

mothers face and their solutions resonate with others around the world. The similarity connects us all. The newsletter literally serves as a connection (through the different languages) between mothers and supporters around the world.

– Pushpa Panadam, Mother Support Task Force co-coordinator



GIMS + 5 being endorsed by Edwina Froehlich, one of the founding mothers of LLLI.

The MSTF newsletter has received contributions from all corners of the world and most of them from volunteers who support mothers. Although it is an online newsletter available to those with access to the internet, stories published in the newsletter have also come from areas where internet access is limited and not easily available. For example, a mother in an informal sector was able to share her story in the newsletter because it was narrated to someone who cared enough to help, support and tell her story.

In 2007, the GIMS was further expanded and was called GIMS+5 to formulate more specific policy, clarify and facilitate an even more holistic approach to support, and to expand the awareness and political base for supporting mothers in breastfeeding. This included reframing support from the perspective of a woman's reproductive cycle, and not just during her breastfeeding period. It had its roots in the emerging discourse of the WBW 2002 theme: *'Healthy Mothers and Healthy Babies'*.

Breastfeeding: Healthy Mothers and Healthy Babies (WBW 2002)



Healthy babies come from healthy mothers! While earlier breastfeeding messages conveyed the fact that even an undernourished woman can breastfeed her child, a human rights approach that respects and supports a woman must ensure that a breastfeeding mother is also healthy and nourished in her own right, and supported throughout her reproductive cycle.

This 2002 theme of *'Healthy Mothers, Healthy Babies'*, therefore underscored the urgent need to protect, promote and support the health and well-being of mothers and children. The act of breastfeeding contributes to healthy growth and psychosocial development for both mother and child.