



**EAPS**  
17-20 October, Vienna & Online

**Vienna**



## European School of Neonatology (ESN) Workshop at EAPS 2024

October 20 2024, 08:00-13:00 CEST

### Lactation and breastfeeding: Ensure babies thrive whilst keeping parents on your side

#### Workshop objectives:

- Explore infant feeding problems that consistently appear during regular check-ups, and learn how to better support families with these.
- Gain insight into the ways we can boost infant weight gain when necessary, while protecting breastfeeding.
- Learn the signs and symptoms of oral dysfunction in the infant, and the impact of this on infant feeding and the overall health of the infant-mother dyad.
- Explore strategies for navigating difficult conversations around weight and/or infant feeding, while maintaining a trusting relationship with the parents.
- Understand that better knowledge of infant feeding will improve the relationship of trust between parents and paediatricians, will vastly improve postnatal mental health, and will ultimately improve child health and development, both short- and long-term.

Time		Topic	Speakers
Start	End		
08.00	08.30	The problem: Why does it matter? <ul style="list-style-type: none"> <li>- Parents are learning not to trust their paediatricians.</li> <li>- Maternal mental health's connection to breastfeeding, and its impact on infant health</li> <li>- Results of interviews with parents</li> <li>- Quiz - Where is your knowledge lacking?</li> </ul>	Johanna Sargeant and Janet Prince
08.30	09.00	Typical weight gain challenges and how to advise – Rule #1: Feed the baby. <ul style="list-style-type: none"> <li>- Low weight gain</li> <li>- Low milk supply</li> <li>- Supplementation - keep babies fed and protect breastfeeding.</li> </ul>	



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09.00	10.00	<p>The cause?!</p> <ul style="list-style-type: none"><li>- Typical issues with the baby's oral function<ul style="list-style-type: none"><li>- Tongue Ties</li><li>- Feeding Coordination</li><li>- high and low tone</li><li>- Oral aversion</li></ul></li><li>- Typical issues with the mother<ul style="list-style-type: none"><li>- Hormonal imbalance</li><li>- Blood loss and birth trauma</li><li>- Hypoplastic breasts</li><li>- Ideal blood values</li></ul></li></ul>	
10.00	10.30	Coffee Break	
10.30	11.30	<p>Typical infant problems - connection to breastfeeding, and what to do?</p> <ul style="list-style-type: none"><li>- Frequent feeds / long feeds</li><li>- Candida / thrush</li><li>- Infant Reflux</li><li>- Dietary sensitivities</li><li>- Frequency and duration of feeds</li></ul>	Johanna Sargeant and Janet Prince
11.30	12.30	<p>Quick Fixes! Easy, quick advice for parents:</p> <ul style="list-style-type: none"><li>- Biological feeding position and skin to skin</li><li>- Switch feeding</li><li>- Careful supplementation (eg paced bottle feeding)</li><li>- Flange size when pumping</li></ul>	
12.30	13.00	<p>Communication: What parents really need from you:</p> <ul style="list-style-type: none"><li>- How to keep parents on your side while helping babies thrive</li><li>- Awareness of personal bias</li><li>- When to refer out and who to refer to</li></ul>	