



CAPEA

Childbirth and Parenting
Educators of Australia inc

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FULL PROGRAM

NATIONAL CONFERENCE

6-8 NOVEMBER 2025

NEWCASTLE

#CAPEA2025

TAKING CHILDBIRTH AND PARENTING
EDUCATION TO NEW HEIGHTS

DAY ONE - THURSDAY 6 NOVEMBER

Program subject to change.

PRE-CONFERENCE WORKSHOPS

For an additional fee, there is a choice of pre-conference workshops. Pre-registration is required as spaces are limited.

14:00 - 15:30

The Unspoken Role of Attachment Trauma in Birth Trauma

Fiona Rogerson, Perinatal and Trauma Counsellor, Childbirth Educator, Clinical Supervisor, Fiona Rogerson, Perinatal and Trauma Counselling

15:30 - 17:00

Soothing Beginnings: Baby Massage for Infant Sleep, Colic Relief, and Parent Confidence

Dr Elizabeth Rigg, President, CAPEA and **Rebecca Clark**, Founder, The Fern Unfurled

14:00 - 17:00

The Future Is Now: "Birthing" AI in Childbirth and Parenting Education

Dr Paul Cooper, Consulting Director, Longboardfella Consulting Pty Ltd

17:00 - 19:00

Welcome Reception

Join us harbourside at the Queens Wharf Hotel, for drinks and canapes, and catch-up with CAPEA members and guests from across Australia. Tickets included in your registration.

DAY TWO - FRIDAY 7 NOVEMBER

Program subject to change.

7:30 - 8:00

Registration

8:00 - 8:15

Opening Address:

Aunty Cheryl Yaramun, Welcome to Country

Dr Elizabeth Rigg, President of Childbirth and Parenting Educators of Australia (CAPEA)

8:15 - 9:15

Keynote:

Dr Paul Cooper, Consulting Director, Longboardfella Consulting Pty Ltd

Let's CHAT about parenting education: AI is transforming how we teach and learn

9:15 - 10:15

Keynote:

Amy Dawes OAM, Founder, CEO and Director, Birth Trauma Australia

Your Birth, Your Voice: Amplifying lived experience to improve maternity care

10:15 - 10:45

Morning Tea Break

10:45 - 11:15

Plenary:

Fiona Rogerson, Perinatal and Trauma Counsellor, Childbirth Educator, Clinical Supervisor,
Fiona Rogerson, Perinatal and Trauma Counselling

Understanding birth trauma through the lens of Polyvagal Theory

DAY TWO - FRIDAY 7 NOVEMBER

Program subject to change.

11:15 - 11:45

Plenary:

Associate Professor Rakime Elmir, Associate Professor of Midwifery, Western Sydney University

Culturally respectful maternity care

11:45 - 12:30

Plenary Panel:

Sarah Edwards, Perinatal Psychologist, Keeping Mum Psychology

Dr Bronwyn Leigh, Director and Founder, Perinatal Training Centre and Centre for Perinatal Psychology

Jillian Ryan, Registered Nurse-Midwife, IBCLC; The Sensitive Midwife, WA Country Health Service

Elly Taylor, Perinatal Relationship Consultant, Author, Trainer

Perinatal care that accommodates neurodivergent parents and their path to parenthood

12:30 - 13:30

Lunch Break

DAY TWO - FRIDAY 7 NOVEMBER

Program subject to change.

CONCURRENT SESSIONS

13:30 - 13:50

DIVERSITY & INCLUSION

Ballroom 1

Vena Beetson,
Triple P
International

Bridging Culture and Evidence:
Unlocking the Full Potential of Parenting Programs in Australia

BIRTH

Ballroom 2

Alison Canty,
Western Sydney University

Interpregnancy Interval Planning after caesarean

RESILIENCE IN PARENTING

Ballroom 3

A/Professor Elaine Burns,
Western Sydney University

"I didn't want to face the world": Proactive social support for new mothers with vulnerabilities

INTERACTIVE WORKSHOP

Dobell Room

Rebecca Cefai,
Growing Gently Psychology

Supporting Autistic & ADHD Women in perinatal settings

INTERACTIVE WORKSHOP

Eve Room

Tracey Anderson-Askew,
Transform Parenting

Making learning engaging, relevant, meaningful and lasting

13:50 - 14.10

Dr Glenys Frank,
University of Canberra

The right to health and childbirth education for pregnant women seeking asylum in Australia

Jen Laurie,
Her Herd Podcast

From Story to Strategy: Elevating Rural Voices in the Evolution of Birthing Care

Alanna Philipson,
Children's Health Queensland

Strengthening parental confidence and resilience with Connecting2u

DAY TWO - FRIDAY 7 NOVEMBER

Program subject to change.

CONCURRENT SESSIONS

14:10 - 14:30

DIVERSITY & INCLUSION

Ballroom 1

Sarah Edwards,
Keeping Mum
Psychology and
Liana Quinlivan,
Day Dot Midwifery

Supporting
undiagnosed
Autistic & ADHD
women across
pregnancy, birth &
early parenting; a
clinical case

BIRTH

Ballroom 2

Catherine Craggs,
Western Health

Evaluating
antenatal
education
programs for
improving birth
outcomes and
consumer
satisfaction with
their birth
experience

RESILIENCE IN PARENTING

Ballroom 3

Melissa Redsell
OAM, A Brave Life

The psychological
wellbeing of young
mothers

INTERACTIVE WORKSHOP

Dobell Room

A/Professor
Rakime Elmir,
Western Sydney
University,
A/Professor Alka
Kothari, University
of Queensland,
Redcliffe Hospital
and Steven
Kennedy,
Prepared Dad
Foundation

Enhancing service
delivery for
fathers: An
interactive
educative
approach to
support maternity
clinicians

INTERACTIVE WORKSHOP

Eve Room

Dr Lynne Staff,
University of
Tasmania

Navigating the
Changing
Landscape of
Birthing Practices

14:30 - 14:50

Oceane
Campbell,
NSW Health

"Labour of Love:
Birth stories that
embrace diversity
and inclusion

Rebecca Clark
and Kylie Hodges,
Canberra Health
Services

Using the BRAIN
to make decisions
in pregnancy,
birth and beyond!

Elly Taylor,
Becoming Us

Nesting, Resting
and Bonding -
Holding Families
While Everything
Changes

DAY TWO - FRIDAY 7 NOVEMBER

Program subject to change.

CONCURRENT SESSIONS

14:50 - 15:10

DIVERSITY & INCLUSION Ballroom 1

Julia Morgan,
Baby Makes 3

Disrupting the Default: Reshaping Childbirth and Parenting Education Through an Intersectional Lens

BIRTH Ballroom 2

Jane Palmer,
Westmead Hospital

Enhancing Childbirth Education through the Birth Map: A Feasibility Study

RESILIENCE IN PARENTING Ballroom 3

Tracey Anderson Askew,
Transform Parenting

Transform Parenting as a model of education, support and community for the emerging family

INTERACTIVE WORKSHOP Dobell Room

Continued.... A/Professor Rakime Elmir and Steven Kennedy

Enhancing service delivery for fathers

ELEVATING STANDARDS Eve Room

Angela Green and Alison Summerville,
John Hunter Hospital

The Role of Weekly Birth & Parenting Education in Mental Health Improvement

15:10 - 15:40

Afternoon Tea Break

15:40 - 16:20

Keynote:

Dr Kath Brundell, Senior Lecturer in Midwifery
La Trobe University, School of Nursing and Midwifery

Taking childbirth education to new heights: Collaborating in a tertiary education environment

DAY TWO - FRIDAY 7 NOVEMBER

Program subject to change.

16:20 - 16:30

Plenary:

Dr Elizabeth Rigg, President of Childbirth and Parenting Educators of Australia (CAPEA)

From Vision to Impact: CAPEA's leadership and momentum

16:30 - 17:00

Plenary:

Dr Elizabeth Rigg, President of Childbirth and Parenting Educators of Australia (CAPEA)

CAPEA AGM

**from 18:00
till late**

Conference Dinner: Sparkle and Soar

Join us early at Noah's on the Beach for drinks and to watch the sunset. Dinner and entertainment will follow from 7pm till late. Get your sparkly glad rags ready to dance the night away!

Tickets only \$99

DAY THREE - SATURDAY 8 NOVEMBER

Program subject to change.

6:45 - 7:30

Yoga

8:00 - 8:30

Coffee with Exhibitors

8:30 - 8:45

Welcome to Day Three

8:45 - 9:15

Keynote:

The Hon. Emma Hurst MLC, Member, Chair of NSW Inquiry into Birth Trauma Inquiry

Beyond the Birth Trauma Inquiry: Ensuring Real Change in Maternity Care in NSW

9:15 - 10:15

Keynote:

Dr Hazel Keedle, Senior Lecturer of Midwifery, School of Nursing and Midwifery, Western Sydney University

Supporting women planning a vaginal birth after caesarean (VBAC)

10:15 - 10:45

Morning Tea Break

DAY THREE - SATURDAY 8 NOVEMBER

Program subject to change.

10:45 - 11:15

Plenary:

Dan Repacholi MP, Member for Hunter and Men's Health Advocate

Men's Health in the perinatal period

11:15 - 11:45

Plenary:

Associate Professor Richard Fletcher, Director, SMS4dads

Craig Hammond, Indigenous Lead, SMS4DeadlyDads

Building Aboriginal and Torres Strait Islander fathers parenting skills

11:45 - 12:45

Keynote:

Dr Nicole Highet, Founder and Executive Director, COPE: Centre of Perinatal Excellence

Melissa Grant, Chief Operating Officer, COPE: Centre of Perinatal Excellence

Digital perinatal mental health screening across Australia: Outcomes, lessons and future opportunities

12:45 - 13:45

Lunch Break

DAY THREE - SATURDAY 8 NOVEMBER

Program subject to change.

CONCURRENT SESSIONS

13:45 - 14:05

14:05 - 14:25

DIVERSITY & INCLUSION Ballroom 1

Tanya Cawthorne,
Lamaze Australia

Welcoming All Educators: A Pathway to Inclusion through Lamaze Childbirth Educator Training

Carla Anderson,
Perinatal Child and Family Hub

Integrating psychological skills into perinatal healthcare for Midwives and Child Health Nurses

RESILIENCE IN PARENTING Ballroom 2

Dr Charise Deveney and Jade Forster, The Let's Talk Psychology Practice

Sparkle Club for Mums

Helen Gunter,
SCUH Community Child Health Nambour

SCHHS project: Connecting Dads: Connecting families, Improving culture

INTERACTIVE WORKSHOP Ballroom 3

Rachel Reid,
Family Diversity and Inclusion Coordinator, Rainbow Families

Diversity and Inclusion for Rainbow Families: Meeting the needs of Queer and Gender Diverse Parents

INTERACTIVE WORKSHOP Dobell Room

Michelle French,
John Hunter Hospital

Before, During and Beyond: Navigating Pelvic Floor Changes in the Perinatal Period

INTERACTIVE WORKSHOP Eve Room

A/Professor Richard Fletcher, SMS4dads and **Dr Bronwyn Leigh,** Centre For Perinatal Psychology

SMS4dads in illustrations: A collaboration between Speaking for the Baby and SMS4dads

DAY THREE - SATURDAY 8 NOVEMBER

Program subject to change.

CONCURRENT SESSIONS

14:25 - 14:45

14:45 - 15:05

DIVERSITY & INCLUSION Ballroom 1

Jillian Ryan,
The Sensitive
Midwife

Beneath the
Latch: Inclusive
and Affirming
Education and
Care for
Neurodivergent
Families

**Dr Bronwyn
Leigh,**
Centre For
Perinatal
Psychology

Supporting
Vulnerabilities of
Autistic and ADHD
Folk

RESILIENCE IN PARENTING Ballroom 2

Rebecca Clark,
The Fern
Unfurled

Holistic Infant
Sleep Support:
Tailoring
Strategies to
Family Values and
Infant Needs

Sophie Hadlow,
YFER Youth and
Family Education
Resources

Strengthening
Parenting through
Infant Massage
and Education

INTERACTIVE WORKSHOP Ballroom 3

**Continued....
Rachel Reid**

Diversity and
Inclusion for
Rainbow Families:
Meeting the
needs
of Queer and
Gender Diverse
Parents

INTERACTIVE WORKSHOP Dobell Room

**Professor
Shahla Meedya,**
Western Sydney
University

Using the Milky
Way Breastfeeding
App as an
innovative,
acceptable and
usable resource

INTERACTIVE WORKSHOP Eve Room

Catherine Bell,
The Birth Map

The Game of
Birth: a tool for
childbirth
education

DAY THREE - SATURDAY 8 NOVEMBER

Program subject to change.

CONCURRENT SESSIONS

15:05 - 15:25

DIVERSITY & INCLUSION Ballroom 1

Steven Kennedy,
Prepared Dad
Foundation

Building Birth
Culture for Dads

ELEVATING STANDARDS Ballroom 2

Susan Rebolledo,
Tresillian

Understanding
and utilising the
Blue Book (my
personal health
record)

RESILIENCE IN PARENTING Ballroom 3

Dr Louise Wightman,
MCAFHNA

Recent research
into child and
family health
nursing practice:
National
collaboration
opportunities

ELEVATING STANDARDS Dobell Room

Dr Sarah Goffin,
Sanofi

RSV Prevention in
Australia:
Optimising the
Protection of All
Infants from RSV

ELEVATING STANDARDS Eve Room

Dr Karen McLaughlin,
Western Sydney
University/
Western Sydney
Local Health
District

The Asthma in
Pregnancy Toolkit

15:25 - 15:45

Afternoon Tea Break

15:45 - 16:15

Plenary:

Emily Hills and Lindsay Hardy, Co-authors and Co-founders, Sensory Beginnings

Sensory Beginnings: Enhancing infant development through everyday interactions

16:15 - 16:30

Closing Address