

Information Sessions

10:00- 10:15 AM

HOMEOPATHY, THE SAFER WAY FOR PRE-CONCEPTION, PREGNANCY, BIRTH, BREASTFEEDING AND CHILDHOOD

(Presented by Fran Sheffield - Homeopathy Plus)

10:25- 10:40 AM

PARENTING PARTNERS - THE MENTAL LOAD OF MOTHERING.

(Presented by: Ashleigh Chapman - Evolve Mental Health)

10:50- 11:05 AM

HYPNOBIRTHING FOR A POSITIVE BIRTH

(Presented by: Katie Kempster - Central Coast Hypnobirth)

11:15- 11:30 AM

ENDOMETRIOSIS: PREGNANCY IS NOT A CURE

(Presented by: Dr Peta Skilbeck - Genea Fertility)

11:40-11:55 AM

THE BENEFITS OF ACUPUNTURE FOR PREGNANCY & BIRTH

(Presented by: Zoe Papadatos - Coastal Wellness)

12:05-12:20 PM

STAGES OF LABOUR & THE 4TH TRIMESTER

(Presented by: Dr Peta Skilbeck - Intuition Private Obstetrics and Gynaecology)

12:30- 12:45 PM

REFRAMING PAIN FOR LABOUR

(Presented by: Alice Worthy - The Modern Doula)

12:55- 1:10 PM

HOLISTIC HARMONY - STRATEGIES TO NAVIGATE THE CHAOS OF PARENTHOOD

(Presented by: Tania Attley - Raw Psychology Clinic)

1:20- 1:35 PM

BREAST FEEDING BASICS

(Presented by: Gosford Private Maternity Services)

1:45- 2:00 PM

WHY WARMTH - AN AYURVEDIC APPROACH TO POST PARTUM CARE

(Presented by: Ashleigh Kay - Meals for Mummas)

2:10-2:25 PM

TOGETHER CREATING RHYTHMIC COHERENCE FOR THE NEWBORN

(Presented by: Katia Schlebusch - In Tune Health Care)

2:35- 2:50 PM

THE BABY RACE - HOW A PAEDIATRIC PHYSIO CAN HELP NAVIGATE DEVELOPMENT

(Presented by: Phoebe Alexander - Trend Physio)

Workshop Sessions

10:00 - 10:25 AM

TOOLS TO BECOME MORE CONSCIOUS IN OUR PARENTING

(Presented by: Katia Schlebusch - In Tune Health Care)

10:35 - 11:00 AM

EXERCISING THROUGH PREGNANCY & BEYOND

(Presented by: Louise Hurley - Strong Mums)

11:10 - 11:35 AM

CPR FOR BABIES AND CHILDREN

(Presented by: Brooke from Little Lives)

11:45 - 12:10 PM

GUIDE TO BABYWEARING

(Presented by: Natalie Esguerra - Central Coast Baby Wearers)

12:20 - 12:45 PM

THE POWER OF NURTURING TOUCH

(Presented by: Deb Sirone - NurtureMe)

12:55 - 1:20 PM

HOW TO USE ACUPRESSURE DURING PREGNANCY & LABOUR

(Presented by: Zoe Papadatos - Coastal Wellness)

1:30 - 1:55 PM

IDEAL POSITIONING OF YOUR BABY FOR LABOUR & BIRTH

(Presented by: Penny Beardsley - Intuition Private Obstetrics & Gynaecology)

2:05 - 2:30 PM

PRANAYAMA RESET

(Presented by: Pip Curnow - Umina Beach Yoga)

2:40 - 3:05 PM

HOW AND WHEN TO USE HOMEOPATHY

(Presented by Fran Sheffield - Homeopathy Plus)

3:15 - 3:40 PM

SWADDLING AND SETTLING

(Presented by: Gosford Private Maternity Services)