



## ALCI 2022 Spring Study Day

Saturday 26<sup>th</sup> March – Live Streamed

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| 9:30-10:00  | <ul style="list-style-type: none"><li>• Welcome with <b>Lorraine O'Hagan</b>, ALCI President.</li><li>• Get to meet the ALCI Council Team</li></ul> |  |
| 10-11:00    | <b>Zainab Yate</b> , BSc, MSc, Clinical Hypnotherapist, Author.   | <b>Keynote:</b> Help! Breastfeeding Makes Me Feel Bad, Sad and Mad: How to conduct a short differential diagnosis for when breastfeeding triggers negative emotions.   |
| 11:05-12:05 | <b>Sarah Bates</b> , MBBCh, MRCPCH  | Optimising maternal breast milk for preterm infants  |
| 12:05-12:15 | Break.  |  |
| 12:15-1:00  | <b>Stephanie Murray</b> RGN, RM, IBCLC Antenatal Educator and <b>Mairead O'Sullivan</b> IBCLC, RGN and Neonatal Specialist Nurse.                   | The Art of Colostrum Harvesting.   |
| 1:00-1:30   | <b>Mary-Brigid Collins</b> , Assistant Coordinator of Pavee Point Traveller & Roma Centre's   | Towards revitalising breastfeeding in the Traveller Community.   |
| 1:30-2:00   | Lunch   |  |
| 2:00-2:30   | <b>Maura Daly</b> - Clinical Skills Facilitator - RGN, RM<br><b>Deirdre Bradley</b> - B.Sc. (Clin), M.Sc. (Clin)                                    | The Early Provision of buccal colostrum's as part of oral cares for preterm babies in NICU.  |
| 2:35-3:35   | <b>Zainab Yate</b> , BSc, MSc, Clinical Hypnotherapist, Author.   | Understanding Islamic obligations and dispensations for breastfeeding mothers in Ramadan, and how to support women to decide to perform siyam (fasting) or stop.   |
| 3:40-4:40   | <b>Sue Jameson</b> IBCLC and <b>Kathryn Downey</b> , RGN, RM, PHN, IBCLC  | Breastfeeding Support Group – Pandemic Style<br>A Look at what's been happening in the sector and how best to facilitate online and other support activities from the volunteer and professional perspectives. |
| 4:40-5:00   | <b>Lorraine O'Hagan</b> , ALCI President.   | Closing remarks.   |

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- Due to intellectual property rights, you are not permitted to record, download or screenshot any part of the presentation(s).
  - The Spring Study Day sessions will be available for viewing for two weeks after the event.
  - This timetable is subject to change.
  - ALCI will be awarding CERPs from IBCLC and CEU's from the Nursing and Midwifery Board Approval.
  - As part of our commitment to supporting and protecting breastfeeding, we at ALCI support and comply with the WHO Code of Marketing of Breast Milk Substitutes and subscribe to it entirely inviting participation and/or advertising at educational events with compliance at the forefront.
  - **SAVE THE DATE – ALCI's Annual Conference – Saturday 24<sup>th</sup> September, 2022 – Radisson BLU, Limerick.**
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