

Mother Support Task Force (MSTF)

World Alliance for Breastfeeding Action



Fathers with their breastfed babies
– Club de Madres, HCR, Paraguay

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gims_gifs@yahoo.com

Coordinator WABA MSTF: Paulina Smith (Mexico)
Co-coordinators: Rebecca Magalhães (USA), Dr. Prashant Gangal (India)
Editors: Pushpa Panadam, Maria (Pili) Peña (Paraguay), Rebecca Magalhães (USA)
Translators: Spanish-Maria (Pili) Peña, Pushpa Panadam, Monica Casis (Argentina);
French – Juanita Jauer Steichen, Herrade Hemmerdinger, France
Portuguese – Anay Uriarte, Pajuçara Marroquim, Brasil

“Remember!

We (the WABA Network) are a FORCE

for happiness. We come together for the children of the world.”

– Public Health Association of Québec, WABA Global Breastfeeding Partners Meeting VII, October, 2008, Penang, Malaysia

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MOTHER SUPPORT TASK FORCE COMMENTS AND INFORMATION

1. WABA Workshop and Global Breastfeeding Partners Meeting held in Penang, Malaysia, October 6-10, 2008: Paulina Smith, Coordinator, WABA MSTF

I would like to share with you some of the highlights from the WABA Workshop and Meeting recently held in Penang, Malaysia. Participants from 16 countries, from four continents, were welcomed on Monday evening by Julianna Lim on behalf of the WABA Secretariat. She asked that everybody share their expectations for the meetings; this enabled the group to reconnect before the work that was to follow. The Workshop opened the next morning with a presentation by Dr. Michael Latham, Graduate School Professor of International Nutrition and Development, Cornell University, USA.

Dr Latham talked about complementary foods and the reality of them interfering with breast milk production when not delivered to the mother or health worker with correct messages about their usage. It was said by many that the pressure to add complementary foods can undermine breastfeeding. Dr. Latham emphasized the need to implement support programs for breastfeeding women with babies between 6 to 24 + months of age. He commented that organizations and governments have made great strides forward with reference to exclusive breastfeeding from 0 to 6 months but that there is a lack of information for the 6 to 24 + month period.

Dr Latham's presentation was extremely enlightening; as a consequence, the hotel corridors were full of dialogue about the creation, design and implementation of programs to address the issue. In a work group that followed, mother support groups were recognized as a valid and important approach to the subject in discussion. In another work group, it was stressed that the mother must be informed of the benefits to milk production when she offers the breast first when adding foods and liquids to the baby's diet.

The Global Breastfeeding Partners Meeting was opened on October 9 with words by Felicity Savage, Chairwoman of the WABA Steering Committee. The theme of support for breastfeeding between the 6 to 24 + month period was a constant thread throughout the discussions and presentations of the two day meeting. With this in mind, and having the benefit of the three coordinators of the Mother Support Task Force being together in Penang, we plan to facilitate an electronic dialogue to address the subject of mother support for the breastfeeding dyad for the period from 6 to 24 + months of age.

Please be ready with ideas, thoughts and suggestions. Thank you!

Paulina Smith, Coordinator
 WABA Mother Support Task Force
 Email: smithpc@att.net.mx

2. Friendships Made Through Mother Support Groups: Paulina Smith, Coordinator, MSTF

While in Penang, Malaysia, at the Workshop and Meeting, Juanita, a LLL Leader from France, and I were invited to an Indian restaurant for an evening meal to meet with local mothers who have organized the Mother to Mother Peer Support Group (MMPS) and participate in this support group. It had been a long time since I had had an opportunity to interact with mother support group members —so for me it was an enriching evening. These mothers came together like so many women have done before, needing to find support while experiencing pregnancy or breastfeeding. It was refreshing to see their enthusiasm as they asked questions about expanding and further developing their group. They wanted to know what the benefits would

be of being a part of a wider organization (such as LLLI). Juanita and I provided them with the required information for them to explore and decide future plans. We also left necessary contacts so they can follow up on any other information.

They also had questions on the length of time to breastfeed a baby; this was a nice open ended discussion as we could dialogue on the thoughts and experiences we all had and share the knowledge Juanita and I have on the importance of prolonged breastfeeding. They told us that they lead the group as a teaching session and when asked how LLL groups are led, we explained that those who lead use a dialogue and sharing format – asking each mother what experiences she brings to the group. They liked the idea of this format very much and have already written to say they will soon lead their meetings in this way. It is always amazing to me how positive support networks form. Juanita and I can now network with this wonderful group of women living in Penang, Malaysia while they expand their support network for other mothers.



The Mother to Mother Peer Support Group in Penang with Juanita and Paulina

If you are interested in being a country contact for GIMS and the MSTF, please email Paulina smithpc@att.net.mx, Rebecca RMagalhaes@llli.org, or Prashant psgangal@hotmail.com

MOTHER SUPPORT FROM DIFFERENT SOURCES

3. World Breastfeeding Week Report from Alor Gajah District, Malacca, Malaysia

In line with the 2008 theme: *Mother Support: Going for the Gold*, the Alor Gajah Health District of Malacca, Malaysia organized World Breastfeeding Week (WBW) activities in 9 of its health clinics in: Simpang Empat, Durian Tunggal, Machap Baru, Alor Gajah, Kuala Sungai Baru, Masjid Tanah, Hutan Percha, Padang Sebang and Lubok China.



Machap Baru Health Clinic Malaysia

The objectives of the activities were to:

- Encourage mothers to initiate and continue breastfeeding.
- Expose and give information to mothers, especially first time mothers, on the advantages of breastfeeding.
- Strengthen parents' knowledge on the importance of breastmilk and raise awareness of mothers to breastfeed.
- Start support groups among mothers and families.
- Give recognition to mothers who have succeeded in exclusive breastfeeding.

The target groups for these activities were pregnant mothers, mothers who had recently delivered, mothers, husbands, close family members and the community (village commission, women's groups, etc).

Activities included a forum with specialized panel speakers, questions and answers, photo exhibitions, quiz, talks by stay at home mothers and mothers working outside the home, video showings, competitions on changing diapers and cooking adequate food for mothers.

The Health staff of Pejabat Kesihatan Daerah Alor Gajah (Health Department of the Alor Gajah District), Malacca should be congratulated on its WBW initiative.

Editors' Note: *The above article is a summary of a report in Malay submitted by a health nutritionist in the District.*

4. Promoting and Supporting Breastfeeding in Resistencia, Argentina: Elba Dolores Sanchez, Argentina

I am a nurse-midwife and work at the Paediatric Hospital Dr.A.L.Castelan, Resistencia, Argentina. In 2000 a colleague and I started working with the mothers of children who were in the hospital, educating them on various topics, including breastfeeding. Children in the hospital are between 30 days of age to 14 years old.

World Breastfeeding Week has been celebrated since 2000 on a small scale within the hospital with different activities, but last year we decided to do something different. We said: *"Let us talk to the people and distribute pamphlets because children arrive at the hospital sick and without being given the breast (sin teta)".* For the first time on a beautiful winter day, we organized

an event at the Central Plaza of Resistencia and spent a whole day sharing knowledge with the community. What a beautiful experience!

This year, the government authorities invited us to join forces with others who also promoted breastfeeding. We formed a group called "Comisión Provincial de Lactancia Materna" (Breastfeeding Provincial Commission) and organized a program of activities where each commission member was assigned a different location during WBW, to decorate accordingly, to distribute pamphlets and talk to the public on breastfeeding.

In addition to our daily program activities, we walked through the town centre with a colleague dressed as a clown and hospital staff talking about the advantages of breastfeeding and congratulating breastfeeding mothers as we met them. We also gave out medals to those who supported breastfeeding in accordance with this year's theme.

We wanted to draw attention to WBW so that it does not go unnoticed. How do big businesses sell their products? Don't they resort to marketing? Well we did the same; as the public passed by, we spoke to them on the theme, our great product: THE BREAST. We gave them a balloon, a pamphlet, and a souvenir. The clown drew a lot of attention and with music, it gave colour and joy to the fiesta because the breast should be a celebration and that was how it was with us.

Elba Dolores Sanchez, mother to 3 boys and grandmother to a 3-month-old baby. She graduated as a nurse in 1982 from the Universidad Nacional del Nordeste, as a midwife in 1995 from the Escuela Superior de Salud Publica of the Chaco Province (Superior School of Public Health) and 2004 from the National University of Formosa. Currently a Nursing Supervisor, she is also a midwife in Resistencia, province of Chaco, which is one of the most needy areas. She has worked 26 years in Public Health, 25 of which were at the Pediatric Hospital Dr. A.L.Castelan. She also does 16 hours weekly for the past 10 years at Health post A at Margarita Belén, Chaco. For more information on the WBW daily activities, please email Elba at elba_doli@hotmail.com

5. The Role of an Obstetrician in Breastfeeding: Dr. José Tomás Negrete Villate, Paraguay

The Gynaecologist-Obstetrician has a fundamental role in the mental and physical preparation of women to breastfeed. During pregnancy, there is time to promote the health of both mother and child in the undeniable advantages of breastfeeding. Gynaecologist-Obstetricians, Paediatricians, Psychologists, family practitioners and paramedic personnel, at the different levels, must be convinced of the advantages of breastfeeding to address this as a very important cause that deserves planning, knowledge on breast physiology and gestation, patience, strategies and periodic evaluations. A supportive environment in our antenatal and prenatal consultations must be created and if not all professionals are involved in promoting this, our breastfeeding rates run the risk of being very low.

In 1994, the Hospital Materno Infantil de la Cruz Roja Paraguaya in Paraguay was declared the "First Mother and Baby Friendly Hospital." It was recently recertified in August 2008. In this hospital mothers are helped to initiate breastfeeding immediately after birth, room-in with their newborns 24 hours a day and their infants do not receive any other food except for medical reasons.

In the * ENDSR (Paraguay National and Demographic and Reproductive Health Survey) 1995/6, 7.5% of children between 0 to 3 months did not receive breastmilk. In the ENDSSR 2004, it was a little more (8%). However, the percentage of Exclusive Breastfeeding for the same age group has increased by 4 times in the last 9 years from 7.1 % in the ENDSR 1995/6, to 29.8 % in 2004.

As can be seen, although the struggle has been difficult these past few years, the statistics do not really help. We must motivate and educate the rural and urban society to reach a higher level so that our children will be healthy and useful for the country.

To encourage breastfeeding, the obstetrician, as well as the paediatrician, must take the following into account:

- Breastfeeding needs to be initiated as soon as possible to help in the suckling reflex.
- Breastfeeding needs to be frequent and on demand.
- There should be frequent expression of breast milk by mothers of premature babies or newborns at risk. Those hospitalised in the Intensive Care Unit should be fed breast milk through the tube/gavage feeding.
- Due to cultural beliefs in Paraguay certain drinks or stimulant foods like hot milk, milk with flour, hot soups, yerba mate, oats, food that has corn, yeast, cereals, beer without alcohol, etc are given great importance.
- There are some medicines that stimulate the production of prolactin that can be prescribed under consultation with a physician.

All public and private health professionals should be part of the circle of support for breastfeeding. These levels of support will increase the percentage of breastfeeding at the national level, thus decreasing newborn morbidity and mortality. Obstetricians and Paediatricians, as well as all health professionals, must speak the same language.

ROLE OF THE OBSTETRICIAN

- Sufficient and friendly prenatal attention gives the pregnant woman greater confidence in her doctor. This confidence translates into a calmer pregnancy, a birth without complications and a healthy newborn.
- Be informed to promote breastfeeding.
- Support future mothers in the psycho-physiological preparation. Obstetricians have 280 days to motivate and advise mothers on the importance and advantages of breastfeeding.
- During the final consultations they can show mothers how to care for the breast and look at nipple formation where necessary.
- Support the woman during labour and birth, post labour and post birth, helping in the attachment for optimal infant feeding.
- Provide postnatal attention to breasts and initiate treatment of sore nipples.
- Be aware of medicines that are contraindicated for a breastfeeding mother.
- Accompany breastfeeding immediately after birth and thereafter.

Advantages of Breastfeeding (From the viewpoint of the obstetrician)

- Suckling helps the uterus retract more rapidly after birth.
- Prevents post partum haemorrhage.
- Helps mother reduce her weight as 500 to 700 calories per day are used in breastfeeding. Many recover their pre-birth figure within 6 months.
- Reduces the risk of breast cancer before menopause.
- Reduces the incidence of ovarian cancer.
- Helps in stabilizing the progress of maternal endometriosis.
- Is a great savings for the family and increases the wellbeing of the family.
- Helps mother-baby bonding, ensuring interaction and frequent contact between mother and baby.
- Produces psychological attachment, helping the mother address her child's needs. Helps the mother reaffirm her feelings of maternity.
- Exclusive breastfeeding is a natural contraceptive method that favours the union of the couple.
- Reduces the demineralization of the bones, producing less osteoporosis in menopause.

As an obstetrician, I encourage good care of the pregnant woman plus 6 months exclusive breastfeeding to 18 months or more of continued breastfeeding – a time period that creates lifetime well-being for two people – the woman and her child.

Breastfeeding brings a "kind of FORMULA." **Healthy mother=healthy child and healthy child=satisfied, healthy and happy parents...** What more can we ask for?

Jose Tomas Negrete Villate, Specialist Gynaecologist, Obstetrician. Medical Director of Hospital Cruz Roja "Reina Sofia" Paraguay

Please email Dr. Negrete to tolonegrete@hotmail.com for the complete article in Spanish.

* <http://www.cepep.org.py/endssr2004/default.html>

Editors' Note: WHO and UNICEF recommend that every baby be breastfed exclusively for 6 months followed by breastfeeding with adequate complementary food for 2 years or more.

6. Breastfeeding Support Comments – Island Food GO Local Network: Lois Englberger, Micronesia

Lois Englberger shares comments on World Breastfeeding Week – 2008. that she received from her network.

Rainer Jimmy: I salute the MEN who are sharing their opinion on how good breastfeeding is. MEN should know this and be advocates of this good news.

Yasuo Yamada: A Pohnpei-wide campaign on breastfeeding must be organized and made a special day in Pohnpei. This is economically sound and will help mothers who are depending too much on imported milk. It is also good for children to

grow up with love for their mothers. Word should be changed to Pohnpei Breastfeeding Day. Yes, I am a big supporter of Breastfeeding.

Lucille Overhoff-Apis: I feel so strongly about “breast milk being best” that even though I have a full time job and tend to travel a lot in my work, I faithfully carry my breast pump with me so that I can keep my milk flowing for my baby. Although it is uncomfortable and hard work finding time to express milk when I’m facilitating workshops or on the road, I make an effort because it is an investment for my baby’s health.

Daniel Olen (from Papua New Guinea): Thanks. This was a very informative article – World Breastfeeding Week: Supporting mothers to breastfeed.

Lois Englberger PhD, Kolonia, Pohnpei, Federated States of Micronesia
Email: nutrition@mail.fm Website: <http://www.islandfood.org>

7. Mother Support Groups- Follow Up Survey Report: Blue Veins, Pakistan

Blue Veins (a non-governmental organization) established five mother support groups to encourage breastfeeding at the workplace in an industrial work sector in NorthWest Frontier Province (NWFP) of Pakistan. The * Child Health Foundation sponsored the project.

Blue Veins conducted a survey giving follow up forms to Mother Support Groups. There was a 100% response. The data shows that Mother Support Groups contribute in increasing the awareness of working women of their right to breastfeed at the workplace as well as helping to create a sense of collective commitment and encouragement to continue breastfeeding.

Sixty-seven women took part in the survey and the results are as follows:

- 87% were married; 90% of those who were married had children.
- 0% were not aware of the National Maternity Protection Laws nor of the ILO Convention no. 183 Recommendation no. 191 prior to joining the Mother Support Groups.
- The Support Groups helped 90% of them realize the importance of breastfeeding and 10% to some extent.
- 60% have started dialoguing with their employers and 10% plan to after knowing their rights.
- 67% of the employers have reacted positively and 33% negatively.
- 25% have contacted trade unions or women’s groups to support their right to breastfeed while 70% plan to do so.
- 88% plan to claim their maternity rights and right to breastfeed as a working mother in the future, 12% are not sure.
- 48% feel that the lack of a mother-friendly workplace denies most working mothers the right to breastfeed; 43% feel it is the lack of correct and timely information while 9% feel it is the social and cultural pressures that deny working mothers the right to breastfeed.
- All feel that Mother Support Groups can be helpful in recognizing the right of working mothers to breastfeed.

Please email Qamar Naseem of Blue Veins at bveins@hotmail.com for the full report.

Editors Note: *ILO Convention no. 183 and Recommendation no. 191 states: “where practicable provision should be made for the establishment of facilities for breastfeeding under adequate hygiene conditions at or near the workplace.”*

More information on these conventions can be found by going to the WABA Women and Work Task Force webpage link: <http://www.waba.org.my/whatwedo/womenandwork/index.htm>

Child Health Foundation: <http://www.childhealthfoundation.org/>

8. World Breastfeeding Week Quip: Katy Lebbing, USA

I have been passing out gold chocolate coins (they look like medals) at my LLL meeting and all of my classes this month (August). I have a bowl in my office of these gold “coins.” My husband has been looking at them longingly. I told him, “Don’t eat those! I need them for WBW!” Then he said, “When will that be over?” !!!

Katy Lebbing, LLL Leader, IBCLC, USA

9. Bright Futures Family and Community Meeting: Melissa Vickers, USA

Breastfeeding benefits from Mother Support, but mothers – and fathers – seeking help in raising healthy children also benefit from this personalized information and support for normal family concerns as well as the unusual, specific, and challenging. Last May, a group of 12 family and community organizations met in Chicago, IL, USA, to network and share concerns. Organized by Family Voices in partnership with the American Academy of Paediatrics, the meeting was built around the newly revised *Bright Futures Guidelines for Health Supervision of Infants, Children, and Adolescents, 3rd Edition*. While seemingly diverse in mission and purpose, the organizations quickly realized they shared concerns and overlapping target audiences. The group plans to continue to network and collaborate on projects combining family and community support with raising healthy children and of course breastfeeding will be a key player! Some of the organizations participating in this effort are: La Leche League International (LLL); Latin American Health Institute (LHI); Mothers Of Super Twins (MOST); National Center For Farmworker Health (NCFH); and National Military Family Association (NMFA).

Melissa Vickers, IBCLC, USA , LLL Leader of 18 years and the mother of two [formerly] breastfed children. She is a freelance writer and editor.

MOTHER SUPPORT – BREASTFEEDING MOTHERS RELATE THEIR EXPERIENCES

10. Nursing into Toddlerhood*: Barbara Higham, United Kingdom

It was an uphill struggle establishing breastfeeding with my first son, Felix, but my perseverance eventually paid off. When we reached the six-month mark – at which stage many of Felix’s peers were being weaned from the breast – we’d only just gotten into the swing of things. To my surprise, I was enjoying my new social circle of mothers and babies and getting out with a breastfeeding baby was surprisingly simple.

When Felix celebrated his first birthday, he still clearly exhibited a need to breastfeed even though he was eating several meals a day. He didn’t like cows’ milk and my milk was readily available. Nursing was quick and easy and had become a natural part of mothering to me.

There were times when I felt judged by others for whom breastfeeding had been more of a fleeting experience or by those who couldn’t appreciate my child’s need to be nursed to sleep. I was fortunate to have a supportive partner who appreciated the importance of breastfeeding. He also valued a good night’s sleep, which can be something of a boon for the father of a breastfed child.

Once Felix was in “big boy’s” shoes he was a bit more of an acrobat during our breastfeeding sessions, but he was obviously still a baby. When he tumbled over and hurt himself and cried, offering the breast was so much more efficient than rocking or soothing with other methods. A few minutes of breastfeeding worked wonders, no matter what caused the upset.

By the time he reached his second birthday, Felix was steadier on his feet but breastfeeding continued to be a great way to calm a fractious toddler, and it soothed me, too. As time went by – he was three before I knew it – breastfeeding had become something familiar in a world so full of new experiences. It was special for both of us: a way of connecting, relaxing, drifting to sleep, forgiving, reconnecting, and a way of grounding. Breastfeeding was a source of comfort and nourishment when my child was ill and could take no other food.

Once I became pregnant again, initiating weaning seemed impossible at first because breastfeeding was a vital tool in easing the transition from waking to sleeping. But with time, bedtime stories and cuddles took the place of nursing and I have no recollection of the last time Felix breastfed.

When I was pregnant with my third child, Amelia, I was nursing my second son, Edgar who was three. The only thing that made his continued breastfeeding possible for me was to restrict it by telling him he would have to stop after I had counted to 60!

Edgar weaned more gradually and although at four years old he still asked for my milk most days, he would then go weeks without a request for milk and then months. Nevertheless, he had turned six by the time he had stopped asking altogether. I’d found valuable support from other mothers whose children had self-weaned.

Amelia has just turned three and I’m cherishing our precious times nursing.

There are no prizes to be won for breastfeeding the longest – all mothers and babies are different. Ideally the nursing relationship continues until the child outgrows the need, but I hope the description of my breastfeeding experiences will be helpful to others.

Barbara lives in West Yorkshire and is mother to three children, aged 10, 6 and 3. She is a La Leche League Leader and edits the LLL Great Britain magazine, *Breastfeeding Matters* and the mothers' stories section of LLLI's *New Beginnings*.
Email: barbara@olicana.org

* *Toddlerhood* – describes the period when a baby begins to walk.

Editors' Note: *If you have breastfed your baby or are breastfeeding your baby or know of someone who is breastfeeding their baby, please share with us your/their experience.*

FATHER SUPPORT



James drumming away

11. Men's Working Group Takes off with a New WABA Cycle: James Achanyi-Fontem, Cameroon

As the new Coordinator of the WABA Men's initiative, I attended an orientation on WABA policy and philosophy from September 20 to October 6, followed by my attendance at the complementary feeding and food workshop, October 7-8 and later the Global Breastfeeding Partners Meeting October 9-10.

At the in-house orientation, I was introduced to the workings of WABA, met Julianna Lim Abdullah, the Coordinator of information, education and communication and had several meetings with the WABA Co-Directors, Susan Siew and Sarah Amin.

Julianna and I worked on a 2008-2010 action plan for the WABA Men's Working Group (MWG). Lakshmi Menon, Coordinator of the Gender Working Group, highlighted the gender aspect where MWG could further the work in promoting and protecting breastfeeding.

The policy orientation sessions resulted in defining clear areas of work and collaboration with the different taskforces, working groups and regional core partners and organizations. Some of these include:

- a continued involvement of men in WBW and other social mobilization activities;
- joint and/or coordinated advocacy strategies on various key issues (mother support, women and work, HIV, birthing, BFHI (Baby Friendly Hospital Initiative), community support and assistance), including through a Rapid Response System;
- increased advocacy to health professionals and in relation to the Doctors' Initiative and addressing challenges in the medical curricula;
- complementing Core Partner (CP) skills and activities in capacity building/ training, including pre and in-service training and counselling skills;
- increased focus on gender mainstreaming, men and youth outreach and involvement;
- joint development of breastfeeding/Infant and Young Child Feeding (IYCF) materials and dissemination of such materials;
- continued coordination among the CPs through the annual GBPMs and for the Global Forum III scheduled for 2010 in Quebec, Canada and
- a fellowship program at the WABA Secretariat with CPs and network partners.

For the MWG, the 2008-2012 WABA Strategic Plan focuses mainly in the areas of capacity building and e-activism. The MWG will continue to participate in the MSTF e-newsletter and will launch a Not for Fathers Only e-newsletter in January 2009 to focus on men's activities with special focus on the regional snap shots.



WABA family at the Global Breastfeeding Partners Meeting

James Achanyi-Fontem, National Coordinator, IBFAN Cameroon Link Group
E-mail: camlink2001@yahoo.com website: <http://cameroonlink.blogspot.com>

12. Press Statement-Men urged to encourage breastfeeding: L'Effort Camerounais, Cameroon

To read what James Achanyi-Fontem, Coordinator, WABA Men's Working Group said in a press briefing in Bonaberi, Donala, June 12, 2008 please see: <http://www.leffortcamerounais.com/2008/06/men-urged-to-en.html>. This link will take you to L'Effort Camerounais.com, the Newspaper of the National Bishops' Conference of Cameroon.

The Global Initiative for Father Support (GIFS) was launched at the Global Forum II, Arusha Tanzania, 2002 to support Fathers of breastfeeding children.

In October 2006, in Penang, Malaysia, the WABA Men's Initiative was born. To learn more about how you can be involved, please contact the Coordinators of the Men's Working Group (MWG) James Achanyi- Fontem<camlink2001@yahoo.com> or the Regional Focal Persons:

Europe – Per Gunnar Engblom pergunnar.engblom@vipappor.se

Africa – Ray Maseko maseko@realnet.co.sz

South Asia – Qamar Naseem bveins@hotmail.com

Latin America & Caribbean Arturo Arteaga Villaroel arturoa36@hotmail.com

You can also go to the website: <http://www.waba.org.my/men/index.htm>

Editors' Note: *If you are a father supporting breastfeeding, or know of someone working with a father support group, please submit your story.*

NEWS FROM THE BREASTFEEDING WORLD

*Many individuals around the world are working faithfully and with dedication to support mothers in their breastfeeding experiences. In this issue, the Editors and the MSTF would like to highlight a breastfeeding advocate who **indirectly** provided support through his support for a person who directly supported breastfeeding families: Tom Tompson, USA, husband of Marian Tompson, LLLI Co-Founder.*

13. A Supporting Father: Marian Tompson, USA

When I married Tom, I unknowingly married the perfect person to support me in my involvement in La Leche League. From the very beginning, it was Tom's partnership and generous support that enabled me to respond to the many needs of our fledgling organization.

Tom had experienced the frustration of what it is like to have questions about breastfeeding and find no one to answer them. The three physicians Tom and I had for our first three daughters were not able to answer our questions and address our concerns.

It was unusual, in the 1950s and 60s for women to travel without their husbands, but every time an invitation came to speak on breastfeeding, Tom enthusiastically insisted that I accept the invitation. "I'll never be able to take you to that place," he would say, "You go and have a good time." And whenever I came back home everything would be sparkling, as he saw that each of the children did their job in straightening up the house.

When we founders self-published the classic "blue book" Womanly Art of Breastfeeding (WAB) using a printer in the southern part of the state of Illinois, Tom made periodic long drives, filling up our station wagon with WABs, and stacking them in our garage, while our car sat in the driveway. He was always available for jobs needing more "muscle" than we seven dainty (founders) could provide.

It was his understanding and positive attitude about my LLL responsibilities that made it possible for me to go away without feeling guilty. We had a large map on the wall in the dining room and the children put stars on the cities I visited.

Tom loved babies and he knew firsthand how important it was for their mothers to be supported in their decision to breastfeed.

We had the *wake at home when Tom died on November 4th 1981. He had been hit by a car, while walking down our street. One of the visitors to the wake was a young woman I had never met. When I greeted her she told me that she had just met Tom a few days earlier while shopping at the little grocery store at the end of our street. She said that Tom took one look at the baby she was holding in her arms and said, "I bet that is a breastfed baby." Startled, she asked him how he knew. "You can tell, just by looking," was his reply.

Marian Tompson, LLLI Co-Founder, President/CEO of AnotherLook, mother of seven children; grandmother of sixteen grandchildren and great grandmother of five great grandchildren (so far).

***wake:** a watch held over the body of a person who has passed away.

Editors' Note: *We would like to recognize all those who also indirectly support breastfeeding, through their support OF a breastfeeding advocate! Thank you!*

14. Putting a name with a face: Meet Monica Nadina Casis, Reviewer of the Spanish version of the newsletter: Maria (Pili) Peña, Paraguay and Monica Casis, Argentina

In 2004 we newsletter editors realised that we needed support in the correct use of the Spanish language; that it would be good to have an "extra pair of eyes."

In January 2005, Monica Casis Argentina, offered to be the person to review the final text. During the past 4 years, I have worked with her and we have shared photos and seen each other through the webcam of the computer. On October 6, we met personally while I was in Argentina on a trip. We met at the Hotel Milan in Buenos Aires. I saw a beautiful, elegant and tall lady waiting for me with her best smile. Her first words were "Pili, finally we meet."



Monica and Pili in Buenos Aires, Argentina.

We walked and talked for many hours, drank coffee in a traditional café and had lunch in an Italian restaurant. Monica brought with her a bag full of photos prepared especially for our meeting. I would like to share what Monica told me:

I am the 7th daughter of 9 children of Julian and Nadia, who died when I was about 9 years old. I graduated with a teaching degree, taught kindergarten and married Daniel about 28 years ago. I have 4 children (Maximiliano 27, Nadia 25, Cecilia 24 and Juan Ignacio 6).

Due to my husband's work, we moved 6 times during these past 28 years. My priority has always been to care for the needs of my children. My two older children nursed very briefly. Soon after the birth of Nadia I became pregnant with my third, Cecilia. Despite initial problems, Cecilia breastfed a little longer – for 6 months. Sixteen years after Cecilia's birth, my son Juan Ignacio was born. It was a wonderful birth and a beautiful beginning to a different breastfeeding experience. The whole family was happy with his arrival.

When Juan was 4 months, he wasn't gaining weight and the paediatrician prescribed formula, saying that my milk 'did not serve' – that it was useless. I saw an advertisement for a breastfeeding support group in Bariloche and, very worried, I called because my baby refused formula milk and rejected bottlefeeding.

A very sweet voice answered my call. It was Verónica Fleré, Coordinator of the Bariloche group. She calmed me, told me to set aside the bottle and offer the breast whenever the baby wanted. She also invited me to the next support meeting. I went to that meeting and continued attending and started looking for breastfeeding information to share with the group. Juan Ignacio grew and began to gain weight exclusively on my milk. When Juan was 3 years old (continuing to breastfeed) I was accredited as a La Leche League Leader.

Without realizing it, the philosophy of LLL had been my philosophy in raising my other children. Juani weaned naturally at 4 1/2 years. After living and facilitating a support group in Bariloche, I now live in Buenos Aires and am the Coordinator of Leaders in the Federal Capital. I am also in charge of a phone helpline, 0810-321-TETA, responding to mothers who call. We are currently planning the 2008 Area Workshop to be held on November 7-9.

Monica ended her story saying: I will continue to volunteer with LLL Argentina, continue to work on the WABA MSTF newsletter and continue my dance classes, mainly salsa, the rhythm that I love, and to retake Arabic dance classes due to my Arabian background.

It was a beautiful experience knowing Monica personally and giving a real face to a name on the Internet. It was difficult to leave Monica without knowing when we will meet again. However, standing in front of the hotel to return to get my luggage, Monica reminded me of the following: "Pili, you have to show me Edwina's hug" That was the warm farewell with a special hug that Edwina showed us last year which the editors call the **Edwina Hug**.*

Pili Peña, Coordinator of Parhupar, LLL Leader, Editor of MSTF E-Newsletter.

Email: vapena@pla.net.py

Monica Casis, mother to 4 children, LLL Leader Argentina.

Email: monina2634@hotmail.com

*See the article on Edwina Froehlich, Volume 6, No. 2.

15. Breastfeeding News from New Zealand: Rosemary Gordon, New Zealand

Two laws have been passed in New Zealand which will impact favourably on breastfeeding mothers and babies. An amendment to the Employment Relations Act (2000) legislates for breastfeeding breaks for all workers, plus where reasonable and practical, facilities and adequate breaks must be provided to allow mothers to breastfeed or express milk. While facilities for breastfeeding mothers were not specified, they could include a room with a lockable door, changing table and somewhere to sit.

The Corrections (Mothers with Babies) Amendment Act allows some mothers in prison to keep their babies with them for up to two years rather than the six months currently allowed. Mothers who are in custody and awaiting trial and who have a high security classification will, for the first time in some cases, have the option of having their babies live with them. Prison authorities must ensure that mothers in prison have the opportunity and space to breastfeed, and non-breastfeeding mothers will have the same option of keeping their babies with them where circumstances allow. The Act will be applied as and when facilities are developed to make them more suitable for housing mothers and babies.

Other positive news is that 85% of New Zealand maternity facilities have been accredited as Baby Friendly with a few reaccredited for the third time. The first BFHI accreditations in New Zealand were in 2002. The first of the pilot groups involved in the development of a Baby Friendly Community Initiative will hopefully have been assessed by the end of 2008. <http://www.babyfriendly.org.nz>

A national promotional campaign for breastfeeding is underway, with a number of advertisements on national television, emphasizing that breastfeeding mothers need the support of those around them. This is accompanied by a series of posters in English, Maori and a number of Pacific Island languages. <http://www.breastfeeding.org.nz>

A National Strategic Plan of Action for Breastfeeding, developed by the National Breastfeeding Advisory Committee, will be released soon. <http://www.moh.govt.nz/breastfeeding>

LLL New Zealand's Peer Counselor Program, which trains Peer Counselor Program Administrators to develop their own Peer Counselor program, has now been running for two years and has done a number of trainings with bookings for early 2009. A training course in Auckland was independently assessed for the Ministry of Health with glowing results. The Ministry of Health and District Health Boards now know that the course is a 'fit' for Maori and Pacific participants and that it has been positively received by all those who have taken part. <http://www.pcp.org.nz>

Rosemary Gordon, LLLNZ Leader, LLLI Board member, mother to three sons and grandmother to one grandson.
Email: irgordon@xtra.co.nz

16. World Social Forum: Amigas do Peito, Brasil

Since the first World Social Forum (WSF) that took place in Porto Alegre, Brasil, in 2001, the Amigas do Peito, a mother-to-mother support organization in Brasil, have brought the message of breastfeeding to WSF participants in 2002, 2003, 2005 and 2006. They have worked to bring the message that breastfeeding creates a world of fairness, love, solidarity and peace. They have done this in the past through workshops and through a presence in WSF opening and closing ceremonies. For the 2009 WSF that will take place in January, in Belém, Brasil, they plan to increase the exposure of the participants to breastfeeding with more activities, particularly with a workshop during which a Samba School will be developed of components that represent breastfeeding aspects related to the WSF themes. The Samba School will be an excellent way to attract attention to breastfeeding in the closing ceremony.

If you want more information on the workshop plans; if you are interested in helping the Amigas bring breastfeeding to the WSF; or if you are already planning to attend, please contact Maria Lucia Futuro mlfuturo@urbi.com.br or email the Amigas do Peito amigasdopeito@amigasdopeito.org.br

17. Maternity Protection at the Workplace: Elaine Cote, Switzerland

BRASIL – President Lula approved a new law extending maternity leave to 6 months from the previous 4 months for women working in the public sector: the new law was adopted on September 19th, 2008. Conditions are the same as for the 4-month leave. This extended leave will be optional for the private sector (as of 2010); it will not apply to micro and small businesses.

INDIA – a new law entitles women working in the central government public sector to take a six-month paid maternity leave plus a two-year child-care leave (three years for two children), as needed until the child is 18 years of age. It is a great way to attract women to public service.

There is still a lot of work to be accomplished to extend the scope of these leaves to other sectors of working women and thus include larger numbers of them, but they are important steps in the right direction.

Bravo to all of those who worked in their country to make things move forward! Thank you also to the different people who sent the information and translated it for us.

The Maternity Protection Coalition, composed of breastfeeding advocates, is working specifically on maternity protection at the workplace. Coalition members are: Academy for Educational Development (AED), IBFAN (International Baby Food Action Network), ILCA (International Lactation Consultant Association), LLLI (La Leche League International) and WABA (World Alliance for Breastfeeding Action). For more information on the MP Coalition, contact Elaine Petitat-Cote <elaine.cote@gifa.org> or Chris Mulford <chrismulfo@comcast.net>
websites: IBFAN<www.ibfan.org> WABA<www.waba.org.my>

18. Happy 40th Anniversary to Ammehjelpen!: MSTF Coordinator; Co-coordinators; MSTF E-Newsletter Editors

On October 1, 2008, the Norwegian mother-to-mother support organization, Ammehjelpen, celebrated 40 years of helping mothers to breastfeed. The 40th Anniversary was celebrated at the annual organizational get-together in Trondheim, Norway. There are 104 members of Ammehjelpen plus others who are not breastfeeding counselors, 10 honorary members and a steering committee of six persons. The Ammehjelpen newsletter "Ammenyt" is only available on the internet and the organization has gone 100% electronic. Elisabet Helsing, Founder, provided the above information and we are pleased to present excerpts from her keynote address at the 40th Anniversary celebration.

AMMEHJELPEN 40 YEARS

*Excerpts of the opening address to Ammehjelpen's General Assembly, held 17 October 2008
Elisabet Helsing, Dr Med Sci.*

This is to wish Ammehjelpen many happy returns of the day! 40 years is, so to speak, a good ripe age. My children are in their forties – naturally, because if they hadn't been, Ammehjelpen would not have been either – at least not a 40 year old organization.

My intention here and now is to dwell on the most distant past, starting well before Ammehjelpen became a fact. Ammehjelpen was inspired from the USA. At that time, 1960-1970, the USA was the inspiration for many important issues – think of the civil rights movement and the new feminist movement just to mention two. And a third, the breastfeeding movement, was well up and running in the USA by the end of the 1960ies – it was started by an association with an impossible name: La Leche League International. Groups of women met in each other's homes – they had actually started as early as 1956.



Prior to the creation of Ammehjelpen I had been in contact with LLLI for about one year. My first letter to the organization was dated 6 July 1967. I look at the ancient correspondence with some sadness as the letter writer, Edwina Froehlich, a wise and strong woman and one of the "founding mothers" of LLLI, died this summer, as the first of the founding mothers. She was 93, and was a keynote speaker at the WABA/LLLI Mother Support Summit that took place before the 50th anniversary of LLLI in Chicago - just one year ago.

Back to antediluvian times in Norway. in the summer of 1968 the largest newspaper in Norway carried articles that I had written, based on my newfound wisdom from the USA. At the same time a women's magazine carried an interview with me about breastfeeding. I used the opportunity to describe LLLI and to suggest that women who were interested in starting something similar in Norway write me - and I submitted my address. What followed then was a deluge of mail, which went on for a couple of years. Most of the letters were from mothers needing help with breastfeeding, but a few were from women who offered to take part in starting breastfeeding support in Norway. So the first meeting of "Lactating Mothers' Assistance Association" as it was somewhat inelegantly called for the first few months, was held in my home the 1st of October 1968. This, then, may be said to be the date of the founding of Ammehjelpen. By then, I had already, one year earlier, in October 1967 applied to LLLI to become a certified leader, answering their questionnaire as requested. So when I received the comments to my reply one year later from the American LLL representative who was in charge of the international groups, it was too late. Ammehjelpen had by then been formed. It progressively became clearer to me that being a subgroup of another organization rather than a free and independent national organization would be a mistake. Our relationship with LLLI continued to be frank and friendly. We saw them as inspirators and used their literature as a source and starting point when we formulated our own.

Elisabet Helsing, Dr., Medical Science, Founder, Ammehjelpen, Norway, mother to 2 children and grandmother to 3 grandchildren.

19. First International Conference and Eighth La Leche League (LLL) Latin American Workshop: Yanet Olivares de Saiz, Dominican Republic (DR)

The Eighth LLL Leaders and Leader Applicant Workshop took place on August 14, 2008 followed by an International Conference *"Apoyo a la madre: Construyendo el éxito"* (Support for the Mother: Building Success), on the 15th-to the 17th attended by mothers, fathers, lactation consultants, nurses, doctors, birth educators, nutritionists, volunteer counsellors and other health specialists.

A total of 165 participants from 13 countries updated their knowledge and tools on breastfeeding. Participants included health personnel who work directly with mothers at both institutional and community levels. It also enforced communication bonds and further encouraged a more optimistic expectation towards increasing the breastfeeding rate.



La Leche League Logo on the sands in DR

- Updates were on breastfeeding knowledge, psychological aspects, clinical management, practice, ethics, laws, nutrition, childcare, quality of service, communication techniques, and techniques in promoting health.
- Knowledge acquired provides improved support for mothers at different levels. In addition, there was an interest among various participants to become accredited as international lactation consultants (IBCLC).
- Members of the medical team and the counsellors of the different hospitals and health centres were able to attend the event thanks to the support of the National Council of Childhood (CONANI), other organizations and businesses.

Each participant received:

- a copy of *"Manual Práctico de Lactancia"*, (Manual on the Practice of Breastfeeding), a reference book containing the latest updates in the field in common language thanks to the support of the Catalana Association of Breastfeeding (ACPAM) and the National Council for childhood and Adolescence (CONANI).
- Recordings of the sessions were also available for participants who missed sessions due to simultaneous sessions. A DVD version of the event is being prepared.
- a copy of the *"Situational Diagnostic: Messages and Practices of Feeding Children of Mothers living with HIV/AIDS"* sponsored by UNICEF.
- 2 pamphlets authored by Pam Wiggins, on breastfeeding under emergencies and a Guide for Fathers in 10 minutes thanks to LA PUBLISHING.

The event created a common bond among the professionals both at the national and international level. Taking advantage of the availability of the software, hosting and webmaster, the website on the conference <http://lllid.org/tallerla/>, a website for the National Breastfeeding Commission, LLL RD and the International Division of LLL was designed. At the end of the conference the DR participants formed a Health Forum (LactaRD) to facilitate sharing of information on infant feeding with the health professionals in the country.

The International participants also took part in the following events:

- The National Breastfeeding Commission organized a Scientific forum at the Autonomous University of Santo Domingo with Dr. Carlos González, Lic. Mónica Tesone and Dr. Marina Rea among others.
- The National Breastfeeding Programme and the Dominican Pediatric Society organized a meeting with doctors in the Gran Teatro del Cibao, with Dr. González. About 200 doctors participated.
- Hospiten, a private clinic, organized a talk with Dr. Maritza Cabrera, for doctors and residents. The Health Personnel members of the Health Forum LactaRD were invited.
- The Mothers Club invited Lic. Mónica Tesone to give a talk at the *"Feria del Bebé"* (Baby Fair) in Ferreteria Americana.
- The Hospital Cabral and Báez de Santiago invited the Breastfeeding Lactation Consultant and LLL Leader Mariana de Petersen to their facility. Petersen spoke on Kangaroo Mother Care. This encouraged the hospital staff who are in the advanced phase of implementing this method.

Yanet Olivares de Saiz, Director of the International Division of LLL, LLL Leader and Lactation Consultant Internationally Certified (IBCLC).

Email: yanet.olivares@gmail.com

Editors' Note: *The Document on the Latin American Conference Summary in Spanish is available at: http://www.llli.org/docs/memorias_conferencia_LA_2008.pdf*

BREASTFEEDING RESOURCES

20. Breastfeeding Matters

Breastfeeding Matters is the bi-monthly members' magazine of La Leche League (LLL) Great Britain. Mothers share their breastfeeding experiences. Leaders offer support from LLL, with up-to-date and complete information on breastfeeding. There are parenting tips, news reports and much more, beautifully illustrated with photos and cartoons. It's useful for breastfeeding and pregnant mothers as well as anyone who is helping them, health professionals, friends and relatives.

For further information see: www.lllgbbook.co.uk or email wendy.laleche@btconnect.com

21. September 2008 edition of the Legal Update: Raja Abdul Razak, Malaysia

In the second issue of 2008, ICDC (International Code Documentation Center) focuses on the non-conventional methods to which Nestlé and Dumex have recently resorted in order to circumvent the Code. For example, Nestlé pays shops in Vietnam to provide prime shelf space for its infant formula and then pays for the 'privilege' in products, creating further pressure to sell. The Legal Update also shows that Code monitoring work is not always about confrontation with industry. The story on Evenflo, however, shows how dialogue between breastfeeding advocates and a feeding bottle and teat company can produce favourable outcomes.

The newsletter is available on the IBFAN website:

http://www.ibfan.org/site2005/abm/paginas/articles/arch_art/299-13.pdf

To receive the newsletter as an attachment, please email ibfanpg@gmail.com for a copy. For limited hard copies please request an order form.

Raja Abdul Razak, Publication Support, IBFAN-ICDC, Penang, Malaysia.
Email: ibfanpg@gmail.com

22. Abstract - Supporting breastfeeding mothers: qualitative synthesis. *Journal of Advanced Nursing*. 2008 May; 62 (4): 407-27 McInnes RJ, Chambers JA

AIM: This paper is a report of a synthesis of mothers' and healthcare professionals' experiences and perceptions of breastfeeding support.

BACKGROUND: Despite increasing knowledge, breastfeeding rates remain relatively static and mothers continue to report dissatisfaction with their experiences of breastfeeding. Greater understanding of breastfeeding may be achieved through rigorous qualitative research, and there has been a recent increase in such studies.

DATA SOURCES: Electronic databases and citation lists of published papers were searched for articles listed between 1990 and 2005 and updated in May 2007. Studies were included if they used qualitative methods, were published in English, explored an aspect of breastfeeding and were based in a westernized country.

REVIEW METHODS: Papers were included if they reported studies using qualitative methods to explore breastfeeding and were published in English and based in a westernized country. Each study was reviewed and assessed independently, key themes extracted and grouped, and secondary thematic analysis used to explore key concepts.

RESULTS: From the 1990-2005 search, five themes emerged in health service support of breastfeeding: the mother-health professional relationship, skilled help, pressures of time, medicalization of breastfeeding and the ward as a public place. Social support had two themes: compatible and incompatible support. One additional theme emerged from the update to 2007: health professional relationships.

CONCLUSION: Mothers tended to rate social support as more important than health service support. Health service support was described unfavourably with emphasis on time pressures, lack of availability of healthcare professionals or guidance, promotion of unhelpful practices and conflicting advice. Changes are required within the health services to address the needs of both mothers and staff.

We thank Dr. Lois Englberger, who received this abstract from Judy Mieger, Washington, USA.

23. Items of interest from the US Coalition for Child Survival electronic newsletter, November 3, 2008

Newborn and Infant Health

- Washington Post – Interventions to Promote Breast-Feeding Succeed <http://www.washingtonpost.com/wp-dyn/content/article/2008/10/21/AR2008102101398.html>
- Washington Post – Behind Milk Scandal, a Drop in Breast-Feeding <http://www.washingtonpost.com/wp-dyn/content/article/2008/10/24/AR2008102403387.html>
- The Daily Star (Bangladesh) – Breastfeeding can cut infant mortality by one-third <http://www.thedailystar.net/story.php?nid=61170>

CHILDREN AND BREASTFEEDING

24. Breastfeeding Project at School Science Fair: Lisa Gayatri Velázquez Panadam, Paraguay

On October 24th my friends and I, teenagers and students at Colegio Naciones Unidas in Asunción Paraguay, exhibited a project at the school science fair. We selected breastfeeding for our project as I have been working on breastfeeding since primary school. Following are comments from the group members, including myself:

"I learned the benefits of breastfeeding for babies and mothers." – Vanessa Da Silva

"I got to know more on the importance of breastfeeding. The truth is I never gave it much importance before. I also learned about the health benefits that it brings to mothers and children and the love bond that it creates between them." – Juana Martinez

"It helped me understand the consequences of formula feeding on the environment and for the family." – Alice Sosa

"I feel it is important because I learned a lot about breastfeeding as I did not know of the topic and it also helped me get new friends." – Pedro Rodriguez

"I felt it was a good experience and increased my knowledge on the subject. I began to realize that there are persons to whom breastfeeding is important and there are others who saw it as unimportant and were not even interested in understanding it." – Lisa Gayatri Velázquez



Left to Right: Alice, Juana, Gayatri, Pedro and Vanesa with their breastfeeding project.

25. How to achieve "Peace and Quiet!": Keely, USA

I was also reminded of a conversation my daughter and I had when she was two and constantly talking. I was at my wit's end - really wanted to just think without interruption. On the verge of tears, I said to her, "Please stop talking! I just need some peace and quiet!" She replied with, "OK, I'll be peace and you be quiet!"

Keely, LLL Leader, Virginia, USA , mother to Emma, 8 years old, Evan, six years old and Eli, 3 years old. At the time this happened, Emma was 2 years old and tandem nursing with Evan, who was an infant.

Editors' Note: *If you have special memories of what your children did or said when breastfeeding or if your children themselves would like to contribute what they feel about breastfeeding or the actions they have taken to promote breastfeeding, please write to us.*

NEWSLETTER INFORMATION

26. Check out these Websites

<http://www.internationalbreastfeedingjournal.com> *International Breastfeeding Journal*, September and October 2008:

- *Breastfeeding in the workplace: Other employees' attitudes towards services for lactating mothers:* Kathryn Suyes, Sheryl W Abrahams, Miriam H Labbok
- *Awareness and reported violations of the WHO International Code and Pakistan's national breastfeeding legislation: a descriptive cross-sectional survey:* Mihretab Salasibew, Ayyaz Kiani, Brian Faragher, Paul Garner

- *Infant feeding in Sweden: Socio-demographic determinants and associations with adiposity in childhood and adolescence:* Andrej M Grijbovski, Bettina Ehrenblad, Agneta Yngve
- *Health professionals' advice for breastfeeding problems: Not good enough!* Lisa H Amir, Jennifer Ingram

<http://www.art-breastfeeding.com/es/index-es.html> A website of Dr. Isidro Vitoria, paediatrician at the Children's Hospital LaFe de Valencia, Spain on art and breastfeeding as an artistic resource in promoting breastfeeding.

<http://www.llli.org/intlvolunteerdayarticle.html> - An article: Volunteers Help Mothers to Breastfeed: The Work of La Leche League International

<http://www.stuff.co.nz/dominionpost/4661913a23918.html>

Breast practice to keep staff, an article on Baby Friendly Police Stations, Wellington. The Dominion Post, New Zealand

<http://ammehjelpen.no> - The Ammehjelpen organizational website, in Norwegian

<http://deseretnews.com/article/1,5143,705257065,00.html> New study on breastfeeding and the immune system

<http://www.bfmed.org/ace-files/taintedformula.pdf> Academy of Breastfeeding Medicine press release on tainted Chinese baby formula

http://www.ibfan.org/site2005/Pages/article.php?art_id=560&iui=1 Sanlu milk scandal

27. Announcements: Past and Future Events

26-27 September, 2008: The Federación Española de Asociaciones pro-Lactancia Materna FEDALMA (Spanish Federation of Breastfeeding Associations) celebrated its congress in Zaragoza, with the theme *"Breastfeeding for a Sustainable Development"*.

Information on FEDALMA is available on www.fedalma.org

1-3 October, 2008: VELB/ILCA Conference and Annual Meeting: *A World Wide View on Breastfeeding*, Austria Center, Vienna, Austria <http://www.ilca.org/viennaconf2008.html>

23- 26 October, 2008: The Academy of Breastfeeding Medicine's 13th Annual International Meeting at Ritz-Carlton, Dearborn Michigan, USA. Physician's Meeting: October 24-26, 2008, Health Team Meeting: October 25-26, 2008 and *What Every Physician Needs To Know About Breastfeeding*: October 23, 2008. This year's meeting featured the Third Annual Founders' Lecture, *"Breastfeeding: A link between mother and child"* with key-note speaker, W. Allan Walker, MD. Dr. Walker is a leading Professor of Pediatrics and Pediatric Gastroenterology and Nutrition at Harvard Medical Centre, and Massachusetts General Hospital-East. For further information email ABM@BFMED.ORG or website: <http://www.bfmed.org/index.asp>

22 November 2008: 30th Anniversary of LLL Hong Kong. Congratulations!!

3-7 January 2009: *World Congress: Giving Children a Voice - the Transforming role of the family in a global society, New Delhi, India.*

The Congress brings together a range of distinguished contributors from across the globe to consider the latest knowledge about these challenges, offering suggestions and plans on how they can begin to be understood and addressed. It also provides a unique opportunity to articulate positive responses to the challenges that face Asian society, its institutions, its families and children, and to consider the transformational role of the family. For further information see <http://www.ifhe.org/28.html> and check under 2009 January 3-7.

27 January – 1 February, 2009: World Social Forum 2009, Belém, Pará, Brasil

For further information see: www.forumsocialmundial.org.br

http://www.fsm2009amazonia.org.br/?set_language=en

5 – 6 February 2009: LLL Asia and Middle East Conference in Hong Kong.

<http://www.lllhk.org/>

5 – 7 March, 2009: CIMS (Coalition for Improving Maternity Services) 2009 Mother-Friendly Childbirth Forum: *Speaking with One Voice for Mother-Friendly Childbirth*, in San Diego, California, USA. For further information on program updates and registration details, see

<http://www.motherfriendly.org/forum.php>

26-27 March, 2009: 4th Breastfeeding and Feminism Symposium. The Breastfeeding and Feminism Symposium is designed to bring together scholars, advocates, practitioners and policymakers interested in Breastfeeding; Women's rights at home and at work; Reproductive health and rights; and Family planning and child health. For information please send an email to cwhw@uncg.edu

27 April – 1 May, 2009: 12th World Congress on Public Health, World Federation of Public Health Associations and the Turkish Public Health Association, Istanbul, Turkey.
Making a Difference in Global Public Health: Education, Research and Practice.
Website: www.worldpublichealth2009.org

To Remember: Betty Wagner Spandikow, co-Founder, La Leche League International

La Leche League International and the world lost an amazing woman when Betty Wagner Spandikow, of Glen Ellyn, Illinois, USA passed away October 26, 2008. Betty was co-founder of La Leche League International and co-author of *The Womanly Art of Breastfeeding*, which has over 2 million copies in print. For more information on Betty and her life or to leave a comment, please go to www.llli.org and click on the photo of Betty.



Betty Wagner Spandikow

28. Readers Share

Dear Editors,
Thank you so much for the update in V6N2.
– *Fortidas Bakuza, Tanzania*

Dear Editorial Team,
Thanks very much for the E-Newsletter which I have just posted to all members of the Cameroon networking group. It is really rich in content. Congratulations for the excellent work to the entire editorial team.
– *James Achanyi Fontem, Cameroon*

I'd love to use the story from your last newsletter 'Travels, Adventures and Breastfeeding' by Angelica Garcia, Colombia, in *New Beginnings*, where I am mothers' stories editor. I know Angelica isn't yet a mother herself but I think it would be a great contribution to the section of the magazine nonetheless. I have Angelica's permission to print the story. I really enjoyed the newsletter. Look forward to hearing from you.
Best wishes,
– *Barbara Higham, UK*

Visiting the WABA website, I realised that I could subscribe to the WABA newsletter. I work in a mother-baby health clinic in Val d'Oise, and as a health professional and a mother, I try to promote breastfeeding to the best of my ability. I would like to receive this newsletter to provide all the mothers I meet with the latest breastfeeding information. Thank you.
– *Agnes Cheilan, France*

29. Submission of Articles and Next Issue

We would like to receive articles of interest for this newsletter. The themes of interest should refer to any actions taken, specific work done, investigations and projects carried out from different perspectives and from different parts of the world which have provided support to women in their role as breastfeeding mothers. In particular, please send articles that support GIMS for Breastfeeding and also articles that address father support.

The guidelines for contributing an article are as follows:

Up to, but not exceeding 250 words.

Name, Title, Address, Telephone, fax and e-mail of the author

Affiliation

Brief biography (5-10 lines)

Web site (if available)

Please be specific in including details where relevant: names of places, persons and exact dates.

To be received by the date specified in each issue.

If there is a lot of information, please write a summary of 250 words or less, provide a website url or link for readers to access the full report or article or send the full report/article and the MSTF will send it to WABA to place on the WABA website.

The deadline for submitting articles for consideration for the **January – April 2009** issue is **January 31, 2009**.

If you submitted an article and it didn't appear in this issue, it is being reserved for a future issue. **Volume 7, Number 1**, will be sent on **March 1, 2009**.

30. How to Subscribe/ Unsubscribe to the Newsletter

Please share this newsletter with your friends and colleagues. If they would like to receive the newsletter, please ask them to email: gims_gifs@yahoo.com and specify the language (English, Spanish, French, and Portuguese) in which they would like to receive the newsletter.

For further information, please write to: Pushpa Panadam pushpapanadam@yahoo.com and Pili Peña vapena@pla.net.py

Support Breastfeeding – Support the MSTF E-Newsletter: MSTF Coordinator and Editors

The first issue of the MSTF E-Newsletter was sent out in the last quarter of 2003 and the newsletter is beginning its 5th full year. The first 8 issues of the newsletter were published in 3 languages: English, Spanish and French. The Portuguese version of the newsletter first appeared in Vol. 3 No 4 in 2005.

The newsletter is a means of communication that reaches out to breastfeeding mothers, fathers, organizations and supporters sharing stories and information. The newsletter helps all of us who work in breastfeeding to feel supported and appreciated in what we do and to improve how we help mothers, fathers, families and communities in breastfeeding.

However, our newsletter needs support too. You can help by disseminating each issue of the newsletter and letting us know:

1. how many are receiving it directly from the newsletter editors
2. how many are downloading it from the WABA website
3. how many are receiving it through you, a subscriber
4. how many are reading the newsletter through printed copies from your organization when there is no easy access to internet.

The opinions and information expressed in the articles of this issue do not necessarily reflect the views and policies of WABA, the Mother Support Task Force and the Newsletter Editors. For further information or topic discussion, please email the authors directly.



The World Alliance for Breastfeeding Action (WABA) is a global network of individuals and organizations concerned with the protection, promotion and support of breastfeeding worldwide based on the Innocenti Declaration, the Ten Links for Nurturing the Future and the WHO/UNICEF Global Strategy for Infant and Young Child Feeding. Its core partners are International Baby Food Action Network (IBFAN), La Leche League International (LLL), International Lactation Consultant Association (ILCA), Wellstart International, and the Academy of Breastfeeding Medicine (ABM).

WABA is in consultative status with UNICEF and an NGO in Special Consultative Status with the Economic and Social Council of the United Nations (ECOSOC).

WABA, PO Box 1200, 10850 Penang, Malaysia

Tel: 604-658 4816

Fax: 604-657 2655

E-mail: waba@streamyx.com, Website: www.waba.org.my

The MSTF is one of seven task forces that support the work of the World Alliance for Breastfeeding Action.

***“Remember! We (the WABA Network) are a FORCE for happiness.
We come together for the children of the world.”***

– Public Health Association of Québec,
WABA Global Breastfeeding Partners Meeting VII,
October, 2008, Penang, Malaysia