

**PREGNANCY AND PAEDIATRICS FACULTY**

**FAMILIES AND BABIES: A GUIDE TO POSTURAL AND ERGONOMIC ADVICE**

**LIVE WEBINAR**

**WEDNESDAY 7<sup>TH</sup> OCTOBER 2020, 7PM – 8PM BST**

**Speaker: ANNA PAPADOPOULOU MRCC, LRCC (Paeds)**

**EVENT OUTLINE**

This webinar will look at how to maintain and improve posture whilst looking after newborn babies, infants and toddlers. It will cover ergonomic tips for parents and caregivers when using "equipment and furniture" such as high chairs, prams, cots, baby wearing equipment and car seats.

This webinar will provide ideas to support new or experienced parents, grandparents and family members to use their furniture in an ergonomic way that does not hinder their posture and is suitable for their child's development and needs.

This webinar will be an ideal source to prepare for world spine day on 16<sup>th</sup> October.

**LEARNING OUTCOMES**

- Revision of important skeletal and neurological milestones of development in first years of life.
- Understand the appropriate use of equipment and furniture for infants and children; prams, highchairs, baby carriers car seats etc.
- Appreciation of current laws and recommendations for selecting children's equipment and furniture.

**SPEAKER**

Anna Papadopoulou is a 2014 AECC graduate. Following her chiropractic studies and the completion of the PRT Program, she completed the PgCert Professional Development in 2015. During this time she commenced her further studies in Functional Neurology and, in 2017, became a board certified and licensed member of the American Chiropractic Neurology Board. Anna is a Licentiate member of the RCC's Pregnancy and Paediatric faculty and is currently co-opted to the faculty committee. Anna is a strong supporter of increasing awareness of the chiropractic profession in the community and, in 2014, was awarded the 'Bournemouth-Mayors award for public health'. She is currently in the final year of the MSc APP Paediatric Musculoskeletal Health.

**Convenor: Alexandra Newton FRCC (Paeds)**

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RCC Pregnancy and Paediatrics Faculty members participate free of charge. Contact [blue.events@rcc-uk.org](mailto:blue.events@rcc-uk.org) to register.

RCC members participate at the subsidised rate of £5. Please register and pay online here [rcc-uk.org/rcc-events](http://rcc-uk.org/rcc-events)

Non-members: £25. Please register and pay online here [rcc-uk.org/rcc-events](http://rcc-uk.org/rcc-events)

Registration opens 30<sup>th</sup> September 2020.

Registration deadline Wednesday 7<sup>th</sup> October 5pm.