



**ALCI** Association of Lactation  
Consultants in Ireland

## **ALCI Spring Study Day 2020**

***“Let’s talk about sleep, baby!”***

Saturday 28<sup>th</sup> March 2020. Radisson Blu Athlone.

9:00-9:30	Registration, coffee, networking.
9:30-10:15	ALCI Annual General Meeting.
10:15-11:15	Lyndsey Hookway BSc RNC HV IBCLC <b>“How To Support Families With Sleep While Prioritising Attachment And Responsive Feeding”</b> .
11:15-11:45	Tea / coffee.
11:45-12.45	Éilís Fitzgerald MB BAO MCh MSc BTEC (laser) FRCSI (Plast) <b>“Aesthetic Breast Surgery And Breastfeeding: Anecdote And Evidence”</b> .
12:45-1:45	Lunch.
1:45-3:30	<b>Case Study Workshop.</b>
3:30-4:30	Lyndsey Hookway BSc RNC HV IBCLC <b>“Using Sleep Biology To Improve Sleep Without Sleep Training”</b> .
4:30	Close.

- This timetable is subject to change.
- The Study Day is €35 with the Early Bird Discount and € 50 after Friday 6<sup>th</sup> March. You must be an ALCI member to attend. Join and register here: <http://www.alcireland.ie/join-alc/>
- Lunch is included.
- IBLCE CERPs and Nursing and Midwifery Board Approval have been applied for.
- Preregistering and prepaying is essential.
- A full refund will be given if cancellation occurs at least 72 hours (three days) before the start of the event. Places can be transferred to another individual if the change occurs at least 24 hours (one day) before the start of the event.

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## **Save The Date - Annual ALCI Conference 2020**

*25<sup>th</sup> and 26<sup>th</sup> September 2020.*