lead from our intuition and a space where we can drop into our vulnerability and arise with our power. A power that stems from connection to our own body's wisdom.

Aim

This session will be as much about personal growth as it will be professional. We will cover the art of true listening, explore our connection with self and how we can hold that in others whilst also gently dipping into the subject of intuitive birth preparation and debriefing.

Discussion

We will explore how we turn up to provide care and how we receive it. Do we question what we think rather than sit with how it feels? How do we guide people in our care to bring them more balance between body and mind and hold the space for full body decisions to be made?

If you'd like to feel more connected to yourself and therefore be able to bring this into your paid work role, then this nourishing session is for you.

16.00-16.45 Plenary

Jenny Blyth

Birth educator, bodyworker



Jenny has supported women & parents through natural birth for over 40 years. She is an independent birth educator, birthworker, bodyworker, Associate Practitioner of Ortho-Bionomy, Spinning Babies® Approved Trainer, Spinning Babies® Aware Practitioner & Trainer, & Internal Pelvic Release Work Practitioner & Trainer. Her particular focus is on body awareness & body preparation for birth & recovery to realise potential in birth & reduce birth trauma. She specialises in pelvic bodywork for wellbeing, balance, comfort & healing. Other birthwork interests include nourishing birthing wisdom & challenging beliefs & assumptions about birth care and regularly facilitates workshops in Australia & overseas. She is project co-ordinator for Lao Birthwork, teaching hands-on & emergency skills to

health staff in remote areas of Northern Laos. She is also an author – The Down to Earth Birth Book, Birthwork, The little book of Pelvic Jiggling - & filmmaker -The Big Stretch films & A World of Birthworkers.

Abstract An introduction to Spinning Babies - supporting physiology for birth.

Background

There is currently an ‘epidemic’ of birth trauma and pelvic health issues that has been emerging concurrent with the ‘epidemic’ of epidurals, inductions and increased surgical birth rates in birth. There is a hunger within the birthing community for skills and techniques that support physiological birth and birth satisfaction. The Spinning Babies® approach to pregnancy and birth has become widely known and used to optimise maternal comfort and the baby’s position in-utero. The principles of balance, gravity and movement provide a framework that helps us understand why many of the techniques suggested by Spinning Babies® work.

Aim

Delegates will gain an overview of Spinning Babies®, and a clearer understanding of The Three Balances, how and why they work, and when they might be used.

Discussion

Using PowerPoint as a visual cue, this session will present a combination of explanation about techniques that can create comfort and space for babies in the pelvis during childbirth and demonstration of techniques and experiential interaction. Key points that will be for this session include Preparing for birth with Spinning Babies® principles and techniques may help avoid potential trauma for the mother and baby, and anyone can implement a Spinning Babies® approaches and practice to pregnancy and birth, and they can be used in any birth setting.

Workshops Childbirth and Parenting

10.30-11.30

Melissa Redsell OAM

Founder and CEO for 'A Brave Life'



Melissa Redsell OAM is a registered Nurse and Midwife with over 25 years' experience in these fields. Melissa is also the founder and CEO of A Brave Life, a Queensland-based charity that equips and empowers vulnerable mothers who are facing a broad range of challenges such as domestic violence, perinatal mental health, homelessness, poverty, and domestic violence. Melissa grew up in Townsville, North Queensland and had her first child at seventeen. Growing up in a home filled with domestic violence, Melissa overcame many challenges from a very young age and education became a way for Melissa to forge a brighter future of her daughter and herself. Melissa is passionate in seeing that young parents have access to interactive and engaging childbirth education classes and vital support services during the perinatal period. Melissa is a published author and was named the 2023 Australian of the year, local hero.

Abstract: Engaging and interactive childbirth education Classes

Background

Promoting and facilitating positive education around birth and parenting is extremely important when running Childbirth education classes. The use of a variety of teaching strategies, resources, and tools to facilitate is essential to creating engaging education experiences for both the educator and participants. Evidence highlights the possibility for the existence of 7 different learning styles within participants in any given class. Therefore, no one teaching style fits all. The outdated 'Didactic Pour and Stir' teaching approaches are known to be ineffective to promoting quality learning experiences, and no one wants to listen to someone just talk for two hours, and flip through a PowerPoint presentation with little to no interaction. Evidence highlights, attention spans for adult learners is approximately 15-20 minutes, thereafter they can become distracted, switch off and cease learning.

Aim

Explore teaching strategies that can create sessions that are fun, interactive, and captivating and stimulate delegates attending the workshop to feel more confident in providing engaging and interactive childbirth classes.

Discussion:

This session will explore a range of evidence-based teaching strategies that can be used in the design of ANE to increase engagement, promote fun, and quality life-long learning. Tapping into learning styles to engage participants and using a range of teaching activities supports this, and can result in participants leaving well informed, feeling positive about their upcoming birth, and stimulated to return to the remaining classes.

11.30-12.30 Workshop

Paula Dillon RN, RM, BN, MMid, Cert IV Bereavement Support

Bereavement & Pregnancy After Loss Support / Childbirth & Perinatal Loss Educator



Paula is an Executive Volunteer and Queensland Educator for Still Aware. She is also a facilitator for the PSANZ/Stillbirth CRE IMPROVE Workshops, which provides education for health care professionals on how to use the PSANZ Perinatal Mortality Guidelines. Paula's MMid thesis looked at care of women with decreased fetal movements in the third trimester of pregnancy. In 2018, Paula was a member of the witness panel of the Senate Select Committee on Stillbirth Research and Education. Paula is passionate about perinatal loss education, helping break taboos around stillbirth and miscarriage, and using evidence to guide best practice.

Abstract: Addressing unexpected outcomes in Childbirth Education class

BACKGROUND

Many childbirth education classes/programs focus on labour, birth, pain relief, breastfeeding, early parenting. They often discuss when an emergency caesarean section or instrumental birth is needed and may touch on things like episiotomy or a baby needing to go to NICU or SCN. But what about the other 'unexpected outcomes' such as a baby or mother dying, having a significantly traumatic birth experience, or having a baby diagnosed in the neonatal period with a devastating medical condition? Parents often talk about things that happened during their birth experience and early parenting journey that they didn't expect, or that they felt very unprepared for. This presentation will address these topics and provide some tips for how to incorporate information about unexpected outcomes in your childbirth education class in a way that is positive, engaging, and memorable, without inducing fear.

AIMS

This session has three aims: To help attendees present the myriad of unexpected outcomes in a positive, practical, and engaging way; To help attendees understand their role and responsibilities in preparing expectant parents for the lifechanging event that is childbirth; and to provide attendees with resources and suggestions for introducing and discussing unexpected outcomes in antenatal classes.

DISCUSSION

The primary objective of childbirth education classes is to inform and prepare expectant couples about the unpredictability of birth and the parenting journey. It is a challenging task for a childbirth educator to incorporate a wealth of information and unpredictable outcomes in a short space of time, but it is important to give a broad and evidence-based overview to allow for informed decision-making. The 60-minute session will consist of a presentation by Endorsed Midwife Paula Dillon, followed by break-out small group discussion of scenarios. The session will conclude by sharing ideas for presenting unexpected outcomes in childbirth education classes.

3.15-14.00

Karen McClay RM

Midwife, Educator, and Director of Calmbirth



Karen McClay is a midwife, educator, and director of Calmbirth and has been educating couples for almost 15 years. Karen is the daughter of Peter Jackson, the founder of Calmbirth, and is passionate about continuing his work of improving the emotional wellbeing of birthing couples everywhere. Karen is also a member of the CAPEAs further education committee for the last 7 years.

Abstract: Preparing couples for a Calm birth: Understanding the fear tension pain cycle and the impact that antenatal education has on this.

Background

Evidence highlights that when a birthing woman or person experiences fear, her mind and body moves into a state of survival thereby reducing her inner resources to birth her baby. This can result in the woman experiencing some very challenging physical and emotional experiences.

Aim: The aim of the presentation is to explore the fear tension pain cycle and discuss ways that we as Educators can support couples to reduce their fear around birth, preventing the activation of the fear tension pain cycle in their labour and births.

Discussion The takeaway learning for this session will include Understanding for the impact of the 'fear, tension pain cycle' on the experience of birth; Understanding how antenatal education can prevent or exacerbate the 'fear, tension pain cycle' and strategies to educating expectant parents about birth in an emotionally safe way to instil confidence and reduce risks for activating the fear tension pain cycle when birthing.

14.00-14.45

Jacqueline Morrison RN, RM

Clinical Midwife, Townsville Hospital



Jacqui Morrison is co-ordinator of the Childbirth and Parenting Education Service at The Townsville University Hospital. She is an experienced midwife and Certified Childbirth Educator, with CAPEA and Lamaze. She is passionate about working with pregnant and new families to achieve 'best births. She believes understanding the physiological process of birth, addressing fears, effective communication around informed choices and decision making enables better birth outcomes which in turn positively impacts the perinatal period. She works collaboratively with other services both within the hospital and wider community settings and provides formal and informal childbirth education training to peers and students. Jacqui has been a member of CAPEA since 2008.

Fiona McCormack RN, RM

Clinical Midwife, Townsville University Hospital



Fiona has worked in the public sector as a Registered Nurse/Midwife for over 20 years. Beginning her career in the North Queensland rural sector as a generalist before moving into the field of orthopaedics and completing a certificate of orthopaedic nursing. After gaining her Graduate Diploma in Midwifery, she worked across the fields of Midwifery and Neonatal Nursing - here in Queensland and abroad. Her passion for childbirth education has spanned over the last 12 years, and of recent years in the virtual environment. Fiona has held numerous positions on the Queensland Branch of CAPEA since 2016, developing and delivering engaging content for consumers and colleagues alike.

Abstract: Supporting Expectant Families in Next Birth after a Caesarean Section

Background

In Australia, the last ten years have seen an overwhelming rise in rates of obstetric intervention. Women and birthing people who experience a single caesarean section and aim for vaginal birth in the subsequent pregnancy face challenging odds for success. Women's Healthcare Australasia (WHA) data from 2020-21 indicate that 14.2% of women in public hospitals experience a vaginal

birth after primary caesarean section (VBAC), and the average success rate for VBAC-eligible women who attempted vaginal birth was only 33%.

Aim

To provide information and skills on running a Next Birth after Caesarean Section (NBAC) Information Session for expectant families.

Discussion

This workshop will explore tools and strategies that we use in our antenatal education NBAC Session at The Townsville University Hospital. Expectant parents need to provide with evidence-based information to enable informed decision making about their NBAC and to feel empowered. Working with other members of the health care team While, families may choose to have a vaginal birth or a repeat elective caesarean it is essential families should enter parenthood with high satisfaction, feeling emotionally and mentally well.

14.45-15.30

Leonie Rastas RN, RM
CEO Caesarcare



Leonie is an author, nurse, midwife, and educator. She is passionate advocate for better Childbirth Education (CBE) for pregnant women and partners. In 2018 she founded the CBE business, 'Caesarcare', to support women with education and resources to support women's recovery after caesarean birth. One of her resources, the TGA approved Surgical After Care (SAC) splint was shortlisted for an Innovation award at the Australian Healthcare week in Sydney in 2019. Over three decades Leonie has presented Midwifery papers at midwifery conferences in Australia, Canada, USA, and the UK. After publishing her book, the C-section Recovery Manual (2022), she was invited to write eight journal articles for the 'Exploring Caesarean Birth' series in the Australian Practising Midwife Journal. Motivated by her own lived experiences following caesarean births, birth trauma, and PTSD, Leonie studied trauma therapy and now offers a very safe and effective therapy helping people resolve birth trauma. Her dream is to share her story widely offering hope to women living with the long-term impacts of birth trauma.

**Abstract: The C-Section experience: Bringing the Elephant into
Childbirth Education Classes with Care**

Background:

C-section rates are on the rise globally, with an alarming 42% of pregnancies in Australia ending in caesarean sections. Independent CBE service, 'Caesarcare' recently surveyed C-section support groups on social media and found that only 12% of women received any education about caesarean birth and recovery. Many also reported they felt ill prepared and unsupported in the postpartum. How we can better service our consumers giving them the key caesarean birth facts to facilitate informed consent and realistic expectations?

Aim: This session aims to challenge the current emphasis on "Normal Physiological birth" in Childbirth Education (CBE) and shine a light on the importance of educating consumers about C-sections. To workshop together and find creative ways to discuss caesarean birth and its implications for both baby and mothers' recovery.

Discussion: During a workshop we will discuss the elephant in the class – C-sections! By the end of this session delegates will have experienced discussion about 1. Key facts about surgical birth, including risks and benefits; 2. Resources and skills to add to your educator toolbox and have debunked myths about caesarean birth.

Workshops: Research, Development, and Innovation

10.30-11.30

Dr Sarah Goffin MA Pharmacy, PhD
*Medical Manager, Australia & New Zealand
Vaccine*



Dr Sarah Goffin completed a Master of Pharmacy (1st class honours) and PhD in Medical Chemistry focussing on targeting protein-protein interactions involved in cancer development from the University of East Anglia, Norwich UK (? Year). In 2016, Sarah entered the pharmaceutical industry as a Medical Science Liaison working for Sanofi vaccines in London, the Midlands, and South-East England specialising in multiple sclerosis. In 2021, Dr Goffin moved into Medical Governance gaining expertise in compliance training, writing, reviewing, and approving company standard operating procedures. In 2022, Dr Goffin became a Medical Advisor providing advice on meningitis and RSV to UK medical teams. Currently, Sarah is a medical manager for the Australian arm of Sanofi Vaccines providing expert advice to medical teams across Australia.

Abstract: Preventing Respiratory Syncytial Virus

Background

Respiratory syncytial (sin-SISH-uhl) virus (RSV) is a leading cause of hospitalisation for infants worldwide, with most infants being otherwise healthy. There is almost universal exposure to RSV by the age of 3 years and, whilst most infants may only experience cold- and flu-like symptoms, a small percentage go on to experience more serious lower respiratory tract infections requiring hospitalisations. While RSV has been a target for vaccination for decades, it is only within recent months that RSV prevention through immunisation has become available.

Aim

This session will provide current research information on RSV and its effect on infants including immunisations recently registered for inclusion in immunisation schedules in Australia.

Discussion

This session will provide strategies for counselling patients with respect to infectious diseases and RSV immunisation as a wider conversation and will accommodate open discussion and questions.

11.30-12.30

Carla Anderson CBSc, BSc Hons Psych, MPsyCh (Clin)

Director Perinatal Child and Family Hub, Buderim



Carla is a clinical psychologist and director of the Perinatal Child and Family Hub, a collective of psychologists, perinatal infant and child psychiatrist, midwife, and nutritionist. Carla has over two decades of experience providing psychological services to families during the Perinatal Period and for Children and Youth. Carla has been involved in several national and community projects. She co-collaborated with the Perinatal Training Centre developing a national training program for professionals "Bearing the Unbearable; Perinatal Loss" and published research in the Australian Psychologist Journal on Pregnancy-related Fears. Currently, Carla provides clinical advice for the Rural Health Connects Miscarriage and Stillbirth Project for at risk populations.

Abstract: The importance of including perinatal mental health education in antenatal education for expectant parent

Background

Parents' transitions to parenthood is a significant milestone in life involving intense physiological and psychological change. Medical models of maternity care tend to focus on the physical and logistical changes of pregnancy and childbirth with limited emphases on emotional and psychological care needs of parents during the perinatal period. Research highlights that parents can have increased vulnerability to experiencing depression, anxiety, and mental health concerns as they navigate the developmental and relational changes that can occur as they transition to parenthood. Educating parents about psychological changes in the perinatal period is essential to reduce the risk of adverse outcomes for parents and infants and their extended family is essential.

Aim:

To provide an overview of the complex landscape of the perinatal period, screening, and treatment options.

Discussion

This presentation will increase delegates awareness of the critical need for care models to provide greater focus on the psychological, developmental, and relational changes that occur for new parents and their infants and how this can affect new-borns. It will provide practical strategies to "taking a whole family approach" to support for families and the management of parents experiencing emotional and psychological care needs, including available community services.

13.15-14.00

Kerry Sutcliff PhD(c) MPhiln

Researcher, School of Medicine, University of Norte Dame, Australia



Kerry is a researcher and PhD candidate in the School of Medicine at the University of Notre Dame Australia working on several studies related to maternal health. I am also a childbirth educator, and my PhD is focussing on a systems-based theory regarding the translation of childbirth education into practice during labour and birth. With a background in Counselling and Psychology, I am particularly interested in qualitative research, the experience of birth, and perinatal mental health.

Abstract: Why a systems-based approach to researching childbirth education may help it reach its full potential.

Background

The effectiveness of childbirth education (CBE) shows varying results. There is also no guarantee that the knowledge and skills acquired in CBE classes are applied during labour. Understanding the mediating factors that impact the utilisation of CBE practices during childbirth is an area requiring further research as these may be influencing the overall effectiveness of it.

Aim

To use a systems-based theory to explore the interconnectedness between a woman and her support people. The concept of 'differentiation of self' from Bowen Theory describes the ability to maintain an autonomous and thoughtful approach amid anxious feelings, such as childbirth. Using this concept as an organising principle, this study explores how relational factors between a woman and her birth partner and healthcare providers, impact the use of CBE strategies during labour and birth.

Discussion

Understanding how one's level of differentiation of self-interacts with the anxious responses of others, may help women and birth partners to make decisions more objectively about how they want to manage the birth of their baby. For healthcare professionals, understanding the interplay of relationship variables, physiological stress, anxiety, and individual reactivity may facilitate more thoughtful evidence-based practice. This could increase objectivity, aid communication and decision-making, and promote women's autonomy in childbirth.

14.00-14.45

Tom Docking

CEO & Founder Dads Group



Thomas Docking is a passionate father, husband, community leader and Social Entrepreneur and CEO of Dads Group and founder of the national perinatal campaign “Man with A Pram”. Thomas has spent the 10 years developing, implementing, and researching fatherhood interventions. The birth of their first child 2014 led Tom to building programs to support expecting fathers and families. They have focused on addressing fathers’ health needs in the perinatal period through preventative health strategies which is nationally and globally unique. With a 25-year vision to change a generation of fatherhood culture they have built a team of passionate leaders nationally and currently work with Hospitals, Governments, NGOs, and Universities to collaboratively achieve their mission. Family violence, isolation, mental ill health, depression, suicide, and poor childhood development outcomes are largely preventable traumatic experiences for new fathers, mothers, and infants. Thomas believes the Dads Group “Integrated Model of Care for Fathers in the Perinatal Period” is the required prevention program for all new and expecting parents.

Abstract: DadConnect- Supporting New Fathers with low-cost, high impact programs of support”

Background: DadConnect is a pioneering program designed to provide essential support to new fathers through a comprehensive array of low-cost, high-impact initiatives. Recognising the often-overlooked needs of fathers during the perinatal period, DadConnect offers a holistic and integrated model of care and support to address the challenges fathers can experience and promote their wellbeing.

Aim

The DadConnect model and program of support aims to alleviate stress, promote positive family dynamics, and contribute to healthier outcomes for mothers, fathers, infants, families, and communities.

Discussion

This presentation will provide an overview of the DadConnect program of support and provide delegates with strategies on how the program could be integrated into an existing program of antenatal education and will also provide opportunities for questions.

14.45-15.30

Jodi Dyer & Phillipa Cole, Senior Project Officers, Tara Denaro, CNC Strong Start to Life - Aboriginal &/ Torres Strait Islander Leadership Team, Metro North



Meet Tara, Jodi & Phillipa, the Metro North midwives who run the Ngarrama Yarns' -Strong Start to Live program for the Aboriginal &/ Torres Strait Islander Leadership Team for Metro North. The midwives come with not only professional skills but lived experiences that are essential to supporting their roles. Between them they are all highly committed to the program, have worked for or in their communities for several years and are passionate about Aboriginal &/ Torres Strait Islander families

receiving culturally safe care across the childbearing journey including paediatrics follow up clinics for their children. Tara, Jodi & Phillipa are proud women and midwives, driven not only by their personal life experiences, but also, the fact they too, are members of the Aboriginal &/ Torres Strait Islander community.

Abstract 'Ngarrama Yarns' – a Strong Start To Life.

Background:

Evidence demonstrates the important need for Aboriginal &/ Torres Strait Islander families to have access to culturally safe education on health-related topics that are important to them. The Metro North Better Together Health Plan (2019-2022) resulted in "A Strong Start to Life" program being launched in the Metro North Hospitals and Health Service. The 'Strong Start to life" project represents action to work with families to co-design services that improve care models, support timely interventions for Aboriginal and Torres Strait Islander women, babies, and children, reinforcing cultural knowledge and pride.

Aim

To briefly explain the Ngarrama Yarns – a Strong start to life community program and showcase culturally, appropriate, strategies that foster respect for Aboriginal &/ Torres Strait Islander peoples and families when accessing maternity care services.

Discussion

Using a power-point presentation, the presenters will engage delegates in a cultural experience that demonstrates differences between Aboriginal &/ Torres Strait Islander families accessing maternity services through mainstream maternity hospital services in comparison to accessing maternity services provided by Aboriginal Midwives working in the community providing maternity care services utilising "Mob ways of working". Delegates will be encouraged to ask questions freely, and "think outside the box" when it comes to working with Aboriginal &/ Torres Strait Islander Families in the antenatal, Birthing & postnatal period. The importance of asking the community what they want and how they would like care to be delivered is critically important when working to create a culturally safe space for Aboriginal &/ Torres Strait Islander families

to access health care & education. Flexibility in thinking and the practice of “Yarning Mod Ways” is not only essential to the creation of a culturally safe spaces for childbirth education practice, but also a key indicator for highly experienced, wise women and midwives, who can advocate and achieves optimal health outcomes for all women and their families, irrespective of systems of care.

Workshops: Child and Family Health

10.30-11.30

Helen Gunter RN, BMid, GDMH, CHN, Ma International Health Management.

Child Health Nurse Queensland Health



Helen is a Registered Nurse with over 35 years' experience working within adult chronic diseases and Interventional Cardiology. The past ten years of Helen's professional career involved a career change to study midwifery (2017) and qualified as a registered midwife in 2019. Since then, Helen has undertaken professional midwifery roles supporting childbearing women and more recently Child Health nursing for the Sunshine Coast University Hospital. Currently, Helen is studying to become a lactation consultant and is passionate about promoting lifelong family health and wellbeing.

Ashleigh Marriott RN, BBSc

School Based Youth Health Nurse



Ashleigh began her career with a keen interest in mental health and the human condition, which led her to undertake a Bachelor of Behavioural Science (Psychology) alongside her Nursing Registration. Whilst studying she also completed the Lifeline Crisis Supporter Training and volunteered on the helpline for several years. Since graduating she has worked across a variety of specialties throughout the Sunshine Coast before committing herself to School Based Youth Health Nursing, which combines her passion for mental health with her appreciation of youth and their limitless potential.

Abstract: Growing a human: Attachment, Parenting, and the effects of trauma on Infant development and mental Health

Background

While trauma can occur at any time of life, we now know that one of the most critical times for building mentally healthy resilient humans is the 2000 days between conception and the start of primary school. It is at this time that a child's personality, their ability to love and be loved and their physical, mental, and social development is primed. A child's experience during this time has long lasting effects on their life, including their health outcomes.

Aim

To explore how our start in life affects our lifelong perspectives and perceptions of ourselves and others. To examine the effects of trauma on health and the way in which individuals can manage this to become more resilient.

Discussion

Using the Circle of Security framework and the work of Bessel van der Kolk on trauma, this presentation will explore the long-term effects of trauma on children and how early bonding and attachment with a caregiver shapes our future selves.

11.30-12.30

Susanne King BSpPath

Clinical Speech Pathologist, Sunshine Coast Hospital & Health Service (SCHHS)



Susy is a speech pathologist with over 30 years of clinical experience working across Australia and internationally in the United Kingdom and Ireland and has a special interest in Paediatric Dysphagia. In 2011, Susy joined the SCHHS as a Senior Speech Pathologist working in the Women's & Children's acute services, Neonatal Unit, Maternity inpatients, Child and Adolescent Units and Allied Health outpatient clinics. Susy was appointed the Advanced Clinical Speech Pathologist (2011), working with the Child Youth and Family Team. This involves working with infants and early childhood children with feeding issues and she is passionate about providing inclusive care to parents, infants, and children to achieve best possible feeding outcomes.

Justin Wright

Dietitian, Sunshine Coast Hospital & Health Services



Justin is a dietitian with over has 29 years of clinical experience and 25 years of this has been working with paediatric caseload. He values and enjoys working within a multidisciplinary team to support children achieve best possible health outcomes. Justin has a particular interest in working with children who have feeding difficulties and is a strong supporter of initiating early intervention to prevent long-term feeding problems.

Abstract Feeding: It's more than you think.

Background

Evidence highlights the need for health care professionals specialised in infant feeding to be mindful of complexities associated with infant feeding and how working collaboratively with allied health professionals from other disciplines can produce successful feeding. Feeding development from suckling at the breast to chewing and swallowing solid foods is both an amazing and complex journey. Complex feeding difficulties can be multi-factorial that require a multi-disciplinary team approach to resolve issues. The need for a 'person centred approach' for both the parents and child at the centre is essential. When health care professionals share knowledge through collaborative learning this promotes more effective working partnerships and best possible outcomes for children and their parents.

Aim

To explore factors that impact successful feeding in infants and children and provide useful practice strategies to promote best practice.

Discussion

This session will explore the causes and management strategies for complex feeding issues in infants and young children under 5 years. Effective management of complex feeding issues requires health care professionals to adopt flexible thinking and a collaborative approach to care. Use of compassionate and respectful approaches is critical to untangling an often-messy feeding history within a medicalised system and in consideration of the parents and child's current wellbeing.

13.15-14.00

Lois Wattis, RN, RM, IPM, IBCL, FACM, TTP
Lactation Consultant Private Practice



Lois' has over 30 years' experience as a RN and RM in hospitals, community settings, 'Independent Practice Midwife' (IPM) (2002) and IBCLC (2004). Lois has national and international publications and authored the book "New Baby 101 – A Midwife's Guide for New Parents" which was recommended in the International Journal of Childbirth Education. In 2006, her outstanding contributions to Midwifery were formally recognised with a Fellow of Australian College of Midwives (FACM) awarded at The International Congress of Midwives, Brisbane. In 2007 Lois joined the Sunshine Coast (SC) Hospital & Health Service as a lactation consultant, providing breastfeeding support to mothers, lactation CPD to staff, and she contributed to the development of breastfeeding policies, workplace instruction guides for evidence-based assessment and treatment of Ankyloglossia. Lois is accredited to independently assess and perform scissors frenotomy surgery. Now semi-retired, Lois runs a Tongue Tie clinic in collaboration

with Paediatric ENT specialists on the SC.

Abstract: Infant Tongue & Lip Tie Surgery – An Evidence-Based Update

Background

The topic of Tongue and Lip Ties can spark lively debate among parents, midwives and other health professionals resulting in some controversy and division among practitioners, particularly in relation to breastfeeding. Over the past decade rates of oral surgeries performed in infants' mouths has increased exponentially, evolving into a "Ties Industry". This has largely been driven by social media motivating breastfeeding mothers to seek referrals to "tie savvy preferred providers" to have their babies' "tethered oral tissues revised". "Ties" procedures are primarily performed by dentists who commonly also require pre- and post-surgery body work, all at considerable expense for parents.

Aims

This presentation will address two important questions: 'Are all breastfeeding relationships helped after infant oral surgeries?' 'What evidence exists to support frenotomy for infant ankyloglossia, and other treatment modalities?'

Discussion

As Midwives and Lactation Consultants play a key role in supporting mothers to initiate and maintain breastfeeding, accurate identification of ankyloglossia and referral of babies for assessment and treatment is appropriate. Evidence-based position statements published by relevant professional bodies will be explored to inform best practice when caring for breastfeeding families dealing with infant ankyloglossia. Case studies will be presented and a video demonstration of an infant having a frenotomy with scissors will provide insight into the procedure, with opportunities for delegates to engage with the presenter.

14.00-14.45

Dianne Collis, BOT

Senior Occupational Therapist, Sunshine Coast Hospital and Health Service



Di Collis has 35 years clinical experience in paediatric Occupational Therapy. She currently holds a part time position at Nambour Child Health in which she delivers toileting workshops for parents and offers individual support to children with bedwetting. In partnership with the University of the Sunshine Coast, Di completed a research project examining the impact of parent toileting workshops on parental sense of mastery and children's quality of life. Di also works part time in the Sunshine Coast University Hospital Paediatric Multidisciplinary Continence Clinic where she sees children with a range of bowel and bladder challenges. In her private practice Di offers supervision and mentoring around toileting issues.

Abstract: Pondering about Poos and Wondering about Wees: Workshop to educate and empower parents to manage continence challenges in their children.

Background

Evidence highlights that achieving bowel and bladder control is a vital milestone in a young child's development and path to independence. Mastering continence contributes to a positive sense of self as a child and later in life as well as parental self-efficacy. Functional continence issues that are not resolved before the age of 5 years, tend to persist, and can become significant chronic conditions. Early diagnosis and parental education regarding managing bowel and bladder control is crucial to successful treatment. The research demonstrates group-based parent continence education and support promotes positive maternal and child health.

Aim

Share and discuss multi-disciplinary parental educational support resources (workshops) that are available on the Sunshine Coast to support parents' management of their children's continence issues.

Discussion

This workshop will increase delegates knowledge and awareness of the valuable role they can play in the early detection and referral of children with continence issues to appropriate support services.

14.45-15.30 Presentation

Professor Jeanine Young, RN, RM PhD

Professor of Nursing, University of Sunshine Coast, School of Health



Professor Jeanine Young is a registered nurse, midwife, and neonatal nurse. Jeanine has a special interest in the development of community based, wrap around care interventions to support families with social vulnerabilities who experience the greatest burden of infant mortality. Jeanine works in partnership with communities, government, industry, and safety and regulatory bodies, in translating evidence into practical parenting advice. Jeanine is the Australian lead for the Pēpi-Pod® Program in collaboration with Change for our Children New Zealand. In 2022 this program was associated with infant mortality reductions in Queensland. She is also co-clinical lead for the 2022 Qld Health Safer Infant Sleep Clinical Guideline which embedded a risk minimisation approach into service delivery. Jeanine

was awarded Member of the Order of Australia in the Queen's Birthday Honours List in 2020 for her significant contributions to medical research in infant mortality prevention, tertiary education, and nursing.

Abstract: The Queensland Pēpi-Pod® Program: A partnership in translating advice to action in reducing preventable infant mortality

Background Co-sleeping (baby sleeping on the same sleep surface as their caregiver) is a culturally valued practice used by many Australian families, including First Nations families, and is associated with improved breastfeeding outcomes. However, co-sleeping is associated with an increased risk of infant death in hazardous circumstances. Risk factors associated with co-sleeping are more frequently associated with poor social determinants of health including smoke exposure before and after birth, alcohol and substance use, poor mental health, and socioeconomic deprivation.

Aim

This presentation will share the journey of the Pēpi-Pod® Program over the last decade highlighting the importance of co-design, partnerships, and effective airway protection messaging in reducing preventable infant mortality.

Discussion

The intent of the Pēpi-Pod® Program is to de-couple the interaction between shared sleeping and maternal smoking (and other exposures which increase infant vulnerability), to reduce the risk of suffocation, whilst still promoting close parental contact. The Program comprises a portable sleep space designed for the adult bed, embedded in safe sleep education underpinned by "Easy to breathe-Safe to sleep" gist messaging, with a family invitation to share what they have learned about protecting babies as they sleep. The program embeds health equity principles which consider the social, cultural, and economic determinants of health.