

# *InterChange Lactation Workshops*

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## **InterChange Workshops presents Dr Nils Bergman and Jill Bergman in a 4 seminar series on Perinatal and Maternal Neuroscience**

The series dates and topics (programmes below) are:

<b>Sept 11</b>	<b><i>Perinatal Neuroscience</i></b>
<b>Oct 2</b>	<b><i>Applied Perinatal Neuroscience</i></b>
<b>Oct 23</b>	<b><i>Neuroscience of Breastfeeding</i></b>
<b>Nov 6</b>	<b><i>Maternal Neuroscience</i></b>

**VENUE:** Karl Bremer Auditorium (behind the Nurses Home)  
The Karl Bremer Hospital is just off the N1 in Bellville, corner Mike Pienaar Blvd and Frans Conradie Ave.

This is a repeat of the successful series at Mowbray Maternity Hospital earlier in the year, and contains updates.

**COSTS:** including refreshments and certificates of attendance:  
Early bird: R170 per session paid by 8 Sept, R200 paid after that date.  
Series discount if paid by 8 Sept: R600  
Those repeating any session from the last series may deduct 50% of the fee when paying in advance, otherwise the standard fees apply.

**RSVP** or queries to [breastfeeding@telkomsa.net](mailto:breastfeeding@telkomsa.net) or  
072 186 9009 or 021-873 0004

**Payments to:**

ABSA Wellington

Mrs J A Nutt

Savings account 9073325846

Branch Code 632005

Reference: ***your name***

Please send a proof of payment email to [jacnutt@telkomsa.net](mailto:jacnutt@telkomsa.net)

1 - Programme for Sat 11<sup>th</sup> September 2010

**Perinatal Neuroscience**

- 0830 Registration, tea and coffee and networking.  
0850 Welcome, introduction, housekeeping  
0900 Perinatal Neuroscience  
Basic neuroscience  
Mammalian birth behaviour  
Human birth behaviour  
1000 Tea and coffee  
1030 Perinatal Separation  
Mammalian separation effects  
Separation neuroscience human infants  
Origins of separation, Place Model  
1130 Perinatal Research  
Separation perspective on research  
Separation and autonomic nervous system effects (own work)  
Other research ongoing (prolactin, crying, attachment)  
1230 Question time  
1250 Evaluation (on forms)  
1300 End

2 - Programme for Sat 2<sup>nd</sup> October 2010

**Applied Perinatal Neuroscience**

- 0830 Registration, tea and coffee and networking.  
0850 Welcome, introduction, housekeeping  
0900 Perinatal Neuroscience:  
Review basic concepts,  
Neuroscience based definition of SSC and KMC  
0930 Applied neuroscience:  
Sensory aspects of newborns and NICUs  
(incl demonstration light meter and sound meter)  
Developmental care and NIDCAP theory (Jill Bergman)  
(incl demonstration positioning, moving and handling)  
Details and rationale for skin-to-skin techniques  
(incl demonstration of KangaCarrier, Thari)  
1100 Tea and coffee and also time for  
Practical neuroscience  
Opportunity to experience above demonstrations hands-on  
1200 Group feedback from hands-on time  
1210 Scientific evidence for skin-to-skin contact  
Adaptedness and epigenetics  
Gleanings from literature  
1250 Question time - Evaluation (on forms)  
1300 End

3 - Programme for Sat 23<sup>rd</sup> October 2010  
**Neuroscience of Breastfeeding**

- 0830 Registration, tea and coffee and networking.  
0850 Welcome, introduction, housekeeping  
0900 Neurobehavioural approach to Breastfeeding:  
Anthropological origins  
Neuroscience based definition of breastfeeding  
Breastfeeding a premature  
1000 Human Milk and the Brain:  
Milk as brain food, and the better intelligence? debate  
Milk contents  
Human Milk Analyzer  
1030 Tea and coffee  
1100 Milk Matters  
1110 Questions from morning lectures, discussion  
1130 Neurobehavioural Approach to Feeding Frequency  
Evidence on frequency and stomach capacity  
Implications for feeding premature and fullterm babies.  
1240 Question time  
1250 Evaluation (on forms)  
1300 End

4 - Programme for Sat 6 November 2010  
**Maternal Neuroscience**

- 0830 Registration, tea and coffee and networking.  
0850 Welcome, introduction, housekeeping  
0900 Maternal Perinatal Neurobehaviour  
Maternal neurobehaviour at birth (active birth, doula)  
Neuronal plasticity at birth, effects post-partum  
Consequences of disruption.  
1030 Tea and coffee  
1100 Applied Mothering Neuroscience:  
Practical application of neuroscience  
Promoting parenting skills  
Hierarchy of development  
1200 Neuroscience, Parenting and Society  
Fathers role in this neuroscience  
Overview of perinatal neuroscience  
Implications for women, infants and society  
1230 Question time  
1250 Evaluation (on forms)  
1300 End