



5th National Antenatal Seminar

Saturday, 10th March 2012

Guinness Storehouse, St. James's Gate, Dublin 8

Programme:

9.30am – 10.15am	Registration & Coffee
10.15am – 10.35am	Welcome & Introduction <i>Geraldine Bolton, Medical Manager, Cow & Gate</i>
	Chairperson <i>Susan MacNicholas, Chairperson (Midwife and 2as1 antenatal educator)</i>
10.40am – 11.30am	Healthy Eating in Pregnancy <i>Prof. Michael Turner, Professor of Obstetrics and Gynaecology</i>
11.30am – 12.20pm	Growing Up in Ireland – Findings on Pregnancy and Birth from the Infant Cohort at 9 Months <i>Prof. Tom O'Dowd, Professor of General Practice, Trinity College Dublin</i>
12.20pm – 12.40pm	Coffee Break
12.40pm – 13.20pm	Group B Strep <i>Dr. Tom D'Arcy, Obstetrician and Gynaecologist</i>
13.20pm – 14.20pm	Sleep Management: Understanding Sleep in Children <i>Lucy Wolfe, Child Sleep Consultant, 'Sleep Matters'</i>

Finishing with Lunch at 2.30pm

An Bord Altranais Education Approval:

We are awaiting education approval for this seminar from An Bord Altranais. When registering, we will update you on the status of the application. For registered nurses or midwives, this means that you may apply for CME (Continued Medical Education) points for attending this seminar.

Register Today!
There are 3 simple
ways...

Closing date for registrations is Monday,
5th March. Places are limited so please
book early.

PHONE
Call Orla on (01) 2890 104

EMAIL
hcp@cowandgate.ie

GO ONLINE
www.cowandgatehcp.ie

Cancellation Policy:

We welcome your registration to attend. However, if you have registered, but for whatever reason cannot attend on the day, please contact us to cancel your registration **at least 3 days before the event.**

Otherwise, it will be necessary to introduce a registration fee for future seminars.



Speaker Biographies

Professor Michael Turner

Professor of Obstetrics and Gynaecology MB BAO BCh MRCOG MRCPI

Professor Michael Turner is the UCD Professor in Obstetrics and Gynaecology a leading women's and maternity hospital in Dublin. He also is leading research programmes on maternal obesity and fetal growth at the UCD Centre for Human Reproduction. In June 2010, he was appointed to the Health Service Executive (HSE) as Director of the National Programme for obstetrics and gynaecology. He has also previously served from 1992-8 as Master of the Coombe.

Professor Tom O'Dowd

Professor of General Practice, Trinity College Dublin

Professor Tom O'Dowd is a Professor of General Practice and former head of the department of Public Health and Primary Care in Trinity College Dublin. He is part of the Growing Up in Ireland Management Group and in this role he co-directs the theme of health and health utilisation within the study.

Professor O'Dowd has practiced as a General Practitioner in both the UK and Ireland and is currently a partner in a general practice in Tallaght.

Lucy Wolfe

Baby and Child Sleep Consultant; Owner of Sleep Matters – Help Your Child Sleep

Lucy is a trained and certified Gentle Sleep Coach undertaking continuing professional development and weekly clinical supervision. Additionally, she has a Certificate in Sleep Training and is completing National Accreditation as a Professional Child Sleep Consultant with The Naturally Nurturing Sleep Clinic, UK. Furthermore, she is a Certified Happiest Baby, New Parent Educator.

Her work promotes better sleeping habits for infants and children without using controlled crying techniques. She offers personalised sleep plans for parents and provides ongoing support as they implement the changes. She also works with parents of new infants to establish good sleep hygiene from the early days. www.sleepmatters.ie

More importantly, Lucy is mum to four lovely children aged 9, 6, 4 and 11 months.

Location Map



PARKING

The GUINNESS STOREHOUSE® car park is located on Crane Street. Parking is subject to availability and is allocated on a first come, first served basis so please arrive early to ensure a space.

Alternatively, on-street parking is available as well as the Thomas Street multi-storey car park.

MORE DIRECTIONS

To get directions for travelling to the event by car, bus, tram, or foot, visit www.guinness-storehouse.com and go to **Tickets & Info -> Directions & Opening Times**.

iWalk Guinness® Route

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| 1 Dublin Tourism Centre - Suffolk Street | 4 Dublins City Hall | 8 St. Catherine's Church |
| 2 Central Bank of Ireland | 5 Dublin Castle | 9 The Guinness® Brewery |
| 3 Dame Street | 6 Christchurch Cathedral | 10 Guinness Storehouse® |
| | 7 The Liberties | |