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# FULL PROGRAM

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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	<b>The Unspoken Role of Attachment Trauma in Birth Trauma</b>	<b>Fiona Rogerson</b> , Perinatal and Trauma Counsellor, Childbirth Educator, Clinical Supervisor, Fiona Rogerson, Perinatal and Trauma Counselling
15:30 - 17:00	<b>Soothing Beginnings: Baby Massage for Infant Sleep, Colic Relief, and Parent Confidence</b>	<b>Dr Elizabeth Rigg</b> , President, CAPEA and <b>Rebecca Clark</b> , Founder, The Fern Unfurled
14:00 - 17:00	<b>The Future Is Now: "Birthing" AI in Childbirth and Parenting Education</b>	<b>Dr Paul Cooper</b> , Consulting Director, Longboardfella Consulting Pty Ltd
17:00 - 19:00	<b>Welcome Reception</b> 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**

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8:00 - 8:15

**Opening Address:**

**Uncle Ray Smith**, Welcome to Country

**Helen Funk and Sue Spencer**, Co-convenors of Childbirth and Parenting Educators of Australia (CAPEA)

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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

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9:15 - 10:15

**Keynote:**

**Rhiannah Pohlman**, Lead Peer Facilitator & Social Media Manager, Birth Trauma Australia

Reclaiming Birth: Lived Experience, Peer Support, and the Power of Informed Consent in Preventing Birth Trauma

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10:15 - 10:45

**Morning Tea Break with Exhibitors**

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

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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

**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	DIVERSITY & INCLUSION Ballroom 1	BIRTH Ballroom 2	RESILIENCE IN PARENTING Ballroom 3	INTERACTIVE WORKSHOP Dobell Room	INTERACTIVE WORKSHOP Eve Room
13:30 - 13:50	<p><b>Vena Beetson,</b> Triple P International</p> <p>Bridging Culture and Evidence: Unlocking the Full Potential of Parenting Programs in Australia</p>	<p><b>Alison Canty,</b> Western Sydney University</p> <p>Interpregnancy Interval Planning after caesarean</p>	<p><b>A/Professor Elaine Burns,</b> Western Sydney University</p> <p>"I didn't want to face the world": Proactive social support for new mothers with vulnerabilities</p>	<p><b>Rebecca Cefai,</b> Growing Gently Psychology</p> <p>Supporting Autistic &amp; ADHD Women in perinatal settings</p>	<p><b>Tracey Anderson-Askew,</b> Transform Parenting</p> <p>Making learning engaging, relevant, meaningful and lasting</p>
13:50 - 14.10	<p><b>Dr Glenys Frank,</b> University of Canberra</p> <p>The right to health and childbirth education for pregnant women seeking asylum in Australia</p>	<p><b>Jen Laurie,</b> Her Herd Podcast</p> <p>From Story to Strategy: Elevating Rural Voices in the Evolution of Birthing Care</p>	<p><b>Alanna Philipson,</b> Children's Health Queensland</p> <p>Strengthening parental confidence and resilience with Connecting2u</p>		

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CONCURRENT SESSIONS	DIVERSITY & INCLUSION Ballroom 1	BIRTH Ballroom 2	RESILIENCE IN PARENTING Ballroom 3	INTERACTIVE WORKSHOP Dobell Room	INTERACTIVE WORKSHOP Eve Room
14:10 - 14:30	<p><b>Sarah Edwards,</b> Keeping Mum Psychology <b>and Liana Quinlivan,</b> Day Dot Midwifery</p> <p>Supporting undiagnosed Autistic &amp; ADHD women across pregnancy, birth &amp; early parenting; a clinical case</p>	<p><b>Catherine Craggs,</b> Western Health</p> <p>Evaluating antenatal education programs for improving birth outcomes and consumer satisfaction with their birth experience</p>	<p><b>Melissa Redsell OAM,</b> A Brave Life</p> <p>The psychological wellbeing of young mothers</p>	<p><b>A/Professor Rakime Elmir,</b> Western Sydney University, <b>A/Professor Alka Kothari,</b> University of Queensland, Redcliffe Hospital <b>and Steven Kennedy,</b> Prepared Dad Foundation</p> <p>Enhancing service delivery for fathers: An interactive educational approach to support maternity clinicians</p>	<p><b>Dr Lynne Staff,</b> University of Tasmania</p> <p>Navigating the Changing Landscape of Birthing Practices</p>
14:30 - 14:50	<p><b>Oceane Campbell,</b> NSW Health</p> <p>"Labour of Love: Birth stories that embrace diversity and inclusion"</p>	<p><b>Rebecca Clark and Kylie Hodges,</b> Canberra Health Services</p> <p>Using the BRAIN to make decisions in pregnancy, birth and beyond!</p>	<p><b>Elly Taylor,</b> Becoming Us</p> <p>Nesting, Resting and Bonding - Holding Families While Everything Changes</p>		

# DAY TWO - FRIDAY 7 NOVEMBER

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CONCURRENT SESSIONS	DIVERSITY & INCLUSION	BIRTH	RESILIENCE IN PARENTING	INTERACTIVE WORKSHOP	ELEVATING STANDARDS
	Ballroom 1	Ballroom 2	Ballroom 3	Dobell Room	Eve Room
14:50 - 15:10	<p><b>Julia Morgan and Emma White</b> Baby Makes 3</p> <p>Disrupting the Default: Reshaping Childbirth and Parenting Education Through an Intersectional Lens</p>	<p><b>Jane Palmer,</b> Westmead Hospital</p> <p>Enhancing Childbirth Education through the Birth Map: A Feasibility Study</p>	<p><b>Tracey Anderson Askew,</b> Transform Parenting</p> <p>Transform Parenting as a model of education, support and community for the emerging family</p>	<p><b>Continued.... A/Professor Rakime Elmir</b></p> <p>Enhancing service delivery for fathers</p>	<p><b>Angela Green and Alison Summerville,</b> John Hunter Hospital</p> <p>The Role of Weekly Birth &amp; Parenting Education in Mental Health Improvement</p>

15:10 - 15:40

Afternoon Tea Break with Exhibitors

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

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8:30 - 8:45

Welcome to Day Three

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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

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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 with Exhibitors

# 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

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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

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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 + Raffle Draw**

# DAY THREE - SATURDAY 8 NOVEMBER

Program subject to change.

CONCURRENT SESSIONS	DIVERSITY & INCLUSION Ballroom 1	RESILIENCE IN PARENTING Ballroom 2	INTERACTIVE WORKSHOP Ballroom 3	INTERACTIVE WORKSHOP Dobell Room	INTERACTIVE WORKSHOP Eve Room
13:45 - 14:05	<p><b>Tanya Cawthorne</b>, Lamaze Australia</p> <p>Welcoming All Educators: A Pathway to Inclusion through Lamaze Childbirth Educator Training</p>	<p><b>Dr Charise Deveney and Jade Forster</b>, The Let's Talk Psychology Practice</p> <p>Sparkle Club for Mums</p>	<p><b>Rachel Reid</b>, Family Diversity and Inclusion Coordinator, Rainbow Families</p> <p>Diversity and Inclusion for Rainbow Families: Meeting the needs of Queer and Gender Diverse Parents</p>	<p><b>Professor Shahla Meedya</b>, Western Sydney University</p> <p>Using the Milky Way Breastfeeding App as an innovative, acceptable and usable resource</p>	<p><b>A/Professor Richard Fletcher, SMS4dads and Dr Bronwyn Leigh</b>, Centre For Perinatal Psychology</p> <p>SMS4dads in illustrations: A collaboration between Speaking for the Baby and SMS4dads</p>
14:05 - 14.25	<p><b>Carla Anderson</b>, Perinatal Child and Family Hub</p> <p>Integrating psychological skills into perinatal healthcare for Midwives and Child Health Nurses</p>	<p><b>Helen Gunter</b>, SCUH Community Child Health Nambour</p> <p>SCHHS project: Connecting Dads: Connecting families, Improving culture</p>			

# DAY THREE - SATURDAY 8 NOVEMBER

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CONCURRENT SESSIONS	DIVERSITY & INCLUSION Ballroom 1	RESILIENCE IN PARENTING Ballroom 2	INTERACTIVE WORKSHOP Ballroom 3	INTERACTIVE WORKSHOP Dobell Room	INTERACTIVE WORKSHOP Eve Room
	<b>Jillian Ryan,</b> The Sensitive Midwife  Beneath the Latch: Inclusive and Affirming Education and Care for Neurodivergent Families	<b>Rebecca Clark,</b> The Fern Unfurled  Holistic Infant Sleep Support: Tailoring Strategies to Family Values and Infant Needs	<b>Continued.... Rachel Reid</b>  Diversity and Inclusion for Rainbow Families: Meeting the needs of Queer and Gender Diverse Parents	<b>Michelle French,</b> John Hunter Hospital  Before, During and Beyond: Navigating Pelvic Floor Changes in the Perinatal Period	<b>Catherine Bell,</b> The Birth Map  The Game of Birth: a tool for childbirth education
	<b>Dr Bronwyn Leigh,</b> Centre For Perinatal Psychology  Supporting Vulnerabilities of Autistic and ADHD Folk	<b>Sophie Hadlow,</b> YFER Youth and Family Education Resources  Strengthening Parenting through Infant Massage and Education			

# DAY THREE - SATURDAY 8 NOVEMBER

Program subject to change.

CONCURRENT SESSIONS	DIVERSITY & INCLUSION Ballroom 1	ELEVATING STANDARDS Ballroom 2	RESILIENCE IN PARENTING Ballroom 3	ELEVATING STANDARDS Dobell Room	ELEVATING STANDARDS Eve Room
15:05 - 15:25	<b>**CANCELLED**</b> <b>Steven Kennedy,</b> Prepared Dad Foundation  Building Birth Culture for Dads	<b>Susan Rebolledo,</b> Tresillian  Understanding and utilising the Blue Book (my personal health record)	<b>Dr Louise Wightman,</b> MCAFHNA  Recent research into child and family health nursing practice: National collaboration opportunities	<b>Dr Sarah Goffin,</b> Sanofi  RSV Prevention in Australia: Optimising the Protection of All Infants from RSV	<b>Dr Karen McLaughlin,</b> Western Sydney University/ Western Sydney Local Health District  The Asthma in Pregnancy Toolkit
15:25 - 15:45	Afternoon Tea Break with Exhibitors				
15:45 - 16:15	<b>Plenary:</b> <b>Emily Hills and Lindsay Hardy,</b> Co-authors and Co-founders, Sensory Beginnings  Sensory Beginnings: Enhancing infant development through everyday interactions				
16:15 - 16:30	Closing Address				