

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

## **Programme:**

9.30am – 10.15am Registration & Coffee 10.15am – 10.35am Welcome & Introduction

Geraldine Bolton, Medical Manager, Cow & Gate

Chairperson

Susan MacNicholas, Chairperson (Midwife and 2as1 antenatal educator)

10.40am – 11.30am Healthy Eating in Pregnancy

Prof. Michael Turner, Professor of Obstetrics and Gynaecology

11.30am – 12.20pm Growing Up in Ireland – Findings on Pregnancy and Birth from

the Infant Cohort at 9 Months

Prof. Tom O'Dowd, Professor of General Practice, Trinity College Dublin

12.40pm – 13.20pm **Group B Strep** 

Dr. Tom D'Arcy, Obstetrician and Gynaecologist

13.20pm – 14.20pm Sleep Management: Understanding Sleep in Children

Lucy Wolfe, Child Sleep Consultant, 'Sleep Matters'

## 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, 5<sup>th</sup> 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.

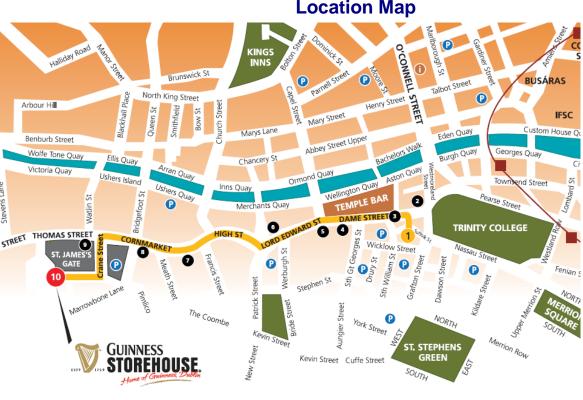
#### **Lucy Wolfe**

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.



#### iWalk Guinness® Route

- 1 Dublin Tourism Centre -Suffolk Street
- 2 Central Bank of Ireland
- 3 Dame Street
- 4 Dublins City Hall
- 5 Dublin Castle
- 6 Christchurch Cathedral
- 7 The Liberties

# 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, onstreet 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 <a href="https://www.guinness-storehouse.com">www.guinness-storehouse.com</a> and go to Tickets & Info -> Directions & Opening Times.

8 St. Catherine's Church

10 Guinness Storehouse®

The Guinness® Brewery