

LYNDSEY MARIANNE HOOKWAY BSC RNC HV IBCLC

Devon, UK

Email: lyndsey@feedsleepbond.com

WORK HISTORY

April 2021 **Co-Founder of Thought Rebellion**
to present

Sep 2019 **PhD student in Public Health**
(Thesis: Medically complex breastfed children in the paediatric setting)
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 Jul 2022

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 (certified 2011-2026)**
to Present
Feed Sleep Bond
International private practice

Jun 2010 **Family Centred Care Coordinator for SW London Perinatal Network**
to Oct 2013
St Georges NHS Foundation Trust/Bliss 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

Sept 2019 **PhD Public Health**
to present Swansea University

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

Jul 2011 to **International Board of Lactation Consultants Examiners**
Sept 2026
Pass

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
- Open College Network Quality Endorsed Licensed Training Centre

PROFESSIONAL SPEAKING EXPERIENCE

Nov 2022 **International Association of Infant Massage Conference**

Nov 2022 **United States Lactation Consultants Association**

Sep 2022 **Association of Breastfeeding Mothers Conference**

Jun 2022 **Newborn Care Solutions Conference, AZ**

Mar 2022 **London School of Speech Therapists UK**

Jan 2022 **DoulaCare Ireland Conference**

Jan 2022 **Doula UK Conference**

Nov 2021 **International Association of Child Sleep Consultants book festival**

Nov 2021 **Ohio Lactation Consultant Association Conference**

Oct 2021 **Neonatal Infant Feeding Network seminar**

Mar 2021 **International Nanny Association Conference,**

Feb 2021 **Appalachian Breastfeeding Network Conference**

Feb 2021 **The Baby Show Live, UK**

Jan 2021 **Epidemic Answers, online webinar**

Jan 2021 **Doula Care Ireland conference**

Oct 2020 **Cuidiu National Study Study, Ireland**

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 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
- International Breastfeeding Journal
- 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, published by Pinter and Martin in June 2021
- The Writing Book, published by Thought Rebellion in May 2022
- Breastfeeding the Brave, published by Thought Rebellion in September 2022
- The Other Side of the Obs Chart, due for publication in 2023
- Why Childhood Illness Matters, due for publication by Pinter and Martin in 2023

Summary

I am a highly motivated nurse and IBCLC, 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 two main interests are firstly 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 breastfed infants and children with a critical, life-limiting or palliative health condition, and in this subject I am a doctoral research student at Swansea University under the supervision of Professor Amy Brown.