



Saturday 31 May 2025

8:15 – 8:30am	Welcome – Dr Helen Alevaki
8:30 – 10:00am	Physiotherapists Role in Optimising Birth Outcomes - Angela James
10:00 – 10:30am	Morning Break
11:00 – 12:00pm	Primal Biology & Modern Birth - Danae Cappelletto
12:00 – 12:45pm	How to Best Support a New Family for their 4th Trimester and Beyond – Janine Armfield
12:45 – 1:30pm	Lunch
1:30 – 2:45pm	The 5 Diaphragms – Managing the Pelvis and Pelvic Floor in Pregnancy and Beyond – Dr Janine Kinahan
2:45 – 3:30pm	Utilisation of the Pull to Sit Test in Infants – Dr Christian Fludder
3:30 – 4:00pm	Afternoon Break
4:00 – 5:00pm	Nutrients and the Nervous System: From Preconception to Early Life – Nick Breen
	Day Concludes

Sunday 1 June 2025

8:30 – 10:00am	Why the Neonate History Matters – Dr Christian Fludder
10:00 – 10:30am	Functional Gastrointestinal Disorder in the Newborn (FGID) Dr Janine Kinahan
10:30 – 11:00am	Morning Break
11:00 – 12:00pm	Empowered Motherhood: Exercise During the 3rd and 4th Trimesters of Pregnancy - Dr Kate Deaves
12:00pm-12:30pm	Symposium Close