2018 CONFERENCE PROGRAMME
Growing Through Experience...  Nurturing Knowledge

Join Us Online!  Oct.1 - Dec.3, 2018
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[www.facebook.com/GoldPerinatalCare](http://www.facebook.com/GoldPerinatalCare)
[www.twitter.com/GOLDPerinatal](http://www.twitter.com/GOLDPerinatal)
Welcome Message

Think you know GOLD Perinatal? Think again! With a new and fresh program of international speakers, this year’s conference is full of practice changing information and inspiration. Learn new clinical skills that you can immediately put into practice, and grow your knowledge to transform your abilities as a care provider. This year we are focusing on the ways in which we as care providers can set families up for health and well-being in the postpartum period which is a sensitive time of profound change. The skilled guidance we give during the vulnerable perinatal period changes lives.

One of the things we love about GOLD is that not only does it provide easy access to education from experts around the globe, it gives us the opportunity to learn from one another at the same time. Our learning experience is greatly enriched by being able to experience it with friends and colleagues, both old and new. Each year when we see your familiar names in our presentation rooms, and as we chat with you via our forums, Facebook and Twitter, it’s like coming home to family. We look forward to learning and sharing with you once again!

The GOLD Learning Family

Fleur Bickford  
BSC, RN, IBCLC  
Program Director

Fiona Lang-Sharpe  
IBCLC, NAMCW  
Director of Communication & Master of Ceremonies
Important Dates

August 1, 2018
Early Bird Registration Opens

September 20, 2018
Early Bird Registration Ends

September 21, 2018
Regular Registration Begins

October 1, 9, 15, 22, 29, 2018
GOLD Perinatal 2018 - Live Days

November 15, 2018
Registration Closes

December 3, 2018
End of Conference
Final Day to View Recordings*

December 27, 2018
Final Day to Download Certificates

*GOLD Annual Members will have an additional 3 weeks of viewing time (Until December 27th, 2018)

7 Great Reasons to Attend GOLD Perinatal 2018

1. **Informative!**
   Access 15.5 Hours of the latest, evidence-based breastfeeding research, clinical skills, case-studies & cultural experiences.

2. **Convenient!**
   Watch in your pyjamas! Access presentations for a full 8 weeks as many times as you like! No travel, hotels or time away from clients and loved ones.

3. **Economical!**
   Under $12 USD per Educational Hour! At GOLD our goal is to make education financially accessible for all. Discounts available for Students, Groups, Associations & Institutions.

4. **Group & Association Rewards!**
   Register as a group and continue the conversation offline! New incentives for Group Coordinators & their members now available. Associations are eligible for exclusive membership discounts + ask us about our Get 10, Give 10 Association rebate program.

5. **International!**
   Join a growing GOLD Community! Over 500+ Delegates from 40 Countries attended in 2017.

6. **Interactive!**
   Participate in Online Chats, Live Question & Answer sessions, and Speaker Moderated Forums.

7. **Accredited!**
   Approved for CMEs, CNEs, MEAC Midwifery CEUs & CERPs
Discover most current research and approaches to caring for infants with neonatal abstinence syndrome, supporting women of size during the perinatal period, helping your clients who are dealing with unwanted thoughts of infant-related harm, supporting women who experience domestic violence during pregnancy and so much more.

GOLD Perinatal is your trusted source of online education in the field of maternal child health. Our speakers share the most up to date information in engaging and interactive presentations. Our conference encompasses a variety of current topics with some of the most forward-thinking individuals in the field. You’ll gain directly-applicable knowledge and skills you can incorporate into improved patient care. The GOLD community supports a fun and connected learning environment with forums, live chats during presentations, and a busy Facebook discussion group. At GOLD, we aim to make learning easy, affordable, and enjoyable.

About GOLD Perinatal

Education Planning & Delivery Committee

Fleur Bickford  
BSC, RN, IBCLC  
Program Director

Fiona Lang-Sharpe  
IBCLC, NAMCW  
Director of Communication & Master of Ceremonies

Kristin Schwarz  
LM, Master of Ceremonies

Carrie Sue Halsey  
MSN, CNS-AD, RNC-OB, ACNS-BC, Lead Nurse Planner

Isabel Da Costa  
Event Manager

Nina Adrianna  
Speaker Accreditation Manager

Meena Rajanala  
Technical Support

Jessica Lamb-Brown  
Technical Support

Professional Advisory Committee

Along with the Program Director, the GOLD Professional Advisory Committee is responsible for the review and selection of the conference presentations.

Anne Eglash  
MD, IBCLC, FABM

Brooke Bouer  
MPH

Catharine Berghuis  
Hons.BSc., BSN, R.N.

Karleen Lee  
R.N., MSN

Laura Anguish  
RN, BScN, CCHN(c)

Lily Fountain  
PhD, CNM, RN

Maggie Convoy  
RN, BScN, IBCLC

Nicole Read  
RN, RCN-MNN, IBCLC

Sheri A. Libby  
RN BSN, MSN Nurse Educator, MNRN, CM

Shirley Curtis  
RN, RM, PhD

Stephanie Pitman  
BScN, RN, PNC

Swati Scott  
LM, CPM, CCH

Tanya Singleton  
BSN, MA, MPH, RN-BC, IBCLC, LCCE

Conflict of Interest Statement

GOLD Perinatal Online Conference is proud to be one of the only continuing education events that is WHO Code compliant! As such, we do not accept sponsorship or advertising from any manufacturer, organization or company that is deemed to be in violation of the World Health Organization’s International Code on Marketing of Breast Milk Substitutes. As well, we require our Speakers to sign an agreement stating their knowledge of and compliance with the WHO Code.
Sleep Laboratory McKenna began his career studying the social behavior and development of monkeys and apes with an emphasis on parenting behavior and ecology. He has published over 150 articles and six books including a popular parenting book Sleeping With Your baby: A Parents Guide To Co-sleeping. He has coedited Ancestral Landscapes In Human Evolution, Evolutionary Medicine, and a more recent co-edited volume Evolution and Health: New Perspectives (Oxford University Press). He won the prestigious Shannon Award (with Dr. Sarah Mosko) from the National Institutes of Child Health and Development for his SIDS research and is the nation’s foremost authority and spokesperson to the national press on issues pertaining to infant and childhood sleep problems, sleep development, and breastfeeding.

### The Return of Breastsleeping: Humankind’s Oldest and Most Successful Sleep and Feeding Arrangement - 75 mins

Breastsleeping refers to bedsharing—amongst breastfeeding mothers and infants occurring in the absence of all known independent risk factors.

Given that most breastfeeding mothers bedshare, there is a critical need to develop a new SIDS/SUID discourse, one that employs harm reduction strategies, family-tailored education, evidence-based medicine, and primary advice formulated by breastfeeding and lactation communities, researchers and associations. This new bottom-up, evidence-based discourse first and foremost respects what parents say they need, want, can and are willing to do.

This discourse acknowledges that, in the United States, bedsharing is common and what helps us to understand it is to reference scientific studies (heretofore dismissed by ‘authorities’) on the powerful infantile and parental biological factors that motivate bedsharing, and the realization that sleep-related risks are not co-equal but vary along a significant continuum of relative risks ranging between acceptable (especially where exclusively breastfeeding occurs i.e. where hazardous factors are eliminated) to unacceptable where a variety of well independent “risk factors” are present.

I argue here for recommendations based on evidence-based medicine rather than the ideologically driven opinions and assumptions of those making the recommendations which are failing after 20 years of attacks on bedsharing and bedsharing families.
2018 Conference Speakers & Topics

Alexia Leachman  Therapeutic Coach

Alexia is a therapeutic coach, the author of Fearless Birthing, and the host of the award-nominated and chart-topping Fear Free Childbirth podcast. What began as a maternity leave side project is now an essential destination for women with a fear of birth with thousands of women now using Alexia's site every month to lose The Fear. Alexia helps them to prepare for birth through her private sessions, online courses and membership community.

At the heart of Alexia's work is a unique fear-clearance method, which women around the world are now using to help them prepare for their birth, and that she successfully uses to help women overcome tokophobia. Alexia also provides training to pregnancy and birth professionals who want to use her Fearless Birthing approach so that more women can access this level of fear-clearance support in preparing for pregnancy and birth.

How to Prepare Women for a Fear Free Childbirth  - 60 min

Fear of childbirth is thought to affect up to 50% of women. In some women, this fear is so strong that they choose not to have children. For those who do, their fear will most likely have an impact on their birth choices and their birth experience. Helping a woman to reduce her fear of birth can be transformative for her experience as a new mother as well as for the family. Reducing fear in women can also contribute to reducing the healthcare costs associated with CS delivery and post-natal mental health. In this presentation, Alexia Leachman will explore the nature of fear of birth, and its most extreme relation, tokophobia. She will discuss where fears come from, why birth isn't always the problem, and how we can help women to overcome them so that they can go on to experience a fear free childbirth.

Alice Callahan  PhD

Alice Callahan completed her PhD in Nutritional Biology at UC Davis in 2008, followed by a postdoc in fetal physiology at the University of Arizona. She left the academic track in 2011 to pursue a dual career in college teaching and science writing. Her book, The Science of Mom: A Research-Based Guide to Your Baby's First Year, about the science of raising a baby, was published in 2015 by Johns Hopkins University Press and was named one of the best science books of the year by Science News. As a freelance writer, Callahan covers health and nutrition topics – often focusing on pregnancy, infancy, and childhood – for many publications, including The New York Times, Washington Post, and Lifehacker. She and her family live in Eugene, Oregon, where she also teaches nutrition and physiology at the University of Oregon and Lane Community College.

The Science of Infant Feeding: New Research on Gut Development, Microbiome, and Risk of Allergy  - 60 min

Research continually uncovers the complex relationship between infant feeding and development. It's driven by our fascination and desire to understand early development, but it also has real-world implications for the decisions parents make about how to feed their babies. New parents and even perinatal professionals are often confused about infant feeding guidelines, finding information to be conflicting, overwhelming, and ever-changing. We'll start with an overview of how an infant's gastrointestinal tract develops and what we know about how human milk consumption supports optimal development. Then we'll delve into the latest research on intestinal permeability, early formula supplementation, and timing of introduction of solid foods to prevent allergies. Feeding is one of the primary ways that we care for and show babies that we love them, and by providing up-to-date and accurate information, perinatal professionals can help families feel calm and confident about their feeding choices.

Caroline F. Conneen  FNP-BC, R.D., IBCLC

For over 25 years, Caroline has had the pleasure of advising new mothers, growing families, and breastfeeding babies. Along with being a certified lactation consultant in private practice, she leads a weekly parenting and breastfeeding support group for moms and their babies through six months of age. For nearly two decades at a community hospital, she taught prenatal breastfeeding classes. She works among a team of lactation consultants in a thriving postpartum unit. Caroline also practices as a nurse practitioner at a pediatrician's office. As a provider, she enjoys integrating her knowledge and skills from pediatric nutrition and lactation into primary care. Currently working on a breastfeeding book for new moms, she remains passionate about using various means to teach breastfeeding and help families get off to a great start.
Skin to Skin Care: Beyond the NICU - 60 min
Out of desperation to improve the morbidity and mortality rates of premature infants in Bogota, Colombia, innovative neonatologists developed the concept of kangaroo care. Since then, it has been modified to skin to skin care in NICU's across the world. In recent years, the benefits of this care have been demonstrated and extended toward use in the full-term infant. With a fresh perspective, application of principles from infant development, anatomy, and physiology, are integrated to realize advantages of incorporating skin to skin through 12 weeks of age. When done correctly, skin to skin time serves as tummy time, minimizes the incidence and severity of acquired plagiocephaly, and provides a gentle treatment for torticollis. Learn how to engage, educate, and empower new families to succeed with this breastfeeding friendly intervention.

Christine Morton PhD
Christine Morton is a medical sociologist at the California Maternal Quality Care Collaborative (CMQCC) at Stanford University where she conducts research on maternal mortality and morbidity and helps translate the findings into maternal quality toolkits.

As a sociologist, Dr Morton seeks to explore the social meanings of maternal quality among all stakeholders. Her speaking and writing connects her to nursing, obstetric, midwifery, doula, public and social science audiences.

Her book, Birth Ambassadors: Doulas & the Re-emergence of Woman-Supported Childbirth in America, documents the history and experience of the doula role in US maternity care and is on the required reading list for DONA International.

She is a long time Lamaze board member and currently chairs a Lamaze Work Group, which aims to demonstrate the value of childbirth education. She is married to an internet sociologist and they have a son and daughter, ages 22 and 17, who were born safe and healthy thanks to great teamwork.

Integrating Normality and Risk in U.S. Maternity Care, Emphasis on “Care” - 60 min
Maternal mortality and morbidity are rising, the cesarean rate just crept up and infant mortality rates are still too high in the United States. Black women are more likely to experience these outcomes than non-black women. This session will present U.S. trends and outline recent efforts to improve maternal quality of care. The triple aim of healthcare is quality, safety and satisfaction. As maternity leaders work to improve quality and safety, they still need to address the critical dimension of women’s satisfaction with their birth, whether that experience involved a severe complication or not. Standardizing responses in emergent or routine clinical situations is critical but so is the value of individualizing care. This means examining how emotional, experiential and relational aspects of maternity care affect outcomes, both long and short term. In this session, we will address the important, unasked question in maternity care today: What are the costs of not ‘caring’?

Deborah MacNamara PhD
Dr. Deborah MacNamara is a developmentalist and author of the bestselling book, Rest, Play, Grow: Making Sense of Preschoolers (or anyone who acts like one). She is on Faculty at the Neufeld Institute and is the Director of Kid’s Best Bet, a Counselling and Family Resource Center. Her book has been translated into 7 languages – Korean, Italian, German, French, Danish, Spanish, and Russian.

Preparation for Parenthood - 60 min
How do we help parents best prepare for our most important task – that of raising a child? What too often gets lost in the urgency of the moment, as well as in the flood of today’s details, is what the challenge is all about – transitioning the baby from the physical womb to the attachment womb where healthy development can continue to take place. Nothing could be more important to keep in mind. In this session, Deborah will help professionals who want to reach and support parents in becoming the answer their baby will be looking for.

Karen H. Strange CPM, AAP/NRP Instructor, CKC
Karen H. Strange Certified Profession Midwife and American Academy of Pediatrics/Neonatal Resuscitation Program instructor since 1991. She is founder of the “Integrative Resuscitation of the Newborn” workshop, which includes the physiology of newborn transition, the evidence-based studies having to do with neonatal resuscitation, the “when and how” to do neonatal resuscitation in a non-traumatizing way. She incorporates the babies experience of birth and tools for healing when things do not go as planned. Her course is especially adapted to those that work in the out-of-hospital settings. She has taught over 8,000 people worldwide.
The 5 Most Common Failures in Neonatal Resuscitation - 60 min

A good birth is such a gift, and a complicated birth is the reason YOU are there. When a baby is born not breathing or not breathing well, it’s the birth practitioners job to step in and help. This goes beyond just having an NRP card. One wants confidence and competence to respond appropriately even if fear and panic may be filling your body. Karen Strange is teaching the subject that she knows best: neonatal resuscitation and how newborns go from fluid filled lungs to air filled lungs. Karen has gathered data from around the globe and pinpointed the 5 most common mistakes/failures that occur in neonatal resuscitation. She breaks down the 5 main failures and gives tips and clarity needed for successful resuscitation of the newborn, in the least traumatic way. Learn what often gets missed, and the most frequent misunderstandings regarding neonatal resuscitation. Feel competent and confident regarding when and how to respond to a newborn in distress.

Lori J. Isenstadt IBCLC

Lori J. Isenstadt, IBCLC, CCE, CBD, began her IBCLC career in 2 large hospitals and a local breastfeeding clinic. In 2007, she opened her practice, All About Breastfeeding, offering private consultations, and breastfeeding classes. Her expertise ranges from basic breastfeeding through the most complicated of breastfeeding challenges. In the last 30 years, Lori has taught breastfeeding classes to over 8000 parents, where she focuses on what they should expect in the early days of breastfeeding. Lori is a member of Toastmasters International and enjoys speaking about mothering and breastfeeding. Lori is the host of All About Breastfeeding, a podcast where she interviews mothers, authors, researchers, and physicians about topics related to breastfeeding. She has produced over 250 shows many of which focus on breastfeeding educational topics. On a personal note, Lori resides in Phoenix, AZ. She is married to Alan for 38 years and is the mother of three adult children.

Breastfeeding Class - What’s the point? - 60 min

Global breastfeeding initiation rates are about 80-85%. Unfortunately, there is a significant drop off rate of exclusive breastfeeding in the early weeks, well before parents return to work. The latest statistics of 45% exclusive breastfeeding at 3 months and 28% exclusive breastfeeding rates at 6 months clearly demonstrate that duration not initiation is the real struggle. This presentation will begin by reviewing global breastfeeding rates. We will than gain some real insight from parental feedback which helps us to understand what changes we need to make in breastfeeding education. You may be surprised to find out exactly what the point of breastfeeding classes are and who we should be targeting to help support parents in the early months of breastfeeding.

Balancing Beneficence, and Prevention of Harm When Caring for Pregnant Women with Substance Use Disorder - 60 min

It is well established that the care of pregnant or postpartum women with substance use disorder(SUD) can be a source of work-related stress for clinicians (Maguire, Webb, Passmore, & Cline, 2012). Providers must balance the ethical principle of beneficence, or preventing harm, with fidelity, which requires fairness, truthfulness, and advocacy (ANA, 2015). This can be a challenge for clinician who are in positions where there is a mandatory requirement to report a pregnant woman’s substance use. In these situations, clinicians must be compassionate, truthful, forthcoming and transparent when communicating obligations with patients to maintain trust in the patient-provider relationship. This discussion will provide recommendations for compassionate care for women with SUD including education on mental health, SUD, interpersonal violence, and treatment options (Hill, 2013). As patient advocates, clinicians can be a strong voice for pregnant women with substance use disorder and their unborn babies (Ferszt, Hickey, & Seleyman, 2013).
Meg Nagle IBCLC

In between chasing after her three boys, blogging and occasionally sleeping...Meg works with women to help them reach their breastfeeding goals! Her background is in counselling and sexual health. She was a La Leche League Leader (breastfeeding counsellor) for seven years before becoming an International Board Certified Lactation Consultant. Meg is the author of, Boobin' All Day...Boobin’ All Night. A Gentle Approach To Sleep For Breastfeeding Families”. She has published articles in numerous parenting magazines and websites. She was also filmed for a short documentary, “Lactabooiphobia”, based on one of her blog posts which was released in 2016.

Breastfeeding a Baby with t21 (Down Syndrome) - 60 min

Breastfeeding a baby with Down syndrome can bring many challenges to both mother and baby and many women are told they will be unable to breastfeed. This presentation will give examples of women who have faced different challenges breastfeeding their babies with Down syndrome, yet had successful breastfeeding outcomes with the right support and information. This will include case studies with specific tips and suggestions that will help the lactation professional in offering support to these families. These women have faced many challenges including; prematurity, low muscle tone, breastfeeding into toddlerhood and a toddler who did not start breastfeeding until his mother had another baby when he was 2 ½ years old! This presentation will cover the most challenging challenges that families face when breastfeeding a baby with this condition and the possible solutions for them.

Prabha S. Chandra MD, FRCPsych, FRCPE, FAMS

Dr. Prabha S.Chandra, is a Professor and Head of Psychiatry at NIMHANS, Bangalore, India. She studied at the Lady Hardinge Medical College, New Delhi and NIMHANS.

She has served as a Temporary Advisor to the WHO and UNAIDS and is the Secretary of the International Association of Women's Mental Health, a nominated member of the World Psychiatric Association and an executive member of the Marce International society. She has been an NHS International Fellow and Consultant in Manchester, UK and a visiting professor at the University of Liverpool.

Her main areas of interest are Women's Mental Health, Perinatal Psychiatry, teaching methods, ethics and palliative care. She has nearly 180 publications and has edited several books.

She has three active research grants and has won several recognitions and awards. She has started the first dedicated psychiatry service including a Mother Baby unit in South Asia for mothers with severe mental illness.

Suicide and Self Harm in the Perinatal Period - 60 min

Suicide is a known contributor to pregnancy and postpartum mortality and is now considered a direct cause of maternal death by the World Health Organisation. A systematic review of suicide related mortality and quality birth and women's health care across practice settings.
pregnancy in 21 LMIC countries found suicide related deaths from 0% in Vietnam to 23% in Argentina. Prevalence of suicidality (ideas and attempts) during pregnancy ranges from 8% to 24% and risk factors include severity of depression, a past history of suicidal attempts, poverty and intimate partner violence. Untreated severe mental illness has been found to be an important cause based on the Confidential Enquiries for Maternal deaths in various countries. Death of the child or fetal death is also strongly associated. Assessment of suicide requires sensitive enquiry and/or the use of standard questions or tools. Infant harm maybe associated with suicide especially with severe mental illness. Prevention includes early detection and involvement of a team for active treatment.

**Sarah Rhoads PhD, DNP, WHNP-BC**

Sarah J. Rhoads, PhD, DNP is a telehealth researcher and educator, emphasizing the human impact of technologies on health care provider roles and patients. Dr. Rhoads is a Professor at the University of Tennessee Health Science Center. She has been the primary investigator on multiple grants related to telehealth and is a Co-Investigator with the South Central Telehealth Resource Center, which facilitates telemedicine in Arkansas, Mississippi and Tennessee. Several of Dr. Rhoads’ research and project grants have focused on the Mississippi River Delta region of the United States. Dr. Rhoads has a passion for improving maternal, neonatal, and pediatric care in rural areas.

**Utilizing Connected Health Technology and Telehealth to Improve Perinatal Access and Quality in Rural Areas - 60 min**

Despite the best efforts of the health care community, many rural women during pregnancy do not have access to obstetrical health care providers or a hospital that delivers near their home. This decreased access to services may lead to poor pregnancy and neonatal outcomes and when a woman has a high-risk pregnancy, access to care becomes a critical issue. Due to this disparity in access to care and maternal/infant outcomes, it is essential that health care providers and communities examine different ways to improve access. Connected health and telehealth technology is an innovative way to reduce access to care issues and assist women in having a healthier pregnancy, ideally improving maternal and neonatal outcomes.

**Yale A. Nogin dc**

Dr. Yale Nogin is the creator of The Hero Dad™ Program taught at Piedmont and Kennestone Hospitals in Atlanta, GA and is the author of The Hero Dad’s Infant Manual. He has been teaching classes for expecting, new and adopting fathers over the last 15 years and counting.

His program focuses on empowering men with relevant principles, skills, systems and behaviors that earn respect from their partners which enable the couples to co-create a relaxed home environment. Being a new father with an Infant management system, post-partum support skills, and a system for “listening to understand” help new fathers feel confident and willing to participate early on which helps keep them invested in their family.

Dr. Nogin is passionate about preventing the fatherlessness epidemic from getting worse. The time surrounding birth is a crucial time to equip men with skills to help navigate the many changes and responsibilities that come with being a parent and partner, so men want to come home at night.

**Bringing Fatherhood Forward - 60 min**

The perinatal period is a pivotal point in lives of both expecting mother and father. This time period can prove to be a perfect opportunity for the birthing community to help men engage with their upcoming role and responsibilities of fatherhood and “husband-hood w/baby”. If we are able to positively influence men to be engaged with their new family from the beginning we can increase the odds of positive birth outcomes. Unfortunately, men report to feel “left out” and “marginalized” during the prenatal visits, education and delivery. To create a change and help create better family outcomes we must work together to bring men more into the fold during this time period. We will discuss ways in which the birth community can help men such as being more conscious of where men are emotionally during the perinatal visits and by using positive reinforcement of what new relevant fatherhood and masculine behavior looks like such as the ability to listen and understand our partners, self-awareness and self-control as well as our openness to grow and learn these modern behaviors and skills that most men today have not been exposed to in order to the respect they are seeking from their partners and children.
Conference Add-ons
Extend your conference experience with our pre-recorded lecture series available in addition to the main conference.

Mental Health in the Perinatal Period Lecture Pack 6 Hours

Mental health of parents is crucial to the growth of a healthy child, healthy family and healthy society. Learn more about supporting the transition to parenthood in a way that promotes mental well-being during this vulnerable time. With presentations on the identification, prevention and treatment of perinatal mental health issues, the importance of fathers’ mental health, the impact of postpartum depression on parenting, managing mental illness in pregnancy, anxiety in the perinatal period, and helping families heal from birth trauma, this package is your opportunity to dive in and expand your knowledge and skills.

Perinatal Mental Health: Identification, Prevention, and Treatment
Cindy-Lee Dennis PhD - 60 minutes

Managing Mental Illness in Pregnancy
Jayashri Kulkarni Professor - 60 minutes

“It Was Right but so Wrong:” Helping Families Make Sense of Difficult Births with Trauma Sensitive and Prenatal and Perinatal Healing Approaches
Nicola Singletary MA, LMT, RCST®, CEIM, SEP - 60 minutes

The Importance of Fathers’ Mental Health
Dr. Jane Hanley Phd, RGN, RMN, Dip HV, Dip Couns FRSPH & Mark Williams - 60 minutes

Anxiety and Related Disorders During Pregnancy and Postpartum
Melanie Badali PhD, RPsych, CACBT-ACTCC Certified in Cognitive Behaviour Therapy - 60 minutes

Impact of Paternal and Maternal Postpartum Depression on Parenting Behaviors and Infant/Child Outcomes
Sheehan David Fisher PhD - 60 minutes
Conference Add-ons

Extend your conference experience with our pre-recorded lecture series available in addition to the main conference.

**Optimizing Milk Production Lecture Pack 6 Hours**

Concerns about milk production are the primary reason for supplementing and premature weaning. Join our experts for a focused look at what we know about milk production, how to establish and maintain it, and specialized situations such as exclusive pumping and relactation.

- **Relactation and induced lactation**
  Annet Mulder IBCLC - 60 minutes
- **Breastfeeding by the numbers: What do they mean and when are they useful?**
  Barbara Robertson BA, MA, IBCLC, RLC, LLL - 60 minutes
- **Human Milk Synthesis: Just when you thought you knew**
  Jarold “Tom” Johnston Jr. CNM, IBCLC - 60 minutes
- **Establishing & Maintaining milk production when Exclusively pumping**
  Kimarie Bugg DNP (s), RN, MPH, IBCLC - 60 minutes
- **Concerns About Low Milk Production**
  Nancy Mohrbacher IBCLC, FILCA - 60 minutes
- **Galactogogues and Breastfeeding**
  Dr. Wendy Jones PhD, MSc - 60 minutes

**Breastfeeding Education & Advocacy Lecture Pack 6 Hours**

How we talk about breastfeeding impacts how our messages are heard. This package provides an in depth look at the language we use, different learning styles, innovative teaching strategies, and how to broaden our audience to allow a wider reach for breastfeeding promotion and advocacy.

- **Expanding Our Audience to Gain Greater Appreciation and Acceptance of Breastfeeding**
  Christy-Jo Hendricks IBCLC, RLC, CLE, CCCE, CD(DONA) - 60 minutes
- **Learning styles – Certainly not a one size fits all**
  Geraldine Cahill BA Ced, BA ToT, IBCLC - 60 minutes
- **Breastfeeding education in secondary schools—research and application for lactation professionals**
  Nicola Singletary MAT, IBCLC - 60 minutes
- **Words That Work**
  Nikki Lee RN, BSN, MS, IBCLC, ANLC, CCE, CIMI, CKC - 60 minutes
- **Lactation Education Outside the Box: Innovative Teaching Strategies to Engage Your Audience**
  Tamara Drenttel Brand MA, MPH, IBCLC - 60 minutes
- **Thinking Outside the Box to Increase Breastfeeding in Communities of Colour**
  Tytina Sanders-Bey CLC - 60 minutes
GOLD Annual Membership

Extend your conference experience with the GOLD Annual Membership. Benefits of Annual Membership include:

✔ 3 weeks viewing extension on Conferences!
✔ Access to the Conference for a full 10 weeks!
✔ 10% Discount on ALL GOLD Conferences & Events
✔ Log in anywhere, anytime, 365/24/7!
✔ No more lost Certificates!
✔ Print Receipts any time!

Cost - USD $50 and can be purchased at time of registration. 10% Discount will automatically be applied to your registration.
Registration

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<th>Group 5+ Early Bird</th>
<th>Group 5+ Regular</th>
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</table>

*Group, Institutional, Student & Country Discounts Available

Payment
Registration can be completed via Credit Card (Visa, Mastercard), Cheque, Bank Transfer or Wire Transfer. Cheque, bank transfer & wire transfer options will incur an additional $20 processing fee and access to the conference will be made available once the payment comes in. Credit card payments receive immediate access to the Delegates Area.

Groups
Receive a discount when you register as a group of 5 or more individuals. We ask one person to coordinate the registration information and payment for all the members and submit as a single payment during group registration.

Group Payment Options
To complete your group registration via a credit card, full group payment will be required. For alternate payment options, we ask if you could send a combined transaction total for your group.

Institutional License
For Hospitals, schools and other qualifying institutions of 30 or more seats, please contact us for institutional pricing.

Registration Categories
As an international conference, we are sensitive to the fact that not all countries are economically equal. As breastfeeding advocates we recognise that people in these countries generally have the most need for this information and limited resources, which is why in addition to our standard registration options, this year we are offering a special registration fee for residents from countries that fall in Cat. B, C & D. The Categories are based of the World Bank Data. Please view our Reduced Rate Terms. Proof of residency may be required.

Category A
Andorra, Antigua and Barbuda, Aruba, Australia, Austria, Bahamas, Bahrain, Barbados, Belgium, Bermuda, British Virgin Islands, Brunei Darussalam, Canada, Cayman Islands, Channel Islands, Chile, Curacao, Cyprus, Czech Republic, Denmark, Estonia, Faroe Islands, Finland, France, French Polynesia, Germany, Gibraltar, Greece, Greenland, Guam, Hong Kong, Hungary, Iceland, Ireland, Isle of Man, Israel, Italy, Japan, Rep. Korea, Kuwait, Latvia, Liechtenstein, Lithuania, Luxembourg, Macao, Malta, Monaco, Netherlands, New Caledonia, New Zealand, Northern Mariana Islands, Norway, Oman, Palau, Poland, Portugal, Puerto Rico, Qatar, San Marino, Saudi Arabia, Seychelles, Singapore, Sint Maarten (Dutch part), Slovak Republic, Slovenia, Spain, St. Kitts and Nevis, St. Martin (French part), Sweden, Switzerland, Trinidad and Tobago, Turks and Caicos Islands, United Arab Emirates, United Kingdom, United States, Uruguay, Virgin Islands (U.S.).

Category B
Albania, Algeria, American Samoa, Argentina, Azerbaijan, Belarus, Belize, Bosnia and Herzegovina, Botswana, Brazil, Bulgaria, China, Colombia, Costa Rica, Croatia, Cuba, Dominica, Dominican Republic, Ecuador, Equatorial Guinea, Fiji, Gabon, Grenada, Guyana, Iran, Islamic Rep., Iraq, Jamaica, Kazakhstan, Lebanon, Libya, FYR Macedonia, Malaysia, Maldives, Marshall Islands, Mauritius, Mexico, Montenegro, Namibia, Nauru, Panama, Paraguay, Peru, Romania, Russian Federation, Samoa, Serbia, South Africa, St. Lucia, St. Vincent and the Grenadines, Suriname, Thailand, Tonga, Turkey, Turkmenistan, Tuvalu, RB Venezuela.

Category C

Category D

Start a Group & SAVE!
Gather 5 or more colleagues and register as a group to receive even more discounts! Visit our Group Coordinator Tools page to learn more.
Learn more here
How GOLD Works

The 2018 GOLD Perinatal Conference kicks off on October 1, 2018 with our Free Live Keynote Presentation and is followed by a series of “Live Days” which are held over the following weeks. Each Live Day consists of 4 or more Live Speaker Presentations followed by a Question & Answer Session after each presentation. This year, we’ve made attending Live presentations even easier with convenient presentation times to fit a range of international timezones. Each presentation is recorded and we make recordings available in the Delegates Area at the end of each Live Day. Conference Attendees will have until December 3, 2018 to watch as many presentations as they like. Those with GOLD Annual Membership will have until December 27, 2018.

1. Registration

Early Bird Registration for the Conference opens on August 1, 2018. Registration is very easy and only takes a few minutes to complete. In addition to the discounted early bird rate for individual Delegates, there are additional discount savings for groups and those from certain Countries.

- Early Bird Registration Opens: August 1, 2018
- Regular Registration Opens: September 21, 2018
- Final Day for Registration: November 14, 2018

2. The Delegate Area

After Registration, you will be sent login details that will give you access to the Conference Delegates Area. From this page, your GOLD Experience begins!

- Print Custom Live Presentation Schedule
- Access Live & Recorded Presentations
- Download Certificates
- Interact on Forums & More!

3. View Presentations

Viewing Presentations is easy with our Virtual Meeting Rooms! All you need is a computer & an internet connection. Watch Presentations LIVE or view the Recordings the following day.

- Live Speaker Question & Answer Session
- Presentation Handouts for making notes
- Start & Stop & Re-watch Recordings
- 8 WEEKS+ Viewing Time. At your own Pace

4. Verify Attendance

After each presentation, simply check off your attendance on our Attendance Record page. Once all complete, submit your final attendance record to unlock your Conference Certificate.

5. Download Certificate

Easily Download / Print your Certificate of Attendance which is automatically generated based on your Attendance Record. Receive individual certificates.
Continuing Education Credits

For our GOLD Perinatal 2018 Conference, we’ll be offering 15.5 hours of continuing education for the main conference. The following credits have been approved:

CERPs
Applicable to IBCLC Lactation Consultants, Certified Lactation Consultants (CLCs), CBEs, CLE, Doulas & Birth Educators. GOLD Perinatal Online Conference 2018 has been approved for 15.5 CERPs (4.25 L, 11.25 R). GOLD Learning is designated as a Long Term Provider of CERPs by the International Board of Lactation Consultant Examiners (IBLCE) - Approval #CLT114-07.

CMEs - Continuing Medical Education
This Enduring Material activity, GOLD Perinatal 2018 Conference, has been reviewed and is acceptable for credit by the American Academy of Family Physicians. Term of approval begins 10/01/2018. Term of approval is for one year from this date. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

CNEs - Nursing Contact Hours
This program has been approved for Contact Hours from the American Nurses Association of Massachusetts. ANA Massachusetts is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.

Midwifery CEUs - MEAC Schools
Applicable to NARM Certified Professional Midwives and those require MEAC Certified Education. This program has been approved for MEAC CEUs by the Midwifery Education Accreditation Council. Please note that 0.1 MEAC Midwifery CEU is equivalent to 1.0 NARM CEUs

GOLD Perinatal 2018 Add-ons
The Menatal Health in the Perinatal Period Lecture Pack (6 hours), the Breastfeeding Education and Avocacy Lecture Pack (6 hours) and the Optimizing Milk Production Lecture Pack (6 hours) have been approved for 6 CMEs, CNEs, MEAC CEUs & CERP continuing education credits.

Please visit our Continuing Education page for the most current information on approved continuing education credits and a list of instructional hours.

Technical Information

You’re never alone! Our GOLD Technical Staff will provide online technical support for you during the Conference.

The GOLD virtual meeting room is accessible by all desktop computers as well as most modern mobile devices (You will be required to download an APP). You will be able to access the conference from anywhere, as long as you have an Internet connection.

Our team is based in beautiful Vancouver, Canada, and is happy to help you with any question or concern you have. We’re available via phone or email, and during the live presentations we are on live chat. We looking forward to ‘meeting’ you online!

Contact Information

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Fax: +1 604 681 1049
www.GOLDPerinatal.com

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