Infant Feeding Conference
25th January 2019

Penventon Park Hotel, West End, Redruth, Cornwall, TR15 1TE

9.30 Registration, Coffee and Networking
10.00 Opening Remarks Jo Lewitt, Children’s Public Health Commissioner, Cornwall Council
10.15 Aims and ethos of Peer Support Louise Hunt, MSc, PhD student: Maternal and Infant Nutrition and Nurture
10.35 Keynote: Protecting breastfeeding for maternal wellbeing Professor Amy Brown, Associate professor in Child Public Health
11.35 Working together: Peer Support and Health Visiting Donna Howard, Peer Support Volunteer and Faye Young, Health Visiting Team Coordinator
12.15 Lunch and Networking
13.15 Round 1 Workshops
1. Looking ahead: making the Breastfeeding Peer Support Group sustainable
   Gavin Tyler, RBM Retail and Esme Maylem, Peer Support Volunteer
2. Peer Support and Tongue Tie
   Helen Shamahan, Infant Feeding Coordinator, Midwife, IBCLC, NCT Counsellor
3. Mental Well-being around the time of having a baby
   Mandy Raywood, Registered Mental Health, Nurse Perinatal Team
14.15 Tea / Coffee break and Networking
14.35 Round 2 Workshops
4. Bump to Baby and Peer Support in pregnancy
   Stephanie Heard, Infant Feeding Coordinator and Health Visitor
5. Hand Expressing
   Anna Stepp-Rumble, RBM Peer Support Coordinator and Community and Hospital Peer Support Volunteer and Bec Thomas, Specialist Director, RBM
6. A refresher in Peer Support skills: the importance of listening
   Nancy Barrows, RBM Trainer and Community and Hospital Peer Support Volunteer and Bec Thomas, Specialist Director, RBM
15.35 Closing Remarks Lesley Ibbotson, Specialist Director, RBM
16.00 End

Schedule correct at time of print but may be subject to change

Exhibitors

Pinter & Martin is an independent publishing company based in London. Most of our books are distributed worldwide.

We publish authors who challenge the status quo. We specialise in pregnancy, birth & parenting, health & nutrition, psychology and yoga.

Real Baby Milk will have their range of DVDs, guides, posters and more available to purchase at special conference prices.

Kernow Maternity Voices Partnership (MVP) is an independent volunteer-led organisation for Women and Families, to share their experiences and co-produce the transformation of maternity services in Cornwall.

Health promotion activity in Cornwall and Isles of Scilly aims to help people to live longer and raise life expectancy to that of the best levels in Europe, whilst reducing the gap between the health of the wealthiest and poorest in society.

St Ives Sling Library is a community group for parents/carers in the West Cornwall area, who would like help and support with babywearing. Please visit the facebook page to stay up to date with the library’s regular meets and specialist workshops (www.facebook.com/stiveslingsupport)
Improving the reach of the project to minority groups.

Throughout the pilot, Lesley went on to use this experience to promote breastfeeding and nutrition. In 2014, inspired in-part by her experience as a peer-supporter, she worked in both a paid and voluntary capacity for Real Baby Milk. Her research explores the importance of protective breastfeeding for maternal wellbeing, examining the strength of emotions a positive or negative breastfeeding experience can bring and how women who haven’t been able to meet their breastfeeding goals can be better and more gently supported.

Professor Amy Brown is based in the Department of Public Health, Policy and Social Sciences at Swansea University. With a background in psychology, she has published work on parenting, exploring psychological, cultural and societal influences upon breastfeeding and introducing solids. Her research seeks to understand how families perceive how babies are fed away from an individual mothering issue to a wider public health problem – with societal level solutions.

Amy is a mother to three human children and three book babies: Breastfeeding Uncovered. Why? She really does care about how much support. Helen is a daughter was born in 1992 and Helen trained as a breastfeeding counsellor with NCT, qualifying in 1998. During this time she trained the breastfeeding group in Falmouth in May 1997 with the support of one of the health visitors. This group is still going strong today, and Helen spends many volunteer hours every week supporting mums.

Helen Shanahan is a midwife at BCTH and also shared the post of infant Feeding Co-ordinator with Stephanie Heards. After qualifying as a midwife in 1985, she worked for three years in Zimbabwe with the Volunteer Missionary Movement. This was an enormously empowering experience as everyone breastfed their babies with great confidence and lots of support.

In 2007, Esme Maylom was employed by real baby milk project as an experienced community volunteer peer supporter. Here she is pictured in one of the weekly peer support groups. Esme was instrumental in successfully promoting and fundraising for the Penryn and Falmouth Bump to Breast Peer Support groups.

Workshops

1. Looking ahead: making the Breastfeeding Peer Support Group sustainable

A workshop and group discussion which aims to provide you with a diverse toolkit to help you to promote and develop your peer support group. We will explore different ideas, so bring your best ones to try out with other groups.

Gavin Tyler

Father of three breastfed sons, Gavin is an advocate for breastfeeding and nurturing parenting. He works for Real Baby Milk as the Fundraising and Communications Officer and graphic designer of the essential guides. Gavin also has experience in the voluntary sector, PR and event management.

2. Tongue ties and peer supporters

Tongue ties are NOT abnormal! All of us working in breastfeeding support will meet mums whose babies have tongue ties, but how do we decide if the tongue tie is affecting feeding? Let’s look at the tongue tie itself, how the frenulum can be assessed, how best to support a mum if her baby is struggling to feed effectively, how to refer for division if necessary and how to support mums after a baby has had a tongue tie division.

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