

*\*This is a record of the zoom chat, we apologise for any errors\**



**Durham**  
University

Infancy & Sleep Centre

22nd Anniversary Conference

### Zoom Chat

08:37:33 From Elizabeth.Parkes to Everyone:

Good morning everyone 😊

08:38:04 From Carol Bartle to Everyone:

Morena from Aotearoa New Zealand

08:38:06 From JDoble to Everyone:

good morning

08:38:31 From Aleksandra Dackiewicz to Everyone:

Good morning

08:39:01 From donna to Everyone:

Morning,

08:40:44 From Tessa Snelgar to Everyone:

Good morning from Bristol!

08:41:33 From Dr. Sabeen Adil to Everyone:

Good morning from Dubai, United Arab Emirates

08:41:47 From Hilary English to Everyone:

Good morning, Everybody from London where it feels like very early in the morning

09:19:25 From Sally Baddock (she/her) to Everyone:

Kia ora Jeanine:)

09:32:17 From Kathryn Stagg IBCLC to Everyone:

Aw I wish I was there in person!

09:32:33 From Tessa Snelgar to Everyone:

Just in case this is useful for anyone else.....I could only see Helen and the presentation in a tiny box, but if you go to 'View' in the top right corner, and select 'Speaker View', Helen and slides are full screen :)

09:32:43 From Hilary English to Everyone:

Me too, Kathryn!

09:33:16 From Emma.Cronin-Preece to Everyone:

Hello everyone :)

09:33:33 From DISC/Basis support to Everyone:

Thank you Tessa, that's a good tip!

09:34:21 From Tessa Snelgar to Everyone:

Pleasure!xx

09:35:19 From Amy Dobson (she/her) to Everyone:

me three Kathryn!

09:38:30 From Jennie to Everyone:

Is it possible to have copies of the slides after the conference?

09:38:54 From DISC/Basis support to Everyone:

PDFs of the slides will be uploaded to the conference webpage along with the recordings of the conference

09:39:55 From DISC/Basis support to Everyone:

Hi Carol, you might need to change your view to 'speaker view' so that you can see the presentation fully

09:40:17 From DISC/Basis support to Everyone:

View > speaker view in the top right corner of the screen

09:40:40 From Cathy Williams to Everyone:

What is the hashtag for twitter?

09:40:53 From DISC/Basis support to Everyone:

#DISC22

09:43:01 From Chantelle R-M to Everyone:

Is there anyway we can Have speakers on speaker view?

09:43:51 From Kathryn Stagg IBCLC to Everyone:

You set in on your own computer, see above

09:44:21 From DISC/Basis support to Everyone:

View > speaker view in the top right corner of the screen and you should be able to see the presentation fully

09:44:29 From Anne Jobling to Everyone:

On my screen there is a 'view' button at the top right hand corner. Clicking on that gives you an option of speaker view.

09:45:15 From Deborah Moore (She/Her) to Everyone:

Or click on the DISC video and 'pin video'

09:45:47 From Cathy Williams to Everyone:

Also, if you hover over the speaker's picture, and click on the three dots in the corner, you can select 'pin', and it keeps it centre front.

10:13:19 From Hilary English to Everyone:

Q Could you please tell us what the smokers were smoking?

10:14:52 From Jeanine Young to Everyone:

Smoking was tobacco cigarette smoking and we captured substance use and marihuana use separately

10:16:06 From Hilary English to Everyone:

Thank you Jeanine!

10:22:26 From susannelocal to Everyone:

Please can you explain a bit more about inclined sleep?

10:22:36 From DISC/Basis support to Everyone:

If you would like to ask a question for Jeanine please put it here in the chat starting with Q:

10:22:43 From Elaine Ainsworth (Safe at Home) to Everyone:

Thank you for the informative presentation . . . In the UK (Luton) we have worked with Stephanie Cowan and produced a similar programme to the NZ Through the Tube and it is known as Tubes of Life in partnership with Public Health and launched in 2016. It has been very successful and significantly helps to empower families to understand and follow safer sleep messages - the simple use of a visual tool is a great tool and we have produced a Practitioner Pack available to practitioners following a training session. We don't provide a Pepi Pod but we do share 3 core messages: Smoke Free / Breast Feb / Safe Sleep Environment 😊 More details of Tubes of Life is available on our website: [www.safeathomecip.org.uk](http://www.safeathomecip.org.uk)

10:23:26 From Anne Jobling to Everyone:

Thank you very interesting

10:23:38 From Sally Baddock (she/her) to Everyone:

congratulations Jeanine, a very comprehensive talk - and what an amazing portfolio of research.

10:23:45 From Kirsty Nicol to Everyone:

Thank you. That was a good listen and how respectful, caring and consensual approaches pay dividends

10:23:53 From Sarah Johnson to Everyone:

Q: I'd like to learn more about the crib with the "up and over" opening side, there was a brief photo. Thank you very much for an interesting talk.

10:25:26 From Carol Bartle to Everyone:

Thanks you Jeanine - excellent session. Very useful research

10:26:25 From Nikki to Everyone:

In Scotland they have a similar idea called the Baby Box, its made of cardboard with a firm fitted mattress. Given to families for free and very successful.

10:26:41 From Elizabeth.Parkes to Everyone:

I spotted the use of a tube in the slides Jeanine showed too, how does this work, it looks a like a really simple way to demonstrate the airway of a baby and safe sleep. Finally in terms of language, we often refer to safer sleep when speaking to parents as it seems less 'blaming' and seems to promise baby will be safe, I find it encourages inclusivity of parents participation.

10:27:49 From Elaine Ainsworth (Safe at Home) to Everyone:

Is there breathability with the pepi-pod? I know this was a big issue with Baby Boxes!

10:28:05 From Adele Paton to Everyone:

Q. Were there issues with settling babies? Did many babies and mums fall asleep breastfeeding in bed and not return baby to the pepi pods?

10:28:39 From Linzy to Everyone:

Suprising how many parents I meet who don't want to share a sleeping space due to worries about safety so then buy a cushioned sleep pod (such as sleepyhead) to put in the middle of the bed ! They don't seem to pick up on the safety issue associated with these products...

10:29:01 From Michelle Harvey to Everyone:

How about reflux babies?

10:29:32 From susannelocal to Everyone:

thank you

10:31:16 From Emma.Cronin-Preece to Everyone:

That's a really useful way of thinking about the language we use, using 'enabling language' with positive words such as 'breathe' instead of 'death' as this can help remember what they need to do rather than what not to do which can distract from the focus of what is needed. I also like the idea of using the 'gist' rather than complex detailed facts to help understanding and using sentences easier to remember that are 'catchy.'

10:32:22 From Sally Baddock (she/her) to Everyone:

we measured oxygen saturation of babies in a pepi-pod overnight in their home in NZ and found no difference in O2 sat between these babies and those in a standard bassinet - suggesting the babies were not exposed to rebreathing.

10:33:33 From Dr. Sabeen Adil to Everyone:

Thank you, Jeanine. This was excellent

10:33:58 From Nicky Clarke to Everyone:

gREAT PRESENTATION THANKS AND good luck with your work

10:44:49 From Ruth Tamir to Everyone:

Mothers are still absolutely confused - and still giving bottles of formula and dummies to settle the baby

10:45:19 From susannelocal to Everyone:

Yes and still get mixed messages.

10:46:36 From Ruth Tamir to Everyone:

Yes

10:47:38 From Jess Guy to Everyone:

Yes and still dangerous suggestions e.g. rice cereal in bottle for better sleep

10:49:07 From Ruth Tamir to Everyone:

That's why there are so many sleep 'gadgets' on the market to help babies sleep

10:53:27 From Kathryn Stagg IBCLC to Everyone:

Mums still saying that they haven't admitted to their health visitor that they are bed sharing because they know its not allowed. Lots of "please don't judge" comments etc.

10:54:05 From Deborah Moore (She/Her) to Everyone:

Always seeing 'please don't judge' on group posts

10:54:54 From Nikki to Everyone:

babies sleep is still seen as a 'problem' when its developmentally correct. We need to stop asking mums 'how's baby sleeping' and start asking mum 'how are you feeling about things right now?'

10:56:23 From susannelocal to Everyone:

Open conversations

10:57:23 From Barbara Childs Okehampton to Everyone:

Q- is there research on babies sleeping on mum's chest when mum sleeps in a more upright position? So many mums do it.

10:58:18 From DISC/Basis support 2 to Everyone:

Thank you Barbara, If you would like to ask a question please put it here in the chat starting with Q: or use the raised hand function and we will ask you to unmute 🙋

11:01:46 From Stella Parkin to Everyone:

<https://www.lullabytrust.org.uk/professionals/publications/>

11:01:56 From Tessa Snelgar to Everyone:

Good question Barbara, I've often wondered about this, it is so common

11:03:00 From Ruth Tamir to Everyone:

Absolutely

So many new babies refuse to settle on their backs in their side cot. They go into stress mode

11:04:15 From Tessa Snelgar to Everyone:

Even the side cot seems not to be close 'enough' for some little babies....thank god for the change in bed sharing guidance.

11:04:20 From Stella Parkin to Everyone:

Leaflets are free to download on The Lullaby Trust website.

11:04:39 From DISC/Basis support 2 to Everyone:

Thank you for sharing Stella

11:04:44 From Elaine Ainsworth (Safe at Home) to Everyone:

Language issues are often challenging when trying to have an open honest conversation with a new parent or expectant parent. Lullaby Trust are supporting this with by free online downloads of the Safer Sleep cards available in 24 different languages - this is a step in the right direction . . .

11:05:15 From Anne Jobling to Everyone:

Thank You Janette

11:05:56 From Emma.Cronin-Preece to Everyone:

Thank you, really good presentation. BFI has helped me articulate to HV Staff at their training, how to talk about this honestly and openly with families.

11:06:17 From Elaine Ainsworth (Safe at Home) to Everyone:

Lullaby Trust is doing a lot of research around pods and nests!

11:06:42 From Cheryl Pearce to Everyone:

There is also a text free animation to help with language barriers  
[https://youtu.be/RZA7\\_qpF2H0](https://youtu.be/RZA7_qpF2H0) on Lullaby Trust website  
<https://www.lullabytrust.org.uk/professionals/video-resources/>

11:07:15 From Stella Parkin to Everyone:

The Lullaby Trust Product Guide is a useful resource: <https://www.lullabytrust.org.uk/wp-content/uploads/The-Lullaby-Trust-Product-Guide-Web.pdf>

11:07:21 From Laura to Everyone:

Is there a point/age when it is safe for a prem baby to co-sleep?

11:09:59 From Cathryn to Everyone:

Dads/ partners often report baby sleeps well on their chest too.

11:11:45 From Deborah Moore (She/Her) to Everyone:

Q What is the extra vulnerability of a prem baby?

11:12:57 From Laura Brookes to Everyone:

The prem baby question is one that does need looking into, and ideally the language around that needs to become less negative - when I was co-sleeping with my ex-28-weeker I felt so guilty knowing he was at higher risk but my mental health was at significant risk due to sleep deprivation from him waking on average every 45 minutes for weeks/months on end

11:13:51 From Jenni Stoole (she/her) to Everyone:

France McGlone - can you share links to research your talking about?

11:14:01 From Jenni Stoole (she/her) to Everyone:

It's sounds very exciting

11:14:19 From DISC/Basis support to Everyone:

Hi Deborah, we know that perterm babies have higher rates of SIDS but we don't know why!

11:14:26 From Deborah Moore (She/Her) to Everyone:

Thankyou

11:15:27 From Ruth Tamir to Everyone:

The research makes absolute sense

11:15:43 From Dr. Sabeen Adil to Everyone:

Thanks all.

11:15:56 From Dr. Sabeen Adil to Everyone:

Love how Helen calls us "Zoomers" 😊

11:16:05 From susannelocal to Everyone:

Very interesting and seem to make total sense

11:18:04 From Kathryn Stagg IBCLC to Everyone:

I wish there was more research into preemies. I get asked this about twice a week I reckon! I usually suggest they look at all their personal risk factors, the health of the baby, behaviour of the baby etc and make an informed choice. But it has to be from them, we cannot say when or if it is safe.

11:18:15 From Francis McGlone - Liverpool to Everyone:

This is a good start <https://pubmed.ncbi.nlm.nih.gov/24853935/>

11:18:26 From Cathryn to Everyone:

Thanks Janette - really engaging and interesting.

11:22:13 From Jenni Stoole (she/her) to Everyone:

Thank you Francis

11:37:32 From Rachel Beasley to Zoom host(Direct Message):

Sorry about the interruption earlier i had another call on teams and got confused with my buttons

11:40:56 From Nicky Clarke IBCLC to Everyone:

Many thanks Jeanette, we have many of your issues in Ireland, especially since we lost the BFHI initiative in 2017. 😊

11:42:53 From Nicky Clarke IBCLC to Everyone:

Question to the DISC team , will we be able to get Certificates of attendance after the conference for our professional portfolios?? thanks

11:44:08 From Cordelia Uys to Everyone:

Did anyone catch the name of the study Jeanine Young spoke about, which showed a strong association between dummy usage and breastfeeding cessation?

11:46:02 From Nicky Clarke IBCLC to Everyone:

It was about her second study on predictors for BF- the slides should help on handouts ??

11:46:30 From Nicky Clarke IBCLC to Everyone:

study was about Awareness....

11:48:21 From DISC/Basis support 2 to Everyone:

Hi Nicky, yes you will be able to get certificates on the conference webpage

11:53:09 From DISC/Basis support to Everyone:

A reminder that the conference hashtag is #DISC22 if you want to tweet about the conference :)

11:54:15 From DISC/Basis support 2 to Everyone:

The conference webpage is available here and there's also a link in the email. We will send out another message when the speakers' talks are uploaded. This will take at least 48h

11:54:17 From DISC/Basis support 2 to Everyone:

<https://www.durham.ac.uk/research/institutes-and-centres/durham-infancy-sleep-centre/services/22nd-anniversary-conference-documents/>

11:54:38 From DISC/Basis support 2 to Everyone:

This has the certificate of attendance, feedback form, slides for the presentations and more

11:55:15 From DISC/Basis support 2 to Everyone:



Sorry, I should say the slides for the presentations will be uploaded at the same time as the recordings, a couple of days from now

12:07:53 From Helen Ball to Everyone:

The JHL paper is currently made open access for this conference

12:08:13 From Stella Parkin to Everyone:

Yes please to accessing the research Helen. Many thanks, Stella

12:08:57 From Nahia to Everyone:

Where can we have the Access? Thank you

12:09:29 From Helen Ball to Everyone:

<https://journals.sagepub.com/doi/epub/10.1177/0890334419851797>

12:39:35 From Sarah Johnson to Everyone:

I wonder if Basis might consider some C-sleeping examples where the mum doesn't look so cold?

12:40:21 From Ruth Tamir to Everyone:

And glamorous!!

12:40:38 From Cathy Williams (she/her) to Everyone:

Q: parents bed covers: I know parents who don't bedshare/breastfeed because they are doing it with no covers on and get too cold. What research is there about covers for parents, and shared covers?

12:41:03 From DISC/Basis support to Everyone:

That is a great idea Sarah, I know that many mums struggle with co-sleeping without covers!

12:41:46 From DISC/Basis support to Everyone:

We welcome any photos from co-sleeping families who would be happy to be added to our co-sleeping image bank

12:42:25 From Adele Paton to Everyone:

Great! who do they email?

12:42:33 From DISC/Basis support to Everyone:

[basis.online@durham.ac.uk](mailto:basis.online@durham.ac.uk)

12:42:56 From Caroline Zwierzchowska-Dod to Everyone:

Yes I talk to parents about considering a blanket wrapped under their legs so it doesn't cover baby and a card, but some images would be really useful as there's no research to point to I think.

12:43:40 From DISC/Basis support to Everyone:

If you would like to ask a question to Kathie please put it here in the chat starting with Q: or use the raised hand function 🙋 and we will ask you to unmute

12:44:16 From Elizabeth.Parkes to Everyone:

Thank you very informative.

12:44:28 From Anne Jobling to Everyone:

Thank you

12:44:57 From Sandy Doula ∞ she/her to Everyone:

love the honesty 😊

12:45:50 From Barbara Childs Okehampton to Everyone:

Wonderful talk. I learnt so much.

12:46:09 From susannelocal to Everyone:

Thank you, amazing talk.

12:46:17 From Emma.Cronin-Preece to Everyone:

Such a helpful presentation and interesting to hear the term breast sleeping

12:46:51 From Elaine Ainsworth (Safe at Home) to Everyone:

Good opportunity for manufactures to produce an adult sleep sack! And baby to be in own sleep sack . . .

12:46:52 From Cathy Williams (she/her) to Everyone:

With the safe C the parental arm holds the covers down

12:47:38 From Jo Glossop to Everyone:

I slept in adult sleeping back when bedsharing

12:47:39 From Kristin Tully to Everyone:

Might it be helpful to recommend the mom wear a sweater? To keep arms warmer and breasts available.

12:48:07 From Hannah Guzinska to Everyone:

It was suggested to me by a fellow breast sleeping mother to wear a dressing gown with the cord removed. Also seen mothers cut breast holes in an old jumper!

12:48:34 From Caroline Zwierzchowska-Dod to Everyone:

Cardi not card 😊 Bring back bed jackets!

12:49:44 From Elaine Ainsworth (Safe at Home) to Everyone:

Maybe zip-up adult onesies would be good, just unzip to feed!

12:49:46 From Cathy Williams (she/her) to Everyone:

Good to add discussion of covers and clothing to the conversation to help it to work.

12:49:57 From Kathryn Stagg IBCLC to Everyone:

I used to wear a hoody

12:49:57 From Caroline Cousens to Everyone:

You can buy adult sized cellular blankets

12:52:06 From Elaine Ainsworth (Safe at Home) to Everyone:

Many local authorities are concerned about what sleep messages they share as IF something goes wrong then they are ACCOUNTABLE!

12:52:53 From DISC/Basis support to Everyone:

The NICE guidelines highlight parental choice and open conversations so HCPs should be covered by that. I know it's a real concern but it's important that HCPs understand that the guidance supports open conversations

12:53:08 From Dr. Sabeen Adil to Everyone:

Hi Kathie. Thank you for this great talk. Q: Would the use of Pepi Pods and such ideas come under the definition of 'bed sharing' and thus the same risk factor rules apply?

12:53:27 From Sandy Doula ∞ she/her to Everyone:

This has been incredibly useful to reconfirm and update. Thank you

12:53:39 From DISC/Basis support to Everyone:

Dr Sabeen, I believe that pepi-pod and in-bed sleeping spaces would be 'co-sleeping' not bed-sharing

12:53:55 From Nicola to Everyone:

Perhaps a copy could be emailed to everyone after the conference?

12:53:56 From DISC/Basis support to Everyone:

Based on the definitions that we use at Basis

12:54:11 From Nicky Clarke IBCLC to Everyone:

many thanks great session.

12:54:15 From DISC/Basis support to Everyone:

We will add a link to the paper on the conference webpage

13:01:14 From Lisa Broderick to Everyone:

What is the website?

13:01:32 From DISC/Basis support 2 to Everyone:

<https://www.durham.ac.uk/research/institutes-and-centres/durham-infancy-sleep-centre/services/sleep-baby-and-you/>

13:02:20 From Kathie Marinelli to Everyone:

Thanks so much for your attention and interest! Happy to answer any other questions email kathleen.marnelli@cox.net

13:58:19 From DISC/Basis support to Everyone:

Welcome back everyone, just to remind you that our twitter hashtag is #DISC22 if you want to tweet about the conference

14:27:38 From Ruth Tamir to Everyone:

Very moving. I hear these stories about postnatal ward only too often

14:27:42 From Zoë (she/her) - The Sling Consultancy to Everyone:

Love that analogy

14:27:54 From Kristin Tully to Everyone:



14:28:06 From susannelocal to Everyone:

heart felt.

14:28:32 From Lynsey Williams - HDFT (Health) to Everyone:

Wow, very moving

14:28:46 From Orla to Everyone:

Can so resonate on a personal level to all this, so moving.

14:28:49 From Tessa Snelgar to Everyone:

Super moving.

14:28:55 From Nicky Clarke IBCLC to Everyone:

Holistic care is needed everywhere.

14:28:58 From Sue Jameson to Everyone:

Such an emotional presentation. Thank you Kristin for presenting the lived experiences of birthing situations. We all hear the stories and they are painful

14:29:07 From Maddie (she/her) to Everyone:

It is so deeply validating to hear this research and the genuine emotion and empathy in the delivery. Thank you!

14:29:21 From Hilary English to Everyone:

Q Were these interchanges fed back to the health care professionals concerned?

14:32:31 From Kristin Tully to Everyone:

Yes, we are actively engaged in sharing what we learn with leadership of this hospital and on a national level. Postnatal Patient Safety Learning Lab team members are medical directors at the

facility and collectively we engage with nursing staff, the unit nurse manager, the hospital director, and the system office of health equity. I'm working with the Agency for Healthcare Research and Quality in publications and with their conferences to change definitions of safety and establish accountability for it.

14:33:46 From Kristin Tully to Everyone:

We are also developing a curriculum for medical professionals on respectful, equitable, and supportive care, to build on the resident and other teaching colleagues and I do now.

14:33:46 From Kathie Marinelli to Everyone:

Great work Kristin. I am wondering--are these BFHI hospitals? Is there a difference between those that are and are not?

14:34:20 From Kristin Tully to Everyone:

The site where we filmed is North Carolina Women's Hospital, which is Baby-Friendly designated

14:34:24 From Zoë (she/her) - The Sling Consultancy to Everyone:

Lots of physiological differences too infants heart rate lower when closer (research showing this) cry less etc

14:35:29 From Zoë (she/her) - The Sling Consultancy to Everyone:

Even when actually asleep. There is a qualitative difference in infants when in contact sleep, at arms length or at end of bed

14:35:30 From Kristin Tully to Everyone:

I'm speaking now about BFHI as a critical standard...and there is much opportunity to support health care team members to engage in open, empathetic communication. We must train for that directly and assess competence.

14:36:15 From Kristin Tully to Everyone:

Also, it's critically important to understand the experience of offering care...nurses are not ok here. Neither are the midwives or physicians.

14:36:28 From Zoë (she/her) - The Sling Consultancy to Everyone:

Many systemic issues for sure. Even if BFHI doesn't mean it's good

14:37:23 From Kristin Tully to Everyone:

No one feels like this is patient-centered or dyad-centered care....and it's not physician-centered either, as I perhaps thought in the past. There's a lack of humanity in care. It's not serving anyone well. And much is addressable.

14:37:46 From Ruth Tamir to Everyone:

Has this important research been done in the U.K.?

14:38:07 From Kathie Marinelli to Everyone:

Oh I know. Just wondering if there is a difference between BFHI and non-BFHI hospitals. If BFHI hospitals are this bad, I shudder to think what those who have not had this training are doing...

14:38:54 From Zoë (she/her) - The Sling Consultancy to Everyone:

It could be better bfhi is tick hoc criteria it doesn't really recognise the human element

14:39:00 From Kristin Tully to Everyone:

Agree Dr. Marinelli. This research site is a leading institution with an Office of Health Equity. The need for more action here and broadly is urgent.

14:39:00 From Lisa Broderick to Everyone:

These numbers do not surprise me at all. Systemic misogyny in both the US and UK also plays a huge roll in this.

14:39:49 From DISC/Basis support 2 to Everyone:

If you would like to ask Kristin a question please put it here in the chat starting with Q: or use the raised hand function 🙋 and we will ask you to unmute.

14:40:12 From Zoë (she/her) - The Sling Consultancy to Everyone:

Amazing how in the WHO research on skin to skin they totally transformed nicus to be able to focus on on contact! (Published 2020) but needed engagement of all staff to the project

14:40:19 From Kristin Tully to Everyone:

Yes, and the burden is disproportionately felt. We intentionally partner with Black and also Spanish-speaking women, who have been most marginalized...to center for for them and thereby improve the quality of care for all.

14:41:03 From Zoë (she/her) - The Sling Consultancy to Everyone:

Nils Bergman suggests any separation is trauma and parents are the treatment. Need to treat them as a unit not individuals

14:41:58 From Kristin Tully to Everyone:

Yes, and skin to skin should continue after the first hours. We need to offer information about why physical contact is important and offer strategies to achieve that.

14:42:06 From Zoë (she/her) - The Sling Consultancy to Everyone:

Thank you

14:42:10 From Dr. Sabeen Adil to Everyone:



14:42:15 From Cathy Williams to Everyone:

Wonderful!

14:42:20 From Anne Jobling to Everyone:

Thank You

14:42:36 From Orla to Everyone:

Fantastic, thank you

14:42:53 From Zoë (she/her) - The Sling Consultancy to Everyone:

Love to see more slings and carriers in units

14:42:55 From Barbara Childs Okehampton to Everyone:

Thank you very much.

14:43:04 From Debbie Rogers to Everyone:

Thank you Kristin, very informative and really interesting :)

14:44:03 From Kathie Marinelli to Everyone:

Very nice work Kristin!

14:46:26 From Hilary English to Everyone:

Huge thanks to Kristin - and all the speakers

14:46:37 From Francis McGlone - Liverpool to Everyone:

This is well worth reading re the power of touch and our research into c-tactile afferents  
<https://www.jstor.org/stable/24946322>

14:46:39 From Debbie Rogers to Everyone:

Just makes me sad that the issues you have described in hospitals in the U.S are the same here in the U.K, I hope we can change this soon

14:46:42 From Nicky Clarke IBCLC to Everyone:

Many thanks great insights.

14:46:58 From maggie pringle to Everyone:

Thank you Kirstin, very moving presentation

14:47:19 From Kristin Tully to Everyone:

Thank you for your time. It's wonderful to be in community.

14:47:54 From Zoë (she/her) - The Sling Consultancy to Everyone:

Yes Francis :) super research! Why I love helping people to carry ❤️ it is so powerful

14:48:25 From Cathy Williams to Everyone:

Kirsten, what would a postnatal ward look like if you could design anything?

14:49:14 From Nicky Clarke IBCLC to Everyone:

We need to have mums on BFHI teams in the hospitals.

14:56:15 From Kristin Tully to Everyone:

Cathy - an ideal scenario would address what people need to know, feel, and have happen. With regards to information, we want people to come into labor, birth, and the 4th trimester with realistic expectations, confidence, and joy. That means postpartum information during prenatal care. We offer open-access, non-commercial tools for that on <https://newmomhealth.com/healthcare-teams> With regards to emotions, we are seeking authentic connection. That means a strength-based approach, with identifying what's working well from the birthing parent perspective and building on that. We should move from "screening and referral" to normalization and leading with resources, for challenges such as unmet diaper need. People should not to "admit" to have a problem to lead of coping strategies and people and programs available. And with regards care coordination, we should be inclusive and transparent...so people know what is happening, why, and what comes next on THEIR journey. We should center them.

15:06:54 From dearbhala to Everyone:

Q: Do the presenters have a view on suitable sleep environments in daycare centres. Is it appropriate for children under 12/16months to sleep in cots and then transition to sleep mats once they are ambulant. How can practitioners in a day care setting minimise the risk of SIDS

15:14:29 From Kathryn Stagg IBCLC to Everyone:

Q Is there any research around bottle feeding breast milk?

15:16:46 From Noelle to Everyone:

Is there any research around breast sleeping with nipple shields?

15:20:03 From Maddie (she/her) to Everyone:

It is more frequently suggested now that shared decision making is not the full solution. Actually, the clinician provides information - pros, cons and absolute research data - and the service user makes the decision themselves autonomously.

15:22:24 From susannelocal to Everyone:

<https://www.lullabytrust.org.uk/safer-sleep-advice/swaddling-slings/>

15:26:00 From Stella Parkin to Everyone:

<http://babyslingsafety.co.uk/>

15:26:44 From Jenni Stoole (she/her) to Everyone:

Q - what is the definition of sleep training in your resource. There's a lot of discussion about what is or isn't sleep training between parents

15:28:27 From Nicky Clarke IBCLC to Everyone:

Plenty of learning in this presentation and shows how collective working works well . Many thanks ladies.

15:28:37 From Lea.Geiger to Everyone:

Sleep training aims to increase the length of time infants sleep through the night without disturbance. Page 34

15:28:55 From Barbara Childs Okehampton to Everyone:



Many thanks for this.

15:28:57 From Jenni Stoole (she/her) to Everyone:

fabulous, thank you

15:29:05 From Anne Jobling to Everyone:

Thank You

15:31:11 From Kathie Marinelli to Everyone:

So interesting. The swaddling issue is a huge one. They sell so many devices and new parents buy them and tightly swaddle their infants. It is so scary!

15:31:13 From Lisa Broderick to Everyone:

Q: Can you but the website in the chat? Thank you

15:31:26 From Theresa Drozdowska to Everyone:

Lea and Lisa - could you please share the link to your resources here?

15:33:44 From Kathie Marinelli to Everyone:

These are some of the issues we have listed as research needs in the ABM protocol!

15:33:53 From Nicky Clarke IBCLC to Everyone:

Q Is there any relationship to how we sleep as babies as to how we sleep as adults??

15:34:19 From Theresa Drozdowska to Everyone:

Oh, thank you Kathie

15:34:50 From Kathie Marinelli to Everyone:

Quite Welcome Theresa!!

15:35:11 From Caroline Harrower(she/her) to Everyone:

<http://www.perinatalervicesbc.ca/health-professionals/professional-resources/indigenous-resources/safe-sleep-toolkit>

15:35:12 From Lisa Sutherland to Everyone:

<http://www.perinatalervicesbc.ca/health-professionals/professional-resources/health-promo/safer-sleep>

15:36:45 From Jeanine Young to Everyone:

For many of our families who have limited resources and experience the most vulnerability and have no option but to share sleep, I believe a discussion around how to make all shared situations safer is key, regardless of feeding type.

15:37:58 From Greer to Everyone:

We do need harm reduction for bottle feeding families - for limited resources and when babies will only sleep with contact regardless of feeding

15:41:36 From Theresa Drozdowska to Everyone:

Thank you - brilliant!

15:41:44 From Greer to Everyone:

Thank you!!!!

15:41:52 From Lea.Geiger to Everyone:

Thank you all.

15:42:16 From DMPNP24RF4YD to Everyone:

Such a great presentation. Thank you

15:42:19 From Allison Thambyrajah to Everyone:

Do e-cigarettes pose the same risks?

15:42:35 From susannelocal to Everyone:

Thank you

15:43:17 From Nicky Clarke IBCLC to Everyone:

Many thanks , great to hear the canadian experience matrchng the UK and USA in major principles

15:43:35 From Sue Jameson to Everyone:

really enjoying the day. Thanks to everyone .

15:45:29 From susannelocal to Everyone:

Sorry can you repeat the risks - smoking during in pregnancy still poses a risk after giving up?  
Sorry I missed that

15:45:51 From susannelocal to Everyone:

Still poses a risk after birth?

15:46:10 From DISC/Basis support 2 to Everyone:

Smoke exposure in-utero results in blunted arousal, so it's the smoking beofre

15:46:30 From DISC/Basis support 2 to Everyone:

Sorry, infants are intrisically vulnerable if they have been exposed to smoke in the womb

15:46:33 From Helen Ball to Everyone:

Yes, the studies that have been done on the effect of smoke exposure in pregnancy find babies are less arousable during sleep

15:46:54 From Helen Ball to Everyone:

This means less likely to wake in response to airway covering etc

15:47:06 From susannelocal to Everyone:

So bed sharing a risk.

15:47:21 From Helen Ball to Everyone:

They are vulnerable because they have a 'blunted arousal response'

15:47:26 From Allison Thambyrajah to Everyone:

and is that the same with e-cigarettes?

15:47:31 From susannelocal to Everyone:

even though they have given up. Thank you

15:47:33 From Kathie Marinelli to Everyone:

Yes. Bedsharing in the face of antenatal smoking exposure is a risk.

15:47:52 From Helen Ball to Everyone:

All sleep environments where they can get airways compromised

15:48:03 From Helen Ball to Everyone:

One of which is bedsharing

15:48:08 From Kathie Marinelli to Everyone:

It is included in the list of hazardous circumstances

15:48:24 From Sue Jameson to Everyone:

Delighted to see such strong messaging about antenatal exposure to smoke.

15:48:37 From Kathie Marinelli to Everyone:

Excuse the typing. Not enough caffeine yet!!

15:49:00 From Kathie Marinelli to Everyone:

My blunted typing response to early rising!

15:49:06 From Dr. Sabeen Adil to Everyone:

Thank you for this. How is antenatal smoking defined? Quantities/duration?

15:49:31 From susannelocal to Everyone:

Yes okay, I do understand the hazards and smoking but I was not aware of if a woman smoked during pregnancy and gave up it continues to be a risk.

15:49:36 From susannelocal to Everyone:

Thank you!

15:49:54 From Marianne Vanderveen-Kolkena to Everyone:

Aaah, how wonderful to see you, Jim!

15:50:46 From Kathie Marinelli to Everyone:

Sabeen I am not sure if it has been defined as per number of cigarettes/day. Helen-- thoughts?

15:51:21 From Lea.Geiger to Everyone:

You both haven't aged a bit - in my 28 years in this work and following your work!

15:51:42 From Marianne Vanderveen-Kolkena to Everyone:

You both have eternal life, no?! hahaha

15:51:59 From susannelocal to Everyone:

<https://saferpregnancy.org.uk/keeping-healthy-pregnancy/smoking-in-pregnancy>

15:52:01 From caroline smith to Everyone:

Please can everyone mute themselves so we don't get feedback from Jim

15:52:02 From Kathryn Stagg IBCLC to Everyone:

Someone is not muted

15:52:56 From Kathryn Stagg IBCLC to Everyone:



15:53:41 From Sarah Johnson to Everyone:



15:54:37 From Marianne Vanderveen-Kolkena to Everyone:

Early pont in her life! hahahaha

15:54:43 From Katherine Currie to Everyone:

Nicky BFC please could you mute

15:55:24 From Jo Aubrey to Everyone:

Inspirational for sure! Am I the only one trying to guess her age at the moment? :)

15:57:02 From Nicky BFC to Everyone:

Sorry guys

15:58:22 From Helen Ball to Everyone:

I came to Durham in 1992, aged 31....

15:58:58 From Jo Aubrey to Everyone:

I'll do the maths

15:59:46 From Kristi Conroy to Everyone:

Such a privilege to work in a time of McKenna and Ball!

16:00:43 From Marianne Vanderveen-Kolkena to Everyone:

Wow, great thinking: not ROOM-sharing, but PARENT-sharing! Love it.

16:02:08 From Tessa Snelgar to Everyone:

Helen I'm in public library and therefore cannot raise my hand to speak, but please could I clarify something? I am still advising, in accordance with the Lullaby Trust guidance, that "The safest place for your baby to sleep is a separate cot or Moses basket in the same room as you for the first 6 months, even during the day" .....is this correct, or is the Lullaby Trust guidance going to change soon?

<https://www.lullabytrust.org.uk/safer-sleep-advice/room-sharing/>

16:03:06 From Helen Ball to Everyone:

Hi Tessa - LT guidance changed in 2018 with the launch of the Safer Sleep for Babies materials jointly with Basis, Unicef etc

16:03:37 From Helen Ball to Everyone:

We now talk about a safe clear sleep space near to the caregiver.

16:04:14 From DISC/Basis support to Everyone:

<https://www.lullabytrust.org.uk/wp-content/uploads/Safer-sleep-for-babies-a-guide-for-parents-web.pdf>

16:05:03 From Lyndsay Mammias to Everyone:

I think it's interesting that the changed guidance hasn't filtered down yet to a lot of HCP's though and they are still often saying the old messages.

16:05:42 From Tessa Snelgar to Everyone:

Thank you Helen, I've taken that quote direct from the website, there appears to be a little contradiction, I will disseminate the renewed guidance but parents will see the quoted advice on the Lullaby website.

16:05:42 From Jenni Stooile (she/her) to Everyone:

I can't find on lullaby trust any mention of not co-sleeping if parent smoked during pregnancy - is it in their guidance or can I just not see it (i frequently miss what's right in front of me)

16:05:46 From caroline smith to Everyone:

It takes a generation or more, for messages to change

16:05:57 From Helen Ball to Everyone:

Yes, still a lot of dissemination to do on this. Babyfriendly accredited facilities should be getting the info through

16:05:59 From The Sling Consultancy to Everyone:

The study by Ranganath et al shows how sleep impacts heart rate looking at 3 groups sleeping together, at arms length and alone at end of bed and shows clear differences to infant regulation fascinating stuff!

16:06:35 From Helen Ball to Everyone:

Yes!

16:07:31 From DISC/Basis support to Everyone:

Jenni, there is a discussion about smoke exposure in utero in the safe sleep for babies leaflet

16:07:47 From Jenni Stoole (she/her) to Everyone:

fabulous, thank you!

16:08:08 From The Sling Consultancy to Everyone:

Recognises that "sleep" may look the same but is physiologically different and what is the energetic metabolic cost?! To the brain and impact on brain development

16:08:11 From susannelocal to Everyone:

<https://www.unicef.org.uk/babyfriendly/baby-friendly-resources/sleep-and-night-time-resources/caring-for-your-baby-at-night/>

16:08:51 From Emma Fernandez to Everyone:

our red book safer sleep page was updated in 2020 but still says place your baby to sleep in a separate cot or moses basket, we are a BFI accredited community trust too

16:09:54 From Kathie Marinelli to Everyone:

Helen you are younger than me...

16:09:55 From Jo Lederer to Everyone:

@The Sling Consultancy, so you have a link or just a title for that research?

16:10:29 From caroline smith to Everyone:

Risk avoidance V risk minimisation = paradigm shift

16:11:14 From Nicky Clarke IBCLC to Everyone:

I like that Caroline!

16:11:47 From caroline smith to Everyone:

And totally aligned with the way we work with parents = grounded in reality

16:11:54 From The Sling Consultancy to Everyone:

Yes it's on my laptop it's here on my social media

[https://www.instagram.com/p/CAGXQEvA8N2/?utm\\_medium=copy\\_link](https://www.instagram.com/p/CAGXQEvA8N2/?utm_medium=copy_link)

16:12:01 From Nicky Clarke IBCLC to Everyone:

Agree.

16:14:23 From Jeanine Young to Everyone:

yes, and opportunities for conversations are lost

16:14:28 From The Sling Consultancy to Everyone:

❤ absolutely and at what cost?! It's why we have so many issues in societies right now lack of compassionate humans due to not meeting infants needs

16:14:51 From The Sling Consultancy to Everyone:

Fundamentally it changes brain development

16:15:14 From susannelocal to Everyone:

And attachment altered potentially.

16:16:25 From The Sling Consultancy to Everyone:

Attachment is linked to brain development :) (I share the neuroscience behind carrying and attachment) physical contact is precursor to the psychological process of attachment

16:17:13 From Marianne Vanderveen-Kolkena to Everyone:

@Caroline: What to think about risk avoidance vs. health promotion? Salutogenesis is very much oriented not at avoiding risk (or even minimising them), but proactively seeking out what we know is healthy. If give a different focus to all kinds of behaviours, if you don't work from fear. <3

16:18:17 From Jeanine Young to Everyone:

the heart of evidence based medicine - best evidence, clinical experience aligned with patient values

16:18:34 From caroline smith to Everyone:

@Marianne: Really valid point. I need to think about now!

16:19:34 From Lindsay's Phone to Everyone:

My limited experience of NL vs UK sociality values is that NL is more comfortable with risk and childrearing. Interesting to think about how that might relate to the perinatal period

16:19:39 From The Sling Consultancy to Everyone:

Yes I love dorsa amirs ted talk is amazing at explaining this that cultural evolution is outpacing biology

16:19:51 From Marianne Vanderveen-Kolkena to Everyone:

:-) The work of Mittelmark on salutogenesis is amazing! There is a free handbook online (or at least it was freely available - can send, if you like).

16:20:04 From Jeanine Young to Everyone:

Completely agree - the Pepi-Pod Program is not about reducing risk of SUDI - it is about promoting and protecting baby - language is key

16:20:34 From Marianne Vanderveen-Kolkena to Everyone:

True, @Jeanine: patient values indispensable for EBP, according to Sackett!

16:24:28 From The Sling Consultancy to Everyone:

Christenson et al 1995 study shows this

16:24:44 From The Sling Consultancy to Everyone:

Crying ceased on immediate contact

16:26:37 From caroline smith to Everyone:

OMG, I am totally fan-girling over Jim. What an awesome guy 😊

16:26:42 From The Sling Consultancy to Everyone:

Yes fascinating, contact supports nervous system development, optimal development links with cortisol and oxytocin

16:26:57 From DISC/Basis support 2 to Everyone:

If you would like to ask a question please put it here in the chat starting with Q: or use the raised hand function 🙋 and we will ask you to unmute

16:27:07 From Maree Innes to Everyone:

Such a great end to the conference!!

16:27:11 From Sue Jameson to Everyone:

Salutogenesis - my new word of the week. And isn't there a statistic out there - author forgotten that suggests that research takes 13 years to translate into on the ground practice - this is why certain groups always seem to be ahead of the curve in changing practices in healthcare. The on- the - ground folks see the benefits of change faster,

16:27:18 From Marianne Vanderveen-Kolkena to Everyone:

@Caroline, so sweet isn't he?!

16:27:23 From Marianne Vanderveen-Kolkena to Everyone:

I love this man so much.

16:27:30 From The Sling Consultancy to Everyone:

Love nils Bergman's paper on nurturescience

16:27:31 From Anne Jobling to Everyone:

Thank you

16:27:38 From Sue Jameson to Everyone:

One of the greats is Dr James J

16:27:51 From Anne Jobling to Everyone:

Excellent Conference Thank You all

16:28:18 From Nicky Clarke IBCLC to Everyone:

Q is there any relationship to how we sleep as babies and how we end up sleeping as adults??

16:28:21 From Marianne Vanderveen-Kolkena to Everyone:



@Sue - hahaha... change takes ages most of the time, right?! Soooo frustrating, once you already see the need for change! hahahah

16:28:33 From AnnMarie Smith to Everyone:

Fantastic day. Thank you all for the excellent speakers and I cant wait to get the recording so I can watch it all again

16:28:45 From Tessa Snelgar to Everyone:

Me too AnnMarie!

16:28:54 From Marianne Vanderveen-Kolkena to Everyone:

@Nicky - good q! So much sleep medication! Must be something gone wrong, right?!

16:29:14 From Nicky Clarke IBCLC to Everyone:

Do we ever really learn?

16:29:42 From LLL Cork to Everyone:

Excellent conference I hope there is a recording that we will get a chance to view again. I love listening to Dr jim his work and research on babies is phenomenal

16:30:00 From The Sling Consultancy to Everyone:

I personally don't think we go far enough to discuss how important carrying is for all levels of development for both parents and infants and society! The attachment field doesn't the trauma field doesn't. Neuroscience doesn't sleep field doesn't. It's been ignored in the science. Seeing some research but not enough yet.

16:30:05 From Marion Jones to Everyone:

Thank you very much Helen and Infant Sleep Centre team for putting on such a fact packed, interesting event. Hosting a hybrid conference is awesome. Wow!

16:30:14 From Kathryn Stagg IBCLC to Everyone:

Thanks for a fabulous day, gotta go support an mum!

16:30:33 From The Sling Consultancy to Everyone:

I'm a carrying consultant so of course that's my perspective and a psychology graduate

16:30:49 From Micki Short to Everyone:

ye si would love to watch again

16:30:51 From Marianne Vanderveen-Kolkena to Everyone:

@TheSling: I just finished editing an article based on an interview with me, complaining about the Anthro curriculum not focussing on physiology!

16:31:14 From Jeanine Young to Everyone:

The neuroscience area is expanding rapidly and I think this is key.

16:31:27 From Barbara Childs Okehampton to Everyone:

Thanks for today. Been part of bedsharing/breastsleeping/ baby carrying community for 28 years. Glad that research is proving my instincts were correct. Thanks to the researchers for all your work.

16:31:31 From Marianne Vanderveen-Kolkena to Everyone:

Should be based on importance of attachment, too, indeed! True, Helen!

16:32:04 From Marianne Vanderveen-Kolkena to Everyone:

Breastsleeping is salutogenesis and trauma prevention!

16:32:19 From Marianne Vanderveen-Kolkena to Everyone:

Thus it is also prevention of societal trauma overall, I dare say.

16:32:20 From Dr. Sabeen Adil to Everyone:

Fangirling!!! Can you two just continue to talk to each other and we sit and listen 😊

16:32:21 From Zoë - The Sling Consultancy to Everyone:

Yes problem is everyone working in their labs and not enough cross field work

16:32:37 From Marianne Vanderveen-Kolkena to Everyone:

Hahahah, Dr. Sabeen! Agreed!

16:32:40 From Zoë - The Sling Consultancy to Everyone:

Totally agree Marianne

16:33:16 From Marianne Vanderveen-Kolkena to Everyone:

YEEEEAAAAH! Go, go, go, Jim! Love you!

16:33:24 From Jeanine Young to Everyone:

completely agree with you James

16:33:46 From Cara Jamieson to Everyone:

What a fantastic day. Been super interesting, both professionally and personally as I once again have a little baby in my arms and my bed. Thank you!

16:34:11 From Zoë - The Sling Consultancy to Everyone:

SIDS is the consequence of pushing biologies beyond capabilities love your work Helen and James!

16:34:13 From Marianne Vanderveen-Kolkena to Everyone:

HAhahaha!

16:34:21 From Cathy Williams to Everyone:

Thank you all so much. So interesting.

16:34:30 From Marianne Vanderveen-Kolkena to Everyone:

Soooo true! The world owes you so much, Jim! 😊

16:34:45 From Jeanine Young to Everyone:

Yes look at what you started Jim!

16:35:25 From Marianne Vanderveen-Kolkena to Everyone:

YEEAAAH! Switching the paradigm: not cosleeping is harmful!

16:35:40 From Zoë - The Sling Consultancy to Everyone:

Absolutely agree Francis we do not go far enough it is all linked

16:36:00 From Marianne Vanderveen-Kolkena to Everyone:

That is why I plea for not saying breastfeeding and all has advantages. It does not! It is the norm and deviating from it has risks!

16:36:19 From Emma Evans to Everyone:

One of my all time favourite days, have learnt a lot 😊

16:36:20 From Lisa Broderick to Everyone:

Woo Hoo! Love this!

16:36:26 From nicola.longstaff to Everyone:

Enjoyed today been very interesting, thankyou :)

16:36:30 From Lea.Geiger to Everyone:

<https://news.ubc.ca/2017/12/11/study-shows-touch-can-affect-their-genes-can-leave-traces-for-years/>

16:36:46 From Lea.Geiger to Everyone:

Well said Francis!

16:36:53 From Emma Evans to Everyone:

Could we have the link to that study please Francis?

16:37:01 From Lea.Geiger to Everyone:

<https://news.ubc.ca/2017/12/11/study-shows-touch-can-affect-their-genes-can-leave-traces-for-years/>

16:37:07 From Zoë - The Sling Consultancy to Everyone:

I think it is important to ask to consider the cost! What is the cost of not cosleeping? What is the cost of not carrying? It is why we have so many issues research of Dr Bruce Perry shows the first 8 weeks as being so key to brain development

16:37:20 From LLL Cork to Everyone:

So true not cosleeping is more harmful!

16:37:32 From Kathie Marinelli to Everyone:

Exactly! I was about to say the same. We are still stuck as a society with saying the "benefits" of breastfeeding...makes me crazy. We need to shift the paradigm to these behaviors as normal--and the others as the risks!! Help us all do this!!

16:37:34 From Zoë - The Sling Consultancy to Everyone:

And that's individual and collective and societal what is the cost

16:37:35 From Jenni Stooile (she/her) to Everyone:

Q - Does anyone have any guidance on how to mitigate damage caused in infancy due to WEIRD practices, or remedial actions? I know we can't rewire an older child's brain necessarily, but how can we soften the effects of sub-optimal care practices in infancy?

16:37:35 From Marianne Vanderveen-Kolkena to Everyone:

Agree, @Zoë, although it should not only be about the money.

16:37:41 From Nicky Clarke IBCLC to Everyone:

Great day, and good to see more people talking and sharing their views on this topic., thanks to all presenters and DISC

16:37:52 From Cathy Williams to Everyone:

Q: what interesting avenues of infant sleep research is in the pipeline? around the world

16:37:59 From Sue Jameson to Everyone:

Sadly, Francis when we go on the offensive we get shut down as those lactivist/co sleeping nuts

16:38:04 From Zoë - The Sling Consultancy to Everyone:

Jenni the brain is always plastic there is always potential for change

16:38:12 From Lindsay's Phone to Everyone:

My plant biologist partner agrees with you re epigenetics Jim

16:39:21 From Marianne Vanderveen-Kolkena to Everyone:

A quick summary of all the change needed! hahahahahhahah

16:39:22 From Zoë - The Sling Consultancy to Everyone:

Stop giving "advice" give information

16:39:40 From Marianne Vanderveen-Kolkena to Everyone:

YES, Zoë, always information! People decide for themselves!

16:39:48 From Zoë - The Sling Consultancy to Everyone:

Stop taking power away from parents give it back to them to make choices

16:39:56 From Marianne Vanderveen-Kolkena to Everyone:

I translated Jim's book in that way, bf as the norm!

16:40:10 From brigitaweiss to Everyone:

Agreed

16:40:35 From Marianne Vanderveen-Kolkena to Everyone:

That is good science: starting from the norm and indicating the risk of deviation from that norm.

16:40:53 From Marianne Vanderveen-Kolkena to Everyone:

It even changes the numbers: halving the risk is DOUBLING the risk in the other direction!

16:41:13 From Marianne Vanderveen-Kolkena to Everyone:

50% reduction by bf is 100% increase by NOT bf!

16:41:37 From Zoë - The Sling Consultancy to Everyone:

Drop the egos is what I would say to clinicians stop thinking you know it all. Be open and curious to learning

16:41:59 From Marianne Vanderveen-Kolkena to Everyone:

Zoë, I want to get to know you: so agree with you! hahaha

16:42:31 From Marianne Vanderveen-Kolkena to Everyone:

hahhahahahahaha

16:42:39 From Marianne Vanderveen-Kolkena to Everyone:

Good allies you have indeed, Helen!

16:42:43 From Nicky Clarke IBCLC to Everyone:

Well said Jim for us all 🍷

16:43:15 From Jenni Stoole (she/her) to Everyone:

That is so difficult when you're the first person a parent has met who isn't presenting breastfeeding as beneficial, but as alternatives carrying risks

16:44:40 From Sue Jameson to Everyone:

Yes indeed Jenni

16:45:16 From Katina - Mamma Knows to Everyone:

Thank you so much - What a fantastic day again xx

16:45:28 From caroline smith to Everyone:

Awesome day - thank you so much

16:45:28 From Barbara Childs Okehampton to Everyone:

Brilliant day!

16:45:30 From Debbie Rogers to Everyone:

Thank you for a great day

16:45:30 From Stella Parkin to Everyone:

Thank you Helen.

16:45:31 From Lindsay's Phone to Everyone:

Thank you speakers and organisers

16:45:34 From Jo Aubrey to Everyone:

Thanks so much

16:45:38 From Nicky Clarke IBCLC to Everyone:

Thanks everyone.

16:45:41 From Zoë - The Sling Consultancy to Everyone:

Thank you all

16:45:42 From brigitaweiss to Everyone:

Thank you everyone

16:45:43 From Helen Hibbard to Everyone:

Thank you for a very interesting and informative day.

16:45:44 From maggie pringle to Everyone:

Thank you all!!!

16:45:47 From susannelocal to Everyone:

Fabulous day - thank you.

16:45:49 From Kathie Marinelli to Everyone:

Policy guides practice. If you can change policy as has happened in the UK, it makes it easier for clinicians to practice appropriately.

16:45:53 From Orla to Everyone:

Thanks everyone.

16:45:56 From L.Tattersall to Everyone:

Thank you for today everyone.

16:45:59 From Dr. Sabeen Adil to Everyone:

Thank you everyone. It was such a privilege and an honor to share the space with all you wonderful people. 😊

16:46:03 From DMPNP24RF4YD to Everyone:

Such a great day. Thanks to all of you

16:46:06 From Marianne Vanderveen-Kolkena to Everyone:

So nice to hear you all! Wonderful to 'see' you, Helen and Jim! Such good memories of both of you, in Durham and Jim in Prague in 2019!

16:46:07 From youngp to Everyone:

Thankyou all very much, thought provoking and interesting day .

16:46:08 From Noelle to Everyone:

Thanks for a fantastic day.

16:46:09 From Emma Evans to Everyone:

Thank you what an amazing day

16:46:10 From Aayesha- Leicester Mammass to Everyone:

Thankyou very much to Helen, the team and all the speakers

16:46:10 From Aleksandra Dackiewicz to Everyone:

Thank you very much.

16:46:12 From 7100411 to Everyone:

Excellent and very interesting day. Thanks you

16:46:14 From Meghan Saffery to Everyone:

Thank you so much everyone! 🤝🤝🤝

16:46:19 From Lea.Geiger to Everyone:

You all are making a difference - keep it up!

16:46:20 From Caroline Mackie to Everyone:

Thank-you.

16:46:27 From Cordelia Uys to Everyone:

So much fascinating and useful information. Thank you!

16:46:30 From Lesley Crawford to Everyone:

Thanks everyone, such an informative day!

16:46:31 From Naomi Hurley to Everyone:

Thank you everyone!

16:46:34 From Anna Chavez to Everyone:

Thank you, an inspiring day!

16:46:39 From Hilary English to Everyone:

As always, a superb day - just wish I'd been able to be there in person. Thank you very much. 🤝🤝🤝

16:46:40 From Cheryl Thomson to Everyone:

Thank you all involved

16:46:42 From Kathie Marinelli to Everyone:

Thank you for having me Helen and everyone at Durham!!

16:46:56 From Julie.Chapman to Everyone:

Thankyou so much for a very informative day 😊

16:46:59 From Tessa Snelgar to Everyone:

Thank you so much! A wonderful day of learning and sharing. I feel inspired and fired up.

16:46:59 From Kathie Marinelli to Everyone:

Can you send some prosecco through the wires??

16:47:01 From Kirsty Nicol to Everyone:

Such a valuable day. So good to have our personal batteries recharged by hearing emphasis on so much we may find ourselves repeating in isolation.

Thank you

16:47:02 From Debbie Rogers to Everyone:

WHAT?? Prosecco??? gutted!!!

16:47:14 From Marianne Vanderveen-Kolkena to Everyone:

Take care, Jim; hope you are well!

16:47:16 From Emma.Cronin-Preece to Everyone:

Thank you :)

16:47:16 From Lyn Robinson-Smith to Everyone:

Thank you for a great day, sorry I was unable to be there in person.

16:47:26 From Tracy Thornton to Everyone:

Thank you

16:47:31 From Maddie (she/her) to Everyone:

Thanks for a wonderful day!

16:47:31 From Marianne Vanderveen-Kolkena to Everyone:

Thanks!

16:47:31 From linda to Everyone:

Thankyou

16:47:32 From Tessa Snelgar to Everyone:

Have a wonderful celebration.

16:47:38 From Eileen Hahn to Everyone:



Thank you

16:47:38 From Louise B to Everyone:

Thank you

16:47:39 From AnnMarie Smith to Everyone:

Hopefully we can get together next year

16:47:42 From Sally Goodwin-Mills to Everyone:

Thanks you :)

16:47:43 From LLL Cork to Everyone:

Thank you

16:47:44 From Wendy Hughes to Everyone:

Thank you!

16:47:44 From Laine Perks to Everyone:

Brilliant 😊

16:47:46 From Sarah Ladds to Everyone:

Thank you

16:47:49 From Nicola Mitchell to Everyone:

This has been a truly inspirational day and I will take what I have learned back to my manager and my team and start adopting the new terminology. Thank you to all the speakers and those involved to arrange today's conference.

16:47:51 From Zoe.Gibson to Everyone:

Thank you. Very informative day.

16:47:52 From Lorraine to Everyone:

Thank you

16:48:03 From Hazel Porter to Everyone:

Thank you

16:48:07 From Jacqui Kennedy to Everyone:

Really, really interesting day. Thank you.

16:48:11 From Lynsey Williams - HDFT (Health) to Everyone:

Excellent conference, thank you

16:48:20 From Elizabeth.Parkes to Everyone:

Thank you everyone, especially Jim x

16:48:35 From Julia to Everyone:

Truly inspirational, thank you

16:49:17 From JDoble to Everyone:

Thank you