

**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
- January 2018: Birth Trauma 3-Step Rewind Practitioner course
- February 2020: Newborn Behavioural Observation Practitioner (Brazelton/Harvard medical school)

## **MEMBERSHIPS**

- Nursing and Midwifery Council
- 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**

*Aug 2020* **Australian Breastfeeding Conference**

*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, Melbourne**

*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 magazines and journals:

- Journal of Maternal Child Nutrition

- 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
- The Other Side of the Obs Chart, due for publication in Summer 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 an active 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.