



Melbourne

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australian  
breastfeeding  
association

MEDIA RELEASE  
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### The Rights and Wrongs of Infant/Child Sleep – an (R)evolutionary perspective

When parents of babies and young children get together, there is one topic of conversation that is guaranteed to divide a room, and that is the family sleeping routines and arrangements. While many have strong opinions on the range of choices that are advocated, many, mothers in particular, shield their night-time secrets out fear of judgement and ridicule.

With the advent over the past ten years of sleep schools and a publishing market flooded with self-help style books on most aspects of parenting, especially sleep, it can take a sleep-deprived parent weeks to trawl through and trial the options and latest fads.

The Australian Breastfeeding Association (ABA) recognises the need for ongoing discussion in the vital area of infant sleep and the relationship to successful breastfeeding outcomes. In identifying this, the Hot Milk conference program will provide an ideal forum for complementary sessions with a common theme of “sleep”.

Dr. Helen Ball, Professor in Anthropology and Director of Parent Infant Sleep Lab at Durham University, presents Breastfeeding and Bedsharing. Her current research involves behavioural and physiological investigations of infant and child sleep – particularly of co-sleeping parents and infants from an evolutionary perspective, and the effect of sleep on child obesity. Saturday August 4 – 1.45 pm

Continuing the sleep training thread, Lauren Porter (NZ) presents How Sleep Training Strategies Undermine Breastfeeding, Neurological Development, Bonding and Long-term Development. This session promises to provide fuel for thought and reflection. Ms Porter has a Masters Degree in social work from New York University and has worked in a wide range of settings and communities in Germany, US and New Zealand. Her current professional focus is the merging of attachment theory with neuro-scientific data, with an eye toward the practical applications of everyday life. Friday August 3 – 2.00 pm

Melbourne based writer and editor on health, education and family issues, Pinky McKay IBCLC, meets the demand of parents and health professionals alike who are eager to hear more from her research and studies. Pinky will speak on one of her best known topics Milk, Sleep & Love. Thursday August 2 – 10.45 am

Bringing together international and home-grown experts in lactation and parenting under one roof, these Hot Milk sessions will empower parents and health professionals to overcome challenges associated with breastfeeding and parenting.

For more details about Hot Milk and to view the complete program, see [www.lrc.asn.au/hotmilk](http://www.lrc.asn.au/hotmilk)

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