

Annual Conference

La Leche League of Ireland
Breastfeeding Help & Information



Years
1966–2026

www.lalecheleagueireland.com

6th – 8th March 2026
Crowne Plaza Hotel,
Blanchardstown, Dublin 15

Welcome to our 60th Anniversary!

La Leche League of Ireland is delighted to invite you to Dublin to help us celebrate 60 years of providing information and support to all those who choose to breastfeed their babies. We are honoured to welcome wonderful speakers from both home and abroad to share their wisdom and experiences on a wide range of topics through speaker sessions and workshops. In an atmosphere of La Leche League warmth and connection, we hope you enjoy our Conference with other breastfeeding families and advocates. Book early to avail of our Early Bird pricing until 31st January 2026.

Conference talks and sessions

Our Conference sessions start on **Saturday 7th March 2026** at **9.00am** and finish at approx. **1.00pm** on **Sunday 8th March 2026**.

A timetable/conference update will be available on our website.

There will be a number of group sessions delivered by our Leaders which will run parallel to our conference talks.

Gala Dinner

To celebrate 60 years of providing breastfeeding support and information to families in Ireland, we are hosting a gala dinner on the evening of Saturday 7th March.

This will be a formal sit down three course meal.

Admission to this dinner can be added to your ticket as an optional extra, or as a standalone purchase for anyone wishing to catch up with old friends.

Gala dinner tickets are available until 13/02/26:

- Adults €49 | Children €18.50



La Leche League of Ireland
Breastfeeding Help & Information

La Leche League Concepts

- Mothering through breastfeeding is the most natural and effective way of understanding and satisfying the needs of the baby.
- Human milk is the natural food for babies, uniquely meeting their changing needs.
- Alert and active participation by the mother in childbirth is a help in getting breastfeeding off to a good start.
- Mother and baby need to be together early and often to establish a satisfying breastfeeding relationship and reliable milk supply.
- Breastfeeding is enhanced by the loving support of the baby's father, a co-parent, a partner, and/or close family members who value the breastfeeding relationship.
- In the early years, the baby has an intense need to be with his mother which is as basic as his need for food.
- For the healthy, full-term baby, human milk is the only food necessary until the baby shows signs of readiness for complementary foods, about the middle of the first year after birth.
- Good nutrition means eating a well-balanced and varied diet of foods in as close to their natural state as possible.
- Ideally, the breastfeeding relationship will continue until the child outgrows the need.
- From infancy on, children need loving guidance which reflects acceptance of their capabilities and sensitivity to their feelings.

Meet Our Speakers

Dr. Nils Bergman



Dr. Nils Bergman is a consulting Public Health Physician, with specific expertise and interest in maternal and neonatal health care.

Qualifications: MB ChB, 1980, University of Cape Town South Africa, equivalent to an MD in the USA; Diploma in Child Health in Developing Countries, 1987, Uppsala Sweden; Masters in Public Health (cum laude), 1999, University of Western Cape, South Africa;

Doctor of Medicine in Clinical Pharmacology, 1997, University of Zimbabwe, equivalent to a PhD in the USA.

He has worked in Zimbabwe (LIC), South Africa (MIC) and Sweden (HIC), and so brings a global perspective to his research. He contributed to initiating the Immediate KMC Study and was a Principal Investigator in the WHO Study group that conducted this RCT and recently published results. He has developed and published an underlying scientific rationale that explains the very unexpected findings of profoundly lowered mortality from immediate and continuous skin-to-skin contact with very low birth weight newborns, summarized as “nurturescience”.

Jill Bergman



Jill Bergman has supported her husband Dr Nils Bergman in Kangaroo Mother Care since he started research in 1988, and in a full-time capacity since 2000. She has used her degree and teaching diploma to make 5 films and written a book - *Hold Your Prem* - for parents of premature babies, all making the neuroscience that Nils teaches applicable in practice and translating care into non-technical language.

She has a passion for supporting mothers in labour as a doula and as a kangaroula advocating for the needs of newborns, empowering mums and babies with early bonding and breastfeeding. She trains nursing staff and hospitals in the practicalities of skin-to-skin contact, and developmental care. Jill has spoken internationally since 2012. In the Immediate KMC Study, she, alone, was responsible for the training of the KMC supporters in the technique for skin-to-skin contact, which resulted in a 25% decrease in neonatal mortality.

She also taught support for early expressing and breastfeeding to both groups, with an 85% rate of exclusive breastfeeding in both groups. She and Nils have three married children with six grandchildren, all living nearby.

The 3 Keeps of Breastfeeding

- Keep Your Milk Flowing
- Keep Your Baby Fed
- Keep Your Baby Close

Nancy Mohrbacher



Nancy Mohrbacher, IBCLC, FILCA began helping breastfeeding families in 1982 as a volunteer La Leche League Leader. She became a board-certified lactation consultant in 1991 and spent 10 years growing a large private lactation practice in the Chicago area, where she worked one-on-one with thousands of families. Nancy is the author or co-author of three current books for nursing parents and two for lactation specialists, including her 2020 textbook, *Breastfeeding Answers*, Second Edition. Her *Breastfeeding Solutions* app is used worldwide, and her YouTube channel has millions of views. She currently creates innovative lactation education for aspiring and recertifying lactation consultants online at LactaLearning.com and speaks at events around the world. Nancy was in the first group of 16 to be honored for their contributions to breastfeeding with the designation FILCA, Fellow of the International Lactation Consultant Association.

Dr. Eithne Ní Longphuirt



Dr. Eithne Ní Longphuirt is a Senior Clinical Psychologist working in a Lifespan Primary Care post in the Health Service Executive in Dublin, Ireland. Eithne was Chair of the Psychological Society of Ireland's Special Interest Group in Perinatal and Infant Mental Health from 2020 until 2023. Dr Ní Longphuirt has worked in both Primary Care and Disability and has a special interest in working with mothers and infants.

In addition

Friday Evening Entertainment:

We will have an informal family friendly disco from 8pm to 9pm on Friday evening. No pre-booking necessary.

Playroom Facilities and Activities:

For ages 0-7 years. Children under 4 must be accompanied by a parent or guardian. Pre-booking is advised and can be added to your ticket as an optional extra.

Activities for 8-12 yr olds:

We plan to run a full programme of events for children aged 8-12 years. Pre-booking is advised and can be added to your ticket as an optional extra. Some sessions may have limited numbers and will be allocated on a first come first served basis.

LLL Bookstall:

A fully stocked La Leche League Bookstall will be open at specific times over the weekend.

Quiet Room:

A quiet room will be available on Saturday and Sunday for those who wish to take a breath and time out from the event.

Stalls:

As usual, we will have a few select vendors available. These vendors adhere to the WHO Code of Marketing of Breastmilk Substitutes.

At the Conference:

As is usual at LLL functions, your children are welcome to accompany you to sessions, meals, and all Conference areas. Ordinary baby sounds or gleeful toddler noises will not distract speakers or delegates. A crying baby, however, may be distracting to others and may be upsetting for the baby. You may have to miss part of the session, but listening to your child so that you can tend to his/her needs is the most important thing you can do.

Crowne Plaza Hotel

Blanchardstown, Dublin 15



AMENITIES

- 188 guest rooms
- Fully equipped Gym and Sauna
- Easy access to M1 & M50 Motorways
- 288 car parking spaces onsite
- 400MB WiFi full hotel coverage

AREA

- The Blanchardstown Shopping Centre is only a short walk away.
- Dublin Zoo and the National Aquatic Centre are only a short drive away.

DINING

Inca Coffee Lounge

Stop by for a handcrafted, specialty-grade espresso drink or coffee, paired with a delicious treat from our snack bar.

Sanctuary

Here you will find traditional popular bar items such as burgers and speciality sandwiches plus unique dishes which will appeal to those who like to try something a little different.

Forchetta Restaurant

Provides European cuisine, expertly prepared with the freshest Irish ingredients, from succulent seafood to perfectly grilled steaks and vegetarian options.

Conference Accommodation Rates

The Crowne Plaza Hotel have a limited number of conference accommodation rates available for attendees:

- Single Occupancy €209.00 per night bed & breakfast
- Double Occupancy €219.00 per night bed & breakfast
- Twin Room (2 adults & 2 children) €269.00 per night bed & breakfast

Reservations Office Hours:*

9am-5pm Monday to Friday *excluding bank holidays

**If you call outside of these hours, you will not be able to access the special conference pricing.*

To make your booking or if you require family/interconnecting rooms, please contact the hotel reservations team on **+353 (0) 1 897 7721** or **reservations@cpblanchardstown.ie**

Conference Ticket Costs

Weekend in person attendee	€80 early bird (€100 after January 31st)
Online ticket	€80 early bird (€100 after January 31st)

CERPS

CERPS have been applied for and will be available as an add on to your ticket for €25.

Who are La Leche League of Ireland?

We provide free information and support to all those who choose to breastfeed or give their babies human milk

A part of LLL International

Monthly antenatal workshops

Leaders are educated in new research and techniques

60 Years of Volunteer services

Over 100 Leaders running more than 35 support groups in our local communities

Specialised courses for parents

Weekly online support groups

A reference source for health care professionals

All our Leaders have breastfed at least one child to one year

Leaders sit on breastfeeding committees

FREE support - in person, over the phone and via social media, 365 days a year.



Human Milk Bank

Precious Milk for Precious Babies

Donate Milk

The Human Milk Bank **needs your precious breast milk** to help save the lives of premature babies.

To donate your extra breast milk please contact

E. Tmb.swah@westerntrust.hscni.net

NI: 028 6862 8333 ROI: 0044 28 6862 8333



www.westerntrust.hscni.net/service/human-milk-bank



Western Health
and Social Care Trust

Conference Info

The most up-to-date information on the Conference programme and schedule is available to view on our website: www.lalecheleagueireland.com or by scanning our QR code.



Use our
dedicated
hashtag on your
socials.

We'd love to see
your photos and
posts!

#LLLireland60gala



Conference sessions will be recorded and live-streamed on Zoom – let's keep any chat for coffee time so everyone can hear what the speaker is saying without competition.