

LYNDSEY MARIANNE HOOKWAY BSC RNC HV IBCLC

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WORK HISTORY

Sep 2019 **PhD student in Public Health**

To Swansea University

Present

May 2018 **Co-founder and Clinical Director of The Holistic Sleep Coaching Program**

to

Present

Sep 2013 **Lead tutor at Babyem**

to

Present

Jul 2015 **Infant Feeding Lead**

to

CSH Surrey

Feb 2017

Jan 2012 **International Board Certified Lactation Consultant and Holistic Sleep and Behaviour Coach for children and families**

to

Present

Feed Sleep Bond

International private practice

Jun 2010 **Family Centred Care Coordinator for SW London Perinatal Network**

to

St Georges NHS Foundation Trust/Bliss

Oct 2013

London

Sep 2008 **Health Visitor**

to

Richmond and Twickenham NHS Trust

Jun 2010

Richmond

Sep 2007 **Student Health Visitor**

to

Surrey Primary Care Trust

Aug 2008

Ashford

Mar 2007 **Community Staff Nurse**

to

Hounslow Primary Care Trust

Sep 2007

London

Jun 2006 **Senior Staff Nurse - Paediatrics**

to

Chelsea and Westminster NHS Foundation Trust

Mar 2007

London

Jan 2005 **Staff Nurse - Paediatrics**
to The Royal London Hospital NHS Trust, London
Jun 2006

EDUCATION

Oct 2012 **Naturally Nurturing Sleep Clinic**
to London
Jun 2013 *Sleep Consultants Award*

Oct 2006 **International Board of Lactation Consultants Exam**
to International
Jul 2011 *Pass 89%*

Sep 2007 **Kings College London**
to London

Aug 2008 *Post Graduate Diploma - Specialist Community Public Health Nursing (Health Visiting) Distinction*

Sep 2001 **Kings College London**
to London

Aug 2004 *BSc Honours Nursing Studies (Children) 2:1*

OTHER TRAINING

- April 2015: Train the Trainer (UNICEF BFI)
- July 2016: Grobrain parenting facilitator training
- October 2016: Solihull Approach
- February 2020: Newborn Behavioural Observation Practitioner (Brazelton/Harvard medical school)

MEMBERSHIPS

- Nursing and Midwifery Council
- International Board of Lactation Consultants
- International Association of Child Sleep Consultants
- Lactation Consultants of Great Britain
- International Lactation Consultant Association

PROFESSIONAL SPEAKING EXPERIENCE

Sept 2020 **Association of Lactation Consultants Ireland Annual Conference**

Sept 2020 **CAPPA Conference, Houston**

July 2020 **ILCA Conference, Houston**

June 2020 **GOLD Sleep Symposium**

June 2020 **Cuidiu Ireland Study Day**

May 2020 **Association of Lactation Consultants Ireland Study Day**

May 2020 **ELACTA European Lactation Conference, Milan**

April 2020 **Child Sleep Institute – Sleeposium Conference, Canada**

Mar 2020 **GOLD Lactation International online conference**

Oct 2019 **Australian Breastfeeding Conference**

Sep 2019 **Lamaze International Safe Sleep Keynote**

Sep 2019 **Breastfeeding Festival Milton Keynes**

Jul 2019 **Sleep Conference Plymouth**

Apr 2019 **GOLD Lactation International online conference**

Apr 2019 **Lactation Consultants of Great Britain annual National conference**

Mar 2019 **Plymouth Breastfeeding Conference**

Mar 2019 **Holistic Sleep Conference**

Sep 2018 **iLactation International online conference**

Apr 2018 **Institute of Health Visiting Conference**

Jul 2017 **International Association of Child Sleep Consultants**

Sep 2014 **Royal College of General Practitioners Paediatric and Obstetric Conference**

Sept 2013 **Royal College of General Practitioners Paediatric and Obstetric Conference**

Mar 2012 **Neonatal National Study Day**

Sep 2010 **Bliss Family Centred Care National Conference**

PUBLICATIONS

I have written for many local magazines as well as having articles published in some National journals.

- Journal of Neonatal Nursing

- Infant Journal
- Community Practitioner Journal
- Journal of Health Visiting
- Clinical Lactation
- Holistic Sleep Coaching, published by Praeclarus Press in September 2018
- Let's talk about your new family's sleep, published by Pinter and Martin in October 2020
- Still Awake, due for publication by Pinter and Martin in Spring 2021

Summary

I am a highly motivated nurse, with a passion for delivering quality education and training, to provide and inspire excellent, evidence-based and compassionate care to infants, children and families. I speak at regular events, am a committee member of the Lactation Consultants of Great Britain, and the founder of the Breastfeeding the Brave project. My interests are around infant and parental attachment and emotional well-being, family centred care, breastfeeding and gentle sleep support. I also have an interest in the needs of families where there is a breastfed child with a critical, life-limiting or palliative health condition, and in this subject I am a doctoral research candidate at Swansea University under the supervision of Professor Amy Brown.