

# 2022 PADA Seminar Papaioea Palmerston North



Te mate Tuatea, me  
te mate Pōuri o Aotearoa  
Perinatal Anxiety &  
Depression Aotearoa

## for people working in pregnancy, childbirth & early parenting

Rāpare Thursday | 4 Ākuhata August 2022 9:00am - 4:30pm  
Wharerata, Massey University, Main Drive, Palmerston North

These seminars provide professional development for those supporting families affected by anxiety or depression related to pregnancy, childbirth and early parenthood. When participants leave each seminar, they will better understand how these topics impact families, and strengthen their knowledge and skills to help improve perinatal outcomes.

### Ngā Kaikōrero | Presenters

ALICE BIGWOOD

Breastfeeding and the positive effects on  
mental wellbeing for postnatal mums

AMY BOUDREAU

Presentation title to be confirmed

KAREN WHITEROD - Midcentral DHB

Maternal Mental Health Pathway & Effective Screening

DR HEATHER JOHNSTON

Infant Sleep - Without Sleep Training

LIORA NOY

Maternal anxiety and depression

Triggers of traumatic births and breastfeeding  
challenges with new directions for hope

ACT and secure attachment as tools for wellbeing

Attracts 8  
Midwifery  
Continuing  
Education  
Hours



#### Registration Options

Non Member - \$125

PADA Member/Full time students - \$100

Register: [www.pada.nz/events](http://www.pada.nz/events)

COVID alert levels will be monitored and if necessary  
will be changed to online training.

