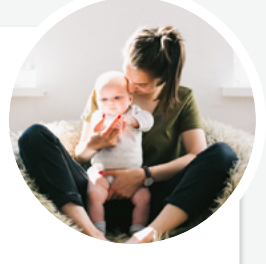


Expert Talks

Our **FREE talks** provide you with up-to-date information from trusted, experienced experts and the ideal opportunity to have all your questions answered, to alleviate your fears or concerns.

Stand
F25

11.00 am Medical red flags and your baby



Specialist Speaker: Ambassadors from The Parentmedic Movement

This medical talk covers what every parent should know before bringing baby home. This talk will provide parents with the "red flags" to identify when their child needs medical help. A trained Parentmedic Ambassador will provide what to look out for, and who to get help from. These topics are the top reasons a parent will go to an emergency room or rush to their local GP in fear and needing help.

Know what you need to know to help when these times occur.

Topics covered:

1. Identify when baby is not breathing properly
2. Baby's first fever
3. Dehydration
4. Rashes

All Parentmedic Ambassadors complete a 6 week online course and meet certain criteria to ensure they are providing up-to-date information in First Aid and Safety. Ambassadors come from a range of backgrounds in health and education.

Duration: 20 minutes

Presented by: The Ambassadors from The Parentmedic Movement & Nicepak

More information: parentmedic.co

parentmedic

11.30 am Antenatal class: Your pregnancy



This first class in our antenatal series focuses on Pregnancy and covers a variety of important topics:

- Pregnancy by trimesters.
- Care provider options.
- Options for testing in pregnancy and immunisation.
- Lifestyle, diet, exercise.
- Information and antenatal education.
- Understanding babies' position
- Birth plans.

Duration: 30 minutes

Presented by: Presented by Kylie - PBC Expo Midwife

Kylie
Midwife

12.15 pm Preparing for breastfeeding and the early DAZE of breastfeeding



Australian Breastfeeding Association is Australia's leading authority on breastfeeding.

This talk will cover key information, such as the benefits of breastfeeding, the let down reflex, supply and demand feeding and how to know if your baby is getting enough breast milk, positioning and attachment, and more. You'll also hear about the support available to help you with your breastfeeding journey.

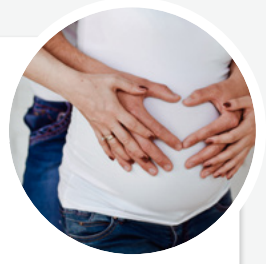
Duration: 20 minutes

Presented by: Presented by Australian Breastfeeding Association

More information: breastfeeding.asn.au



12.45 pm Antenatal class: Your labour



Our second antenatal class of the day focuses on all things labour:

- Advocacy and decision making.
- Stages of labour.
- Tools and coping strategies for labour
- Early labour and when to call your birth care provider.
- Active labour.
- Hormones of labour.
- Birth.

Duration: 30 minutes

Presented by: Presented by Kylie - PBC Expo Midwife

Kylie
Midwife

1.30 pm Safe Sleeping Environment



Red Nose has been advising new parents in Australia on safe sleeping for babies for 40 years. This safe sleep talk informs parents and carers on how to reduce the risk of SIDS, stillbirth, miscarriage and fatal sleep accidents for babies and toddlers in their care.

The presentation will cover Red Nose's six evidence-base safe sleeping recommendations:

- Why they recommend sleeping baby on their back
- Why you should keep your baby's head and face uncovered
- The risks of smoking before and after your baby's birth
- What is a safe sleeping environment and how you can recreate this at home
- Why you should sleep your baby in your room
- The benefits of breastfeeding
- Ask the midwives: your antenatal and safe sleeping questions answered

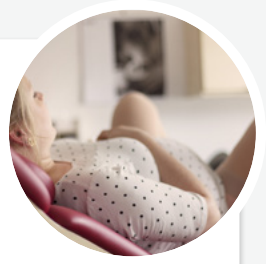
Duration: 20 minutes

Presented by: Presented by Red Nose

More information: rednose.com.au

red
nose
saving little lives

2.00 pm Antenatal class: Your birth



Red Nose has been advising new parents in Australia on safe sleeping for babies for 40 years. This safe sleep talk informs parents and carers on how to reduce the risk of SIDS, stillbirth, miscarriage and fatal sleep accidents for babies and toddlers in their care.

The presentation will cover Red Nose's six evidence-base safe sleeping recommendations:

- Why they recommend sleeping baby on their back
- Why you should keep your baby's head and face uncovered
- The risks of smoking before and after your baby's birth
- What is a safe sleeping environment and how you can recreate this at home
- Why you should sleep your baby in your room
- The benefits of breastfeeding
- Ask the midwives: your antenatal and safe sleeping questions answered

Duration: 30 minutes

Presented by: Presented by Kylie - PBC Expo Midwife

Kylie
Midwife

2.45 pm Becoming Dad



The Dads Group representative will be sharing some of his inspirational 'lived experience' of becoming a father for the first time and how he overcame some of the 'challenges of fatherhood'.

Tune in to this talk if you're a dad, a dad-to-be, or a dad planning to be as Tom will unpack the 'real' fatherhood journey and share with you insights on how you can 'set yourself up to succeed' on your fatherhood journey.

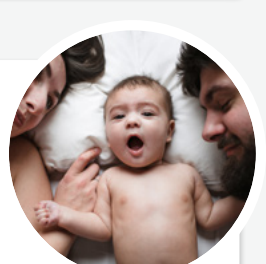
Duration: 20 minutes

Presented by: Presented by Dads Group

More information: dadsgroup.org

Dads
Group

3.15 pm Let's get some sleep!



Specialist Speaker: Sharlene Vlahos

Sleep can be one of the most challenging issues facing parents and getting enough sleep is important for everyone in the family. During this session we will discuss expectations of sleep, and strategies that will help the whole family get some sleep!

Duration: 20 minutes

Presented by: Presented by Karitane

More information: karitane.com.au

Karitane
making parenting easier since 1958