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# **Neuroscience of Birth workshop Programme 2017**

# **Day 1 Neuroscience and NICU focus**

# 08H30 registration

# 09H00 – 10H30 session 1 **Perinatal Neuroscience and Neurodevelopment**

# 10H30 – 11H00 tea

# 11H00 – 12H30 session 2 **Perinatal Neuroscience and Skin-to-Skin Contact**

# *Sessions 1 & 2 will cover basic neuroscience (neurons, role of sleep, brain wiring), effects of separation and explanation of epigenetics, in relation also to evolutionary biology and life history theory, highlighting the role of skin-to-skin contact.*

# 12H30 – 13H30 lunch

# 13H30 – 15H00 Session 3 **Neurologically Supportive Environment Safe skin-to-skin technique**

# 15H00 –15H30 leg stretch / tea

# 15H30 – 16H00 Session 4 **Understanding Sudden Death (SUPC) and SIDS**

# *Sessions 3 & 4 will apply the theory into practical recommendations, including the importance of safe technique in handling preterm infants, in doing skin-to-skin contact safely(especially when mother is sleeping), and preventing sudden unexpected postnatal collapse. Further, latest research on Sudden Infant Death Syndrome (SIDS)*

# 16H00 - 17H00 Session 5 **Ethics fundamentals as applied to child health**

# *Session 5 will include implications of the children’s act on health care professionals, including consent, confidentiality, and the best interest principle (introduction)*

# **Day 2 Full term focus**

# 08H30 registration

# 09H00 – 10H30 session 1 **Neuro-behaviour of breastfeeding**

# *Sessions 1 starts with a brief review of developmental neuroscience, but with more focus on practical aspects for normal full term births. The central role of breastfeeding in this will be explained, contrasting cultural norms with neurological expectations.*

# 10H30 – 11H00 tea

# 11H00 – 12H30 session 2 **Neuro-behaviour of breastfeeding (cont)**

# 12H30 – 13H30 lunch

# 13H30 – 14H30 Session 3 **Parenting and attachment**

# 14H30 – 15H00 Session 4 **Ethical issues in best practice guidelines**

# *Session 3 will discuss the principle of best interest as outlined by the HPCSA in detail, discuss current best clinical practice guidelines related to KMC and the ethical and legal implication of not following best practice guidelines*

# 15H00 –15H30 leg stretch / tea

# 15H30 – 17H00 Session 5 **Ethical issues (continued**

# **Social implications of the neuroscience**

# *Sessions 4 & 5 looks at the implications and possible repercussions of failure to understand the new neuroscience, starting with very practical aspects of parenting, attachment, ASD, sleep and concluding with a more philosophical discourse.*

A course reader will be available electronically, or by Dropbox.

Ethics points 5 General points, and 2 Ethics points per day.