



**Modern Parenting
Conference**

Parenting in the 21st Century For Expecting/New Parents & Grandparents



Venue: Gloucester Park (Golden Nugget Conference Room)

When: Saturday 18 April 2009, 1.15pm – 7.30pm

Format: Half Day Conference (cabaret style seating) with Afternoon Tea & Sundowner to conclude the event
(Canapés and non alcoholic refreshments available – alcoholic drinks available for purchase).

Conference Program

1.15pm: REGISTRATION (Show Bags & Not for Profit Association Displays)

Session One: Antenatal – Preparing For Bubs Arrival

1.45pm: GUESTS WELCOMED

1.55pm: BASIC RESUSCITATION – FIRST AID PRINCIPALS
ST JOHN AMBULANCE

2.20pm: HOME SAFETY – CHILDPROOF YOUR HOUSE
KIDS SAFE WA

2.45pm: PANEL DISCUSSION – CORD BLOOD HARVESTING
PENNY TWINING (PROFESSIONAL CORD BLOOD BANKING MIDWIFE) & LARAINÉ RAYNEL
(PROFESSIONAL MIDWIFE)

3.15pm: Q & A

AFTERNOON TEA: 3.40pm – 4.05pm

(tea, coffee, biscuits included)

Session Two: Birth & Beyond

4.05pm: GUESTS WELCOMED BACK

4.10pm: BIRTH – IT'S YOUR CHOICE
GABRIELLE TARGETT (AUTHOR & DOULA)

4.40pm: POST NATAL DEPRESSION – SIGNS & TIPS FOR MANAGEMENT
LISA FETTLING (AUTHOR, COUNCILLOR/EDUCATOR)

5.05pm: PANEL DISCUSSION – FEEDING
LEANNE COOPER (CHILDHOOD NUTRITIONIST & AUTHOR)
LARAINÉ RAYNEL (PROFESSIONAL MIDWIFE) & THE AUSTRALIAN BREASTFEEDING ASSOCIATION

5.30pm: SETTLING
NGALA (EARLY PARENTING)

5.50pm: Q & A

6.20pm: DOOR PRIZE & EVENT CONCLUSION

SUNDOWNER: 6.30pm – 7.30pm

(light dinner canapés and non alcoholic drinks included – alcoholic drinks for sale)

Speakers will be available to chat with guests.





Speaker Profiles

Gabrielle Targett

Website: www.alabouroflove.com.au [click here](#)

Speaker: **Gabrielle Targett**
Doula & Author



Visit Gabrielle's website (above) for information on her 'A Labour of Love business'. She is an Mother of three, author, doula (and trainer), educator, experienced presenter and fitness leader with a degree in Physical Education. Gabrielle believes that birth can be seen and experienced in a way that is both empowering and positive.

Lisa Fetting

Website: www.lisafetting.com.au [click here](#)

Speaker: **Lisa Fetting**
Author, Councillor/Educator



Lisa is a councillor, educator/trainer, presenter and author two Postnatal Depression publications (see website for further information on her business). 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.

BioCell Australia

Speaker: **Penny Twining**
Professional Cord Blood Banking Midwife



Penny is a registered nurse, experienced midwife with over 25 years experience and holds a Bachelor Health Science. She also works as the National Healthcare Manager – Australian Stem Cell Healthcare for BioCell. Penny's experience includes working with children requiring stem cell transplants where she has seen the benefits of cord blood banking first hand.

Leanne Cooper

Websites: www.cadencehealth.com.au [click here](#)
www.sneakys.com.au [click here](#)

Speaker: **Leanne Cooper**
Childhood 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.

Laraine Raynel

Speaker: **Laraine Raynel**
Midwife



Laraine has been a midwife for 12 years, with experience in hospital, as well as homebirths and water births through the Community Midwifery Program. She has recently completed a Master of Science and continues to practice midwifery in rural Western Australia.

Kidsafe WA

Website: www.kidsafewa.com.au [click here](#)

Australian Breastfeeding Association

Website: www.breastfeeding.asn.au [click here](#)

Ngala

Website: www.ngala.com.au [click here](#)

Speaker: **Julie Holschier**
Parent Education Coordinator

St John Ambulance Australia

Website: www.stjohn.org.au [click here](#)