



**International Journal of Birth and Parent Education Conference
2024**

1000 Days of Parent Education: Talking to parents about sleeping, feeding and language development

24th April 2024, University of Worcester

Programme

09.00 Registration

09:30 -09:45 **Introduction and Welcome** Dr Mary Nolan Emerita Professor of Perinatal Education, University of Worcester

09:45 – 10:30 **Sleep, Reflux and Co-regulation**

Carol Smyth, IBCLC and Cognitive Behavioural Psychotherapist

10:30 – 11:15 **What fathers are expecting from antenatal education**

Chris Smith PhD, SMS4dads, Fathers and Families Research Team, Family Action Centre, University of Newcastle

11.15-11:45 **Coffee Break**

11:50 – 12:25 **Moving beyond parenting self- help books: "troubling" advice on sleep for young children and their families in mainstream parenting texts.**

Dr Lexie Scherer, Senior Lecturer in Childhood Studies University of Portsmouth

12:25 – 13:00 **Drumming for birth: A Journey to Expanded Awareness.**

Sophie Messenger PhD, Author and workshop leader

13:00 – 14:00 **Lunch and Poster Presentation**

14:00 – 14:45 **Unravelling the mysteries of early language acquisition, bridging the gap between scientific knowledge and practical implementation.**

Dr Nayeli Gonzalez-Gomez Reader in Psychology, an Assistant Director at Oxford Brookes University's Centre for Psychological Research, and Head of the Oxford Brookes Babylab.

14:45 – 15:10 **Thula Mama Singing**

Ruth Jansson

15:10 - 15:40 **Coffee Break**

15:40 – 16:20 **Exploring parenting styles and how educators can support individual parenting styles**

Dr Mary Nolan Emerita Professor of Perinatal Education, University of Worcester

16:20 - 16:30 **Final words & Close**

