DAY ONE

8:35- 8:45 Welcome and Introduction

8:45 – 10:45 TummyTime!™ theory and practice - Michelle developed this program after many years of research and professional experience working with babies. She provides a comprehensive explanation of the science behind the method as well as the practical application and benefit for babies.

10:45 - 11:00 Morning Break

11:00 – 12:30 Autonomic Nervous System regulation and resiliency - A newer model of ANS function, called the Polyvagal theory will be utilized to describe how to best support baby’s breastfeeding , attachment / bonding and connection as well as developmental skills. Specific methods of assessment and support for babies will be provided

12:30 to 1:30 LUNCH

1:30 - 2:30 Tummy Time Demonstrations, Interactive Question and Answer Michelle will lead several babies/ parents through the TummyTime! experience

2:30 - 3:00 Autonomic Nervous system regulation and resiliency – Of particular importance to our ability to regulate ourselves is the concept of safety. Safety as it relates to babies and their daily life interactions and requirements will be discussed.

3:00 to 3:15 Afternoon Break

3:15 – 5:00 Problem solving tummy time difficulties - You may have heard parents say that their baby “hates” tummy time. You also may have heard that tummy time isn’t necessary for babies. Michelle is here to debunk these concepts and reveal crystal clear problem solving strategies that will help all babies. Babies with tethered oral tissues or oral dysfunction typically have more needs for problem solving comfortable tummy time activities. The reasons for this will be thoroughly discussed.

DAY TWO

8:45 – 10:45 Social Nervous System The social nervous system, for the most part, is comprised of 5-6 highly interconnected cranial nerves, specifically the trigeminal, facial, glossopharyngeal, vagus, accessory and hypoglossal. Michelle will discuss how the function and adaptability of these skills are criticial to successful breastfeeding. She will also teach how to help such things as decreased suck/swallow/breath coordination, tongue function using ‘polyvagal portals’.

10:45 to 11:00 Morning Break

11:00 to 12:30 Talking to parents / Parent Support - Many parents are concerned about the amount of crying and pain their baby may experience as a result of frustrations from inadequate breastfeeding or from other necessary procedures and interventions. This lecture will provide simple and easy strategies to help parents understand crying and how to optimally support their baby. The emphasis is on empowering parents to understand and feel confident when interacting and soothing baby

12:30 to 1:30 LUNCH

1:30 to 2:30 TummyTime! and Social Nervous system engagement with parents and babies demonstration. Includes question and answer

2:30 – 3:00 Analyzing the demonstration / More about tummy time problem solving particular challenges

3:00 -3:15 Afternoon Break

3:15 – 4:00 comorbidities (torticollis, plagiocephaly, structural issues ) Tying it all together, how to use the tools learned in this workshop and apply to current practice, Final Q and A, Group Closing