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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:

Uncle Ray Smith, Welcome to Country

Helen Funk and Sue Spencer, Co-convenors 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:

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

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 Elmır, 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

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	Vena Beetson , Triple P International Bridging Culture and Evidence: Unlocking the Full Potential of Parenting Programs in Australia	Alison Canty , Western Sydney University Interpregnancy Interval Planning after caesarean	A/Professor Elaine Burns , Western Sydney University "I didn't want to face the world": Proactive social support for new mothers with vulnerabilities	Rebecca Cefai , Growing Gently Psychology Supporting Autistic & ADHD Women in perinatal settings	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		

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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	Sarah Edwards , Keeping Mum Psychology and Liana Quinlivan , Day Dot Midwifery Supporting undiagnosed Autistic & ADHD women across pregnancy, birth & early parenting; a clinical case	Catherine Craggs , Western Health Evaluating antenatal education programs for improving birth outcomes and consumer satisfaction with their birth experience	Melissa Redsell OAM , A Brave Life The psychological wellbeing of young mothers	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	Dr Lynne Staff , University of Tasmania Navigating the Changing Landscape of Birthing Practices
	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		

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CONCURRENT SESSIONS	DIVERSITY & INCLUSION Ballroom 1	BIRTH Ballroom 2	RESILIENCE IN PARENTING Ballroom 3	INTERACTIVE WORKSHOP Dobell Room	ELEVATING STANDARDS Eve Room
14:50 - 15:10	Julia Morgan and Emma White Baby Makes 3 Disrupting the Default: Reshaping Childbirth and Parenting Education Through an Intersectional Lens	Jane Palmer, Westmead Hospital Enhancing Childbirth Education through the Birth Map: A Feasibility Study	Tracey Anderson Askew, Transform Parenting Transform Parenting as a model of education, support and community for the emerging family	Continued.... A/Professor Rakime Elmır Enhancing service delivery for fathers	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 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

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 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

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 + Raffle Draw

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
13:45 - 14:05	Tanya Cawthorne , Lamaze Australia Welcoming All Educators: A Pathway to Inclusion through Lamaze Childbirth Educator Training	Dr Charise Deveney and Jade Forster , The Let's Talk Psychology Practice Sparkle Club for Mums	Rachel Reid , Family Diversity and Inclusion Coordinator, Rainbow Families Diversity and Inclusion for Rainbow Families: Meeting the needs of Queer and Gender Diverse Parents	Professor Shahla Meedya , Western Sydney University Using the Milky Way Breastfeeding App as an innovative, acceptable and usable resource	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
14:05 - 14:25	Carla Anderson , Perinatal Child and Family Hub Integrating psychological skills into perinatal healthcare for Midwives and Child Health Nurses	Helen Gunter , SCUH Community Child Health Nambour SCHHS project: Connecting Dads: Connecting families, Improving culture			

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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
14:25 - 14:45	Jillian Ryan , The Sensitive Midwife Beneath the Latch: Inclusive and Affirming Education and Care for Neurodivergent Families	Rebecca Clark , The Fern Unfurled Holistic Infant Sleep Support: Tailoring Strategies to Family Values and Infant Needs	Continued.... Rachel Reid Diversity and Inclusion for Rainbow Families: Meeting the needs of Queer and Gender Diverse Parents	Michelle French , John Hunter Hospital Before, During and Beyond: Navigating Pelvic Floor Changes in the Perinatal Period	Catherine Bell , The Birth Map The Game of Birth: a tool for childbirth education
	Dr Bronwyn Leigh , Centre For Perinatal Psychology Supporting Vulnerabilities of Autistic and ADHD Folk	Sophie Hadlow , 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	**CANCELLED** Steven Kennedy, Prepared Dad Foundation Building Birth Culture for Dads	Susan Rebolledo, Tresillian Understanding and utilising the Blue Book (my personal health record)	Dr Louise Wightman, MCaFHNA Recent research into child and family health nursing practice: National collaboration opportunities	Dr Sarah Goffin, Sanofi RSV Prevention in Australia: Optimising the Protection of All Infants from RSV	Dr Karen McLaughlin, 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

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