

Current talks 2022/23

Speaker biography

Lyndsey is an experienced paediatric nurse, children's public health nurse, International Board Certified Lactation Consultant, holistic sleep and parenting advocate and birth trauma recovery practitioner. She has worked in hospitals, clinics, the community and within clients' homes for 20 years, serving within the UK NHS, in private practice and voluntarily.

Lyndsey is currently a PhD candidate at Swansea University, researching the needs and challenges of breastfed seriously unwell infants and children, as well as their families, and the health professionals serving them.

In 2019 she set up the Breastfeeding the Brave project – a collaborative project of parents seeing to raise awareness of the

unique breastfeeding needs of seriously, critically, and terminally ill children. The mother of a childhood sepsis and cancer survivor, she often talks about the impact of chronic serious illness on families, and seeks to support other families living through a serious childhood illness.

An experienced and confident international speaker, Lyndsey regularly teaches health, childcare, lactation, paediatric and perinatal professionals with her unique mix of humour, compassion, current research and real-world experience. Lyndsey is happy to provide conference sessions, webinars and both in-person and virtual training sessions based on her research and clinical experience.



Current training in this topic available:

- Family centred and responsive care in paediatrics (*1 hour*)
- Motivation, mental health and medical complexity (*1 hour*)
- Breastfeeding children with malignancy (*1 hour*)
- Against the odds: breastfeeding through medical complexity (*1 hour*)
- Filling the gaps in paediatric lactation support (*90 minutes*)

- More support in a coffee shop than the paediatric ward: Mothers' experiences of breastfeeding their medically complex child (*75 minutes*)
- Heroes, hostility and ambivalence: The lactation knowledge, skills and attitudes of healthcare professionals in paediatrics (*1 hour*)
- Communicating lactation needs in paediatrics: How to have supportive conversations around breastfeeding the medically complex child (*1 hour*)

Lyndsey can also provide 1 or 2-day training, or the self-paced 2-day *Breastfeeding the Brave* course can be purchased for large groups within a clinical team. If you have a specific learning need, please feel free to get in touch, as bespoke talks to meet the training needs of individuals, organisations and conference audiences are also available with an additional surcharge of £200.

Training is suitable for all clinicians in healthcare including nursing and medical staff, as well as allied health professionals, and nonclinical lactation advocates including IBCLCs, breastfeeding counsellors, peer supporters, doulas, and all those with an interest in supporting breastfeeding in this vulnerable population.

Talk format:

All talks can be delivered live, with a Q&A, or a pre-recording can be arranged. Lyndsey can also deliver talks in person at your event or conference. If you will be making the talk recording available to your delegates, we ask that you restrict the access to 3 months to protect Lyndsey's intellectual copyright. All talks include a PDF handout.

Costs:

VAT at 20% is added to the cost of all presentations

- One talk of up to 90 minutes is £250
- Half day training (3 hours) is £600
- One day training (6 hours) is £1000

If training is delivered in person, travel costs will need to be met, plus overnight accommodation as appropriate to location. Please contact Lyndsey to discuss.

Training for large departments:

There are also multi-person user licences available. This means that your staff can access the recording of the talk for 12 months after the live event. If you are interested in gaining access to the training for your whole department then please email with the size of your organisation.

- For 2-9 professionals, the licence is £300
- For 10-19 professionals, the licence is £500
- For 20-50 professionals, the licence is £1000

Family centred and responsive care in paediatrics

Duration: 1 hour

Abstract: Family centred care has been the cornerstone of paediatrics for many years. The principles of valuing parent's expertise, positioning them as partners in care, providing choices and respecting privacy, cultural differences and dignity are highly relevant to lactation support. Yet, historically, many aspects of breastfeeding support and responsive parenting – including respectful approaches to sleep, have not been well-integrated into paediatric clinical care.



Caring for mothers resident on the paediatric ward, and being mindful of the needs of siblings and other family members not resident are important aspects of caring for sick children. Commonly reported difficulties include separation of mothers and children in critical care, problems with bedsharing acceptance, other siblings, including those who are also breastfed, food provision and privacy. Family centred care principles would also suggest that valuing breastfeeding as an important act of nurture and normality as well as the immunological protection it offers, should be prioritised.

This presentation will detail the main areas of challenge on the paediatric ward for breastfeeding families, and discuss approaches to family centred lactation supportive care that support parents to meet their breastfeeding goals, as well as reducing stress for families.

Objectives:

1. Appreciate what FCC means in paediatrics and PICU
2. Integrate family centred care principles into feeding support
3. Understand the aspects of FCC that make a difference
4. Consider how to apply FCC principles to feeding support using a case study

Suitable for: Healthcare professionals, allied health professionals, lactation supporters, counsellors and psychologists working in paediatrics, doulas and other early years professionals. ***This presentation works best in a workshop setting, rather than a keynote.***

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Motivation, mental health and medical complexity

Duration: 1 hour

Abstract: Breastfeeding means so much more than nutrition for many mothers and families. People choose to breastfeed for a variety of complex and personal reasons. When a child becomes unwell, the motivation to continue breastfeeding often increases and breastfeeding takes on new meaning. Breastfeeding is valued as a parenting tool, and as a comfort measure. It is important for immunological support and pain relief, and provides connection and a sense of normality.

However, when a child is unwell, there are many known psychological impacts, including shock, anxiety and trauma, as well as huge disruption to family life. These challenges may make breastfeeding more difficult, at a time when it is highly valued and needs protection more than ever.



This presentation explores new research relating to the psychological needs of parents of sick children, the ways in which these may impact breastfeeding, and the additional barriers to breastfeeding encountered on the paediatric ward. Finally, it will suggest ways to reduce the barriers, support mothers and value breastfeeding as an integral part of paediatric clinical care.

Objectives:

1. Understand the importance and meaning of breastfeeding to mothers
2. Learn some of the ways in which child illness impacts adult mental health
3. Appreciate some of the mechanisms by which illness makes breastfeeding goals harder to achieve
4. Explore a range of support strategies for breastfeeding through medical complexity
5. Understand how to reduce the barriers and negative mental health outcomes

Suitable for: Healthcare professionals, allied health professionals, lactation supporters, counsellors and psychologists working in paediatrics, doulas and other early years professionals. ***This presentation can be delivered as a webinar, workshop or keynote.***

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Breastfeeding children with malignancy

Duration: 1 hour

Abstract: Most children, happily, encounter no significant illness during childhood. Of those who do, some will be breastfed. Exclusive breastfeeding for 6 months, as well as continued breastfeeding alongside appropriate introduction of solid foods until the age of two years and beyond is recommended by the World Health Organisation. Breastfeeding is known to confer multiple well-documented protective properties, and the risks of not being breastfed are profound, even in well-developed countries.

Although breastfeeding reduces the overall risk of malignancies, it is not a panacea. Many children who are breastfed optimally will still develop cancer. While rare, for context, childhood cancer is six times more prevalent than SIDS, and is the second most common cause of death after accidents. The needs and challenges of breastfed children and their families are unique, and yet under-represented in policy, clinical skills and research. There is emerging evidence that breastmilk contains substances which may prevent mucositis, and many of the components of human milk including immunoglobulins, macrophages, glutamine, and tumour necrosis factor- α may support optimal gut health as well as reducing iatrogenic and community acquired opportunistic infections during immunocompromise.



This presentation will identify specific childhood cancers, their symptoms, prevalence and common treatments. It will also introduce some of the challenges experienced by parents breastfeeding their child through cancer – such as pain, nausea and weight problems, and some practical ways to support families facing this ordeal.

Objectives:

1. Describe the prevalence of childhood cancer
2. Understand some of the most common treatments
3. Appreciate the motivations and clinical relevance of continuing to breastfeed a child with cancer
4. Discuss some of the common challenges faced by parents of children with cancer
5. Appreciate the specific lactation needs during chemotherapy and surgery

Suitable for: Healthcare professionals, allied health professionals, lactation supporters, counsellors and psychologists working in paediatrics, doulas and other early years professionals. ***This presentation can be delivered as a webinar, workshop or keynote.***

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Against the odds: breastfeeding through medical complexity

Duration: 1 hour

Abstract: Breastfeeding may be particularly important for infants and children who are sick or medically complex, but research that applies to this specific population is limited, dated and often disease-specific. At the same time, training, clinical skills and creative adaptations to overcome feeding obstacles are not universal among health or lactation professionals and the strategies that work for preterm infants or healthy newborns are not always

appropriate for sick older children. It can therefore be hard for parents to persevere through the challenges associated with illness and hospital admission. This presentation will introduce some of the challenges and barriers faced by families, and through the latest research and parent stories, present a family-centred approach to supporting medically complex children to continue to breastfeed.



Objectives:

1. Know the subtle differences in the paediatric population
2. Appreciate the specific challenges and barriers for sick children and their families
3. Understand the perspective of several parents as they have persevered through medical complexity
4. Consider some creative approaches and adaptations that may be needed to support feeding in difficult circumstances

Suitable for: Healthcare professionals, allied health professionals, lactation supporters, counsellors and psychologists working in paediatrics, doulas and other early years professionals. ***This presentation can be delivered as a webinar, workshop or keynote.***

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Filling the gaps in paediatric lactation support

Duration: 90 minutes

Abstract: Most breastfeeding training is weighted towards the initiation of breastfeeding in healthy newborns, troubleshooting common problems in otherwise healthy mother-child pairs, or supporting the mothers of preterm infants to express and then transition their preterm infant to breastfeeding.

Paediatrics is a clinically and organisationally separate department, and the staff within paediatrics do not receive standard breastfeeding training as those in maternity and neonatal settings do. Furthermore, the clinical challenges and the ways in which those challenges impact breastfeeding in paediatrics are different.

Many mothers are highly motivated to breastfeed their sick child, and there are compelling reasons to persevere, but without nuanced support, many encounter huge barriers to breastfeeding and become frustrated and disempowered.



This presentation, aimed at those working within clinical paediatric settings, will identify the gaps in knowledge, and thus which children are likely to fall through the cracks without specific skills. The common obstacles, including trauma, as described by families are highlighted, as well as an approach to assessing the sick child that values the contribution of breastfeeding and responsive care. Finally, the presentation details several strategies that may help all children with medical complexity, as well as ten clinical scenarios with management suggested to support breastfeeding or the provision of breastmilk.

Objectives:

1. Understand the nuances of lactation support in paediatrics
2. Identify the specific gaps in training
3. Understand the impact of the training gaps on lactation support to parents
4. Learn some specific approaches to assessing and managing specific paediatric breastfeeding challenges

Suitable for: Healthcare professionals, allied health professionals and lactation advocates working alongside healthcare professionals in the clinical inpatient setting. ***This presentation can be delivered as a webinar, workshop or keynote.***

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More support in a coffee shop than the paediatric ward: Mothers' experiences of breastfeeding their medically complex child

Duration: 75 minutes

Abstract: Initiating and maintaining breastfeeding, and overcoming barriers can be hard for anyone, but breastfeeding a child with illness or medical complexity in the paediatric setting is uniquely challenging and presents different obstacles than those commonly experienced by parents feeding healthy term newborns or preterm neonates. Current policies, BFHI standards, and training are weighted towards the initiation of breastfeeding or the establishment of effective pumping for a preterm infant. The needs and challenges of children beyond the neonatal period are largely unresearched.



My qualitative study in 2022 has provided novel insight and new data into the specific challenges encountered by parents of children with acute, chronic, complex and life-threatening illness in the paediatric ward or paediatric intensive care unit and provides tentative explanations and suggestions for how to approach this unique population to optimise their feeding experience.

In this presentation, learners will understand how to view the paediatric population as distinct from the maternity and neonatal population and appreciate some of the unique difficulties that these families face. Learners will also develop understanding of the need to merge clinical and lactation skills in a collaborative approach to care. Finally, new insights and awareness of the importance of expanding current training to meet the needs of this population will be shared.

Objectives:

1. Develop understanding of the paediatric population as distinct from maternity and neonatal clients in terms of management, structures and policy.
2. Learn some of the unique clinical lactation challenges experienced by children in the paediatric setting.
3. Appreciate the parent experience of continuing to breastfeed or provide breastmilk for this population.
4. Understand why targeted and specific paediatric breastfeeding training is appropriate in order to achieve the best outcomes.

Suitable for: Healthcare professionals, allied health professionals, lactation supporters, counsellors and psychologists working in paediatrics, doulas and other early years professionals. ***This presentation can be delivered as a webinar, workshop or keynote.***

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Heroes, hostility and ambivalence: The lactation knowledge, skills and attitudes of healthcare professionals in paediatrics

Duration: 1 hour

Abstract: The UK has the lowest rates of breastfeeding in the world. Children with medical complexity are known to be even less likely to be breast fed and experience many obstacles to achieving their personal feeding goals. There is limited data to explain what the challenges are for this population group, though my previous systematic review highlighted several potential explanations that warrant further research.



Because there are no current Baby Friendly Standards that apply to the paediatric setting, when infants or children are admitted to the paediatric ward, they may receive little to no lactation support. There is no statutory lactation training available for paediatric RNs or paediatricians, and IBCLCs are not usually employed to provide a lactation support service for these families. Therefore, the paediatric population represents a gap in paediatric lactation support provision, and many of these infants and children receive suboptimal care. The outcome for many children is that their breast/chestfeeding duration and exclusivity may be reduced as a result of becoming a patient on the paediatric ward or PICU.

In this presentation, a National UK survey of paediatric health care professionals will be shared, with specific reference to perceived gaps in knowledge. The survey provides an opportunity to shape education, policy and service provision in order to achieve better outcomes for this vulnerable patient group

Objectives:

1. Appreciate the challenges for paediatric health care professionals in providing lactation support alongside clinical care
2. Understand the gaps in knowledge and skills which may make it hard for paediatric health care professionals to support lactation in complex circumstances
3. Have an awareness of the barriers to providing lactation support within the paediatric setting
4. Suggest improvements to training, policy and service provision that may lead to improved outcomes

Suitable for: Healthcare professionals, allied health professionals, lactation supporters, counsellors and psychologists working in paediatrics, doulas and other early years professionals. ***This presentation can be delivered as a webinar, workshop or keynote.***

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Communicating lactation needs in paediatrics: How to have supportive conversations around breastfeeding the medically complex child

Duration: 1 hour

Abstract: Breastfeeding can be particularly meaningful to families of medically complex infants and children. Yet, recent research suggests that many families feel like breastfeeding is sidelined in the face of critical illness. Parents often report a sense of ambivalence from healthcare professionals, at a time when they needed encouragement, support and practical advice that met their individual needs.

Communicating with families in stressful and clinically uncertain times can be challenging, but learning how to protect and uphold the importance of breastfeeding and breastmilk for a family can make a significant impact on their mental health and sense of involvement in their child's care.



This presentation will outline how to have supportive, respectful and proactive conversations with families, especially when difficult decisions need to be made. The challenges of supporting lactation during restricted fluid intake, high calorie need, total parenteral nutrition or temporary cessation of breastfeeding, as well as lactation after loss will be covered.

Objectives:

1. Appreciate the meaning and value of breastfeeding and breastmilk, and thus the importance of sensitive communication
2. How to demonstrate investment in breastfeeding through complex clinical scenarios
3. Learn how to support mothers to modify or stop breastfeeding with compassion
4. Understand how language may be interpreted, and thus how to use respectful language to have empowering, family-centred conversations

Suitable for: Healthcare professionals, allied health professionals, lactation supporters, counsellors and psychologists working in paediatrics, doulas and other early years professionals. ***This presentation can be delivered as a webinar, workshop or keynote.***

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