

### **ALCI Members' Spring Study Day 2022**

The Association of Lactation Consultants of Ireland (ALCI) will host its annual Spring Study Day online this year, live streamed on **Saturday 26 March, 2022** free for [ALCI members only](#).

[Zainab Yate](#), BSc, MSc, Clinical Hypnotherapist, Author, this year's keynote speaker and a leading specialist in breastfeeding aversion, will present her findings on assessing and supporting mother's experiencing negative emotions associated breastfeeding Aversion. Yate will provide insight into the information and skills required by IBCLC's in supporting and treating those who struggle.

Yate, a biomedical ethicist and independent researcher is vice-chair of London Research Ethics Committee at the Health Research Authority and King's College London Research Ethics, Governance Policy & Integrity Committee, will also deliver an insightful presentation on Breastfeeding Mothers who navigate the dispensations allowed for pregnant and breastfeeding women during the holy month of Ramadan. Yate will guide the audience to better understand "Breastfeeding and Fasting in Islam".

**Dr. Sarah Bates**, MBBCh MRCPCH, Consultant Paediatrician & Neonatologist, Swindon will discuss '*Optimising Maternal breastmilk for preterm infants*'. Bates, initially national representative for LNU and SCU units to BAPM Executive Committee, and now Quality Lead for BAPM and PERIPrem Operational Clinical Lead across the South West of England, has been involved in national perinatal preterm optimisation toolkits for BAPM, NNAP and MatNeoSIP, will discuss the variety of unique breastfeeding barriers and challenges mothers of extremely premature infants, encounter. Despite the known benefits of maximising MBM for very preterm babies, a large proportion of preterm babies in the UK are not fed an exclusive breast milk diet. Bates will present strategies to optimise MBM for preterm babies, vital for long term health and wellbeing.

Other speakers include **Stephanie Murray** RGN /RM /IBCLC -CNS Lactation Support Wexford General Hospital, **Mairead O'Sullivan** RGN Neonatal Specialist Nurse & IBCLC, CNM2 Infant Feeding Coordinator University Hospital Kerry discussing "The Art of Antenatal Colostrum Harvesting". **Maura Daly**, - Clinical Skills Facilitator- RGN, RM and **Deirdre Bradley**, B.Sc. (Clin), M.Sc. (Clin)- Senior Speech and Language Therapist who will present 'The Early Provision of buccal colostrum as part of oral cares for preterm babies in NICU'.

And finishing up this study day on a practical note, **Sue Jameson** IBCLC and **Kathryn Downey**, RGN, RM, PHN, IBCLC discuss '*Breastfeeding Support Groups – Pandemic Style*' presenting an overview on the facilitation of online support activities from the volunteer and professional perspectives.

ALCI anticipate a dynamic interactive day, providing opportunity and encouraging audience participation throughout the day, with lively Q&A sessions to generate discussion. Spring Study Day '22 will be recorded and made available for a further 2 weeks for ALCI members to review.

Don't miss out ALCI membership is still open [here](#), €60 for non IBCLCs and €50 for IBCLCs with membership lasting until January 31st 2023.

If you have any enquiries, please [info@alcireland.ie](mailto:info@alcireland.ie).