

The St George & Sutherland Hospitals Maternity and Breastfeeding Conference 2026

Thursday 24th September and Friday 25th September

Venue:

IN PERSON: St George Hospital Research and Education Building

VIRTUAL: Teams (Recording will be available)



In person - \$100 per day or \$150 for both days

Virtual - \$75 per day or \$100 for both days

Registrations and payment required to be booked online via Try booking website:

<https://www.trybooking.com/DMAMZ>



SESLHD employees are to also book via HETI –please note there are separate codes to attend both days [CSK131067](#), Maternity Day only [CSK13980](#), Breastfeeding Day only [CSK13167](#)

Please email any questions to dina.sadek@health.nsw.gov.au

Presenters and presentations may be subject to change

Attendance certificates will be given each day for 6 hours (maternity day) and 8 hours (breastfeeding day) of continuing professional development.

Supported by the SESLHD Lactation Group

Morning tea and lunch provided

Please bring your own keep cup and water bottle

Maternity Conference Thursday 24th September

09.00 – 09.30	Registration
09.30 - 09.45	Introduction Dina Sadek , Midwifery Educator, St George Hospital Acknowledgement of Country , TBA
09.45 - 10.30	The truth about exercise during pregnancy and postpartum Edwina Chan – APA Musculoskeletal Physiotherapist, MACP, APA Pelvic Health Physiotherapist, MACP, St George Hospital and Health Service
10.30 – 11.30	Pressure in the build-up: <i>Birth stories from Arnhem Land and the longing for policy change</i> Christian Wright , Maternal health researcher and educator, Clinical Council member to Northern Territory Primary Health Network, and Advisory Panel member to Birth Trauma Australia.
1130 - 11.45	Morning Tea
11.45 - 12.30	Assessing and Treating Intrusive Thoughts in the Postnatal Period Dr Danya McStein , Clinical Team Manager & Registered Psychologist, Gidget Foundation Australia
12.30 - 13.00	The role of the emerging Perinatal Lived Experience Peer Workforce in Maternity and Early Parenting Services Ashleigh Allan – Perinatal Peer Support Worker SESLHD Perinatal & Infant Mental Health Services (PIMHS) & Nurturing Connections
13.00- 13.30	Birth Stories: Pre-eclampsia/HELLP (emergency caesarean) followed by elective caesarean. Hannah Trewin – Mother of Two
13.30 - 14.15	Lunch Break
14.15 – 14.30	Natalie B midwife award
14.30 - 15.00	Midwifery in the Rural Setting Cath Ryan District Clinical Midwife Consultant, Child, Youth and Family Division, Western NSW Local Health District
15.00 - 15.45	Anaesthesia and the contribution to the care of the mother and newborn Dr Izreen Mohamed Iqbal - Senior Staff specialist Anaesthesia St George Hospital
15.45 - 16.15	Food security and Diabetes Project Noreen Murray - CMC Research, Women's and Children's Health, St George Hospital
16.15 - 16.30	Evaluations and Close

Breastfeeding Conference Friday 25 th September	
08.00 - 08.30	Registration
08.30 – 09.00	Acknowledgement of Country - TBA Introduction and Update on Breastfeeding, Faith Robertson , Clinical Midwifery Consultant (CMC) - Lactation, St George Hospital, International Board-Certified Lactation Consultant (IBCLC).
09.00 – 09.30	Cultural influences in Breastfeeding and Perinatal Nutrition. Dr Shanti Raman - Co-Director- Community Paediatrics, South Western Sydney Local Health District; Senior Clinical Advisor-Child and Family Health, NSW Health.
09.30 – 10.00	Supporting Breastfeeding for Women Admitted to the Intensive Care Unit Dr Amelia Street , Staff Specialist, Intensive Care, Concord Repatriation General Hospital. Visiting Medical Officer, Intensive Care, North Canberra Hospital
10.00 – 10.30	Perceived Low Milk Supply – <i>Findings from a Systematic Review</i> Dr Shahla Medya , Professor of Midwifery, School of Nursing and Midwifery Clinical Chair in Midwifery, <i>Centre for Nursing and Midwifery Research</i> , Nepean Blue Mountains Local Health District, IBCLC.
10.30 – 11.00	Morning Tea
11.00 – 11.30	Breastfeeding in the Golden Hour Rieko Ueda , Registered Midwife (RM), St George Hospital, IBCLC.
11.30 – 12.00	Innovation & collaboration: <i>Breastfeeding train-the-trainer program.</i> Michelle Simmons , CMC – Lactation, Western Sydney, IBCLC.
12.00 – 12.30	Exclusive Pumping to Exclusive Breastfeeding + Navigating Reflux and Breastfeeding Molly Glenn , Midwife and mother of two, RM, St George Hospital
12.30 – 13.00	Breastfeeding with Inverted Nipples Michelle Culshaw , CMC – Lactation, The Sutherland Hospital, IBCLC.
13.00 – 14.00	Lunch Break
14.00 – 14.30	Protection, Promotion and Support of Breastfeeding in NSW. Rae Gifford , Maternity Policy & Strategy Unit, Healthy Families and Communities Branch, Ministry of Health
14.30 – 15.00	Navigating Breastfeeding in a New Country: <i>Cultural Perspectives and Clinical Realities</i> Rubina Huq and Basudha Karki , Cross Cultural Workers, St George Hospital / SESLHD Child and Family Health.
15.00 – 15.30	A Midwife and Mothers Personal Tale of Two Very Different Breastfeeding Experiences. Rachel Davey , Midwife and mother of two, RM, St George Hospital
15.30 – 16.15	Q & A Forum Clinical Midwifery Consultants and IBCLCs from SESLHD
16.15 – 16.30	Close and Evaluations