



Venue: Melbourne Sports & Aquatic Centre (Albert Park)

When: Saturday 25 July 2009, 9.30am – 4.30pm

Format: Day Conference (including light lunch, afternoon tea & table seating)

Conference Program - Melbourne 2009

9.30pm: Registration (Show Bags handed out, tea and coffee on arrival)

Session One: Antenatal – Preparing For Bubs Arrival

9.45am: GUESTS WELCOMED

9.55am: **Home Safety – Childproof Your House**
Kidsafe Victoria

10.25am: **Basic Resuscitation – First Aid Principles**
Ruby Chu (Recruitment & Professional Development Manager, St John Ambulance VIC)

11.05am: Q & A

11.15am: **Birth Options – Part 1**
Dr Alex Ades (Specialist Obstetrician & Gynaecologic Surgeon)

11.45am: **Birth Options – Part 2**
Lois Wattis (Midwife & Lactation Consultant)

12.15pm: Q & A

LUNCH & NETWORKING (12.25 – 12.55pm)

Session Two: Beyond Birth

12.55pm: Sids n Kids Quiz

1.00pm: **Post Natal Depression**
Lisa Fettling (PND Counsellor, Educator & Author)

1.30pm: **Feeding – Part 1 – (Newborn)**
Lois Wattis (Midwife & Lactation Consultant)

2.00pm: Q & A

2.10pm: **Settling Bub**
Leonie Cartan (Maternal & Child Health Nurse, Tweddle Child & Family Health Service)

2.40pm: **Feeding – Part 2 (Introducing Solids)**
Leanne Cooper (Child Nutritionist & Author)

3.10pm: Q & A

3.30pm: Door Prizes & Event Conclusion

AFTERNOON TEA & NETWORKING (3.40 – 4.30pm)



Speaker Profiles

Leanne Cooper

Child Nutritionist & Author



Leanne is a mother of two, leading childhood nutritionist and author of infant and childhood nutrition books, including 'What do I Feed my Baby?'. Leanne's nutritional support and advice is featured on early childhood websites, she is on numerous Expert Panels, and consults to a number of parenting organisations.

Lisa Fetting

PND Counsellor, Educator & Author



Lisa is a councillor, educator/trainer, presenter and author two Postnatal Depression publications. Lisa had postnatal depression after the birth of the first of her four children in 1985. Lisa's formal qualifications are BA Hons. (Psych) Melb. Dip. Prof. Couns. M.A.C.A.

Ruby Chu

Recruitment & Professional Development Manager,
St John Ambulance VIC



Ruby is a qualified Division 1 nurse with experience in Emergency Departments, ICU, Theatre and Pathology. She has also worked in OH&S and Workcover and joined St John Ambulance Victoria in 2005 as a First Aid Trainer. Ruby holds a Bachelor of Science as well as Div 1 nursing qualifications and a Graduate Diploma in Human Resources.

Leonie Cartan

Maternal & Child Health Nurse, Tweddle Child & Family Health Service



Leonie is a maternal and child health nurse who has worked at Tweddle Child + Family health service for many years. She is a skilled early parenting educator who now manages Tweddle@Home; a fee based home visiting service. She and her team provide this very successful service across Melbourne.

Dr Alex Ades

Specialist Obstetrician & Gynaecologic Surgeon



Dr Alex Ades is a specialist Obstetrician and Gynaecologic Surgeon in public and private practice. Formal qualifications include a Masters and PhD in Medicine. He lectures at the University of Melbourne and trains new specialists at the Royal Women's Hospital. He has had significant international work experience and is fluent in Italian, French, Spanish and Portuguese.

Lois Wattis

Professional Midwife & Lactation Consultant



Lois Wattis is registered with the Queensland Nursing Council as a Comprehensive Registered Nurse/Midwife (RN/RM). She is accredited as a Fellow with the Australian College of Midwives, awarded in recognition of her contribution to women's experience of homebirth in WA, as an Independent Practising Midwife (IPM), and an International Board Certified Lactation Consultant (IBCLC).

Kidsafe Victoria

KIDSAFE (the Child Accident Prevention Foundation of Australia) is Australia's peak body and registered charity dedicated to the prevention of child injury and associated death, disability and hospitalisation. KIDSAFE provides advice, information and educational resources on child safety, conducts public awareness campaigns and initiates special projects on specific child safety issues throughout the community. KIDSAFE operates nationally with branches in every state of Australia.