

Mother Support Task Force (MSTF)

World Alliance for Breastfeeding Action



Josephine Nalugo, WABA WBW Photo Contest 2010

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*“Anything done by anyone on behalf of making
the world a better place where breastfeeding works better for mothers and
babies is doing a great service. It may seem small, but it all really adds up.”*

– Ted Greiner, South Korea

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MOTHER SUPPORT TASK FORCE COMMENTS AND INFORMATION

1. Mothering Skills and Support: Paulina Smith, Coordinator, WABA MSTF

My daughter, Vania and her newborn, Kalpana, have been here in Mexico City for six weeks and oh what a delight it is to see one's daughter care for her daughter.

The first few weeks Vania needed my support almost 24 hours a day, but now she is very confident in her mothering skills. This confirms what we know - that when support is needed, it is important to be there to give it. Kalpana fussed from week 3 to week 8 and although this was demanding on all of us, we worked as a team during the evening/night hours. We played music to her, walked her, rocked her, changed holding positions, and Vania nursed and sang to her. Vania experienced first-hand how to handle a strong spirited child. Kalpana's needs were satisfied during this period of aches and pains and during her adjustment to an outside-of-the-womb life. She now sleeps placidly and smiles all the time.

During Vania's time here in Mexico City, because of a postpartum high blood pressure worry, the physician had her go through a heart test which involved a radioactive contrast injected into her vein. She could not nurse or hold Kalpana for over 24 hours. To prepare for this procedure, Vania expressed over 25 ounces (739.3 ml) of milk which we froze and stored. Natalia, my younger daughter, came into Mexico City so that, together, we could support Vania by feeding Kalpana and giving her extra love and care. Because supporting mothers to breastfeed is a strong belief of the MSTF, we work closely not only with family members but with mothers worldwide.



Left to right: Natalia, Paulina and Vania carrying baby Kalpana.

Paulina Smith, Coordinator
WABA Mother Support Task Force
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2. MSTF Update: Paulina Smith, Coordinator, WABA MSTF

We are excited to let you know that we have begun the process of upgrading, updating and making changes to the Mother Support Task Force section on the WABA website. We will continue to showcase mothers being supported while they live their breastfeeding experience, but will add new information, updated news, new photos and stories. If you would like to send in photos and/or stories or you know of a mother who has breastfed and has a story to tell, all stories are most welcome. Please send them to the WABA Secretariat at www.waba.org.my to the attention of Julianna Lim julianna.lim@waba.org.my.

If you would like a caption of recognition, please send this information also.

We would also like to inform you that during the October 2010 Global Breastfeeding Partners' Forum in Penang, Malaysia, there will be a Workshop on the topic: "Creating Models for Successful Mother-Baby Friendly Communities, including Workplaces." The workshop will review examples of mother-baby friendly communities and discuss how these examples can be translated into global models. In the workshop we will also discuss the sustainability of mother-baby friendly workplaces in various settings. We will identify policy and programmatic changes/shifts that are needed to bring about mother-baby friendly communities and determine if a global campaign is needed. We will take the opportunity to discuss the viability of the Global Initiative for Mother Support (GIMS) as a vehicle for such a campaign. The discussions will build on all the issues raised recently on Working Women and Mother Support. If you have suggestions, recommendations or information to share, please send your ideas and thoughts to Paulina Smith smithpc@att.net.mx.

If you are interested in being a country contact for GIMS and the MSTF, please email Paulina smithpc@att.net.mx, Rebecca beckyann1939@yahoo.com, or Prashant psgangal@hotmail.com

MOTHER SUPPORT FROM DIFFERENT SOURCES

3. Young Breastfeeding Supporter: Hiroko Hongo, Japan

I would like to introduce the Japanese breastfeeding support situation through my daughter's story.

When I attended my first La Leche League (LLL) meeting twenty-one years ago, I was pregnant with Manami. I am thankful to the LLL Leaders who empowered me to enjoy mothering through breastfeeding in such a way that I also became an LLL Leader. Manami attended LLL meetings and conferences with me for many years, including the Communication Skills Training sessions which I have facilitated. After I was certified as the first Japanese International Board Certified Lactation Consultant (IBCLC) and started to give lectures in several places, Manami enjoyed going with me.

As the years went by, she became interested in what I was doing - supporting mothers to breastfeed. When she was a high school student, I facilitated the 18-hour Breastfeeding Basic Course in the place where she babysat my co-facilitator's baby. It was then that she really became impressed with the importance of breastfeeding. Manami started to read many breastfeeding books including the LLL book "The Womanly Art of Breastfeeding" in Japanese and a breastfeeding textbook for health care professionals.

The benefits of breastfeeding are well known to the Japanese people and most mothers want to breastfeed, but due to the aggressive advertisement of the formula companies and the lack of support from the hospitals, many mothers also use bottles and formula. Baby Friendly Hospitals were only 2% of all maternity facilities in 2009.

There are about 50 LLL groups in Japan. Some mothers know LLL through books and others find LLL meetings through the internet on computers and mobile phones. Many health care professionals want to help mothers to breastfeed and are eager to learn evidence-based breastfeeding management as well as



Hiroko is breastfeeding toddler Manami.



Japanese version of WABA YOUTH flyer 2010.

communication skills. Annual Japanese Association of Lactation Consultants (JALC) seminars have been held for the past ten years or more, which I had co-founded as ILCA's affiliate in 1999 with three other IBCLCs. These were the only IBCLCs in Japan at that time. Currently, about 650 IBCLCs are working in hospitals and clinics as midwives and doctors, or in the community. There were more than 1,000 attendees at the last JALC Conference in June of 2010. As in LLL Conferences, mothers with babies and children are welcomed at JALC Conferences. Manami attends JALC seminars as well as LLL Area Conferences whenever I speak. Manami loves attending LLL meetings with me when she has the time, and enjoys the warm mother-to-mother atmosphere.

When Dr. Haider Rukhsana, the only IBCLC in Bangladesh, came to Japan for lectures, she suggested that Manami join WABA's YOUth group. After joining the group, Manami was asked to translate the YOUth flyer into Japanese. The Breastfeeding Support Network in Japan (BSNJapan), which I co-founded in 2000, covered the cost of printing and distributing the flyer. Many people, including Kanae Tada (pediatrician, IBCLC), Kumie Tsumuraya (professional translator), and Harumi Yamasaki (Area Publication Administrator for LLL Japan), proofread her translation. When the printed flyers ran out, BSNJapan decided to revise the flyer with Japanese mothers' photos which Takako Miura (midwife, IBCLC) and her daughter Tomo had taken at Tanpopo Mama Club, another mother support group. Manami promotes breastfeeding information among students at her university and plans to conduct research on International Code violations in Japan.

Manami and I are looking forward to attending the GBPF in October in Malaysia.

Hiroko Hongo, MSW(Masters in Social Work), IBCLC, LLL Leader, co-founder of JALC and BSN Japan
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Note: *BSN in Japan, which translates and distributes WABA's action folders every year, has an official relationship with LLL Japan and the JALC. Its Board members include medical doctors, midwives, a lawyer, a social worker, a university professor, a professional translator, as well as IBCLCs, LLL Leaders, and mothers-at-home.*

4. Successful Congress in Brasil: Marta Trejos, Costa Rica

The IBFAN Brasil network organized a training course called I Encuentro Nacional sobre Alimentación Complementaria – ENACS (I National Congress on Complementary Food) and the XI Encuentro Nacional de Lactancia Materna –ENAM (XI National Breastfeeding Congress) from June 8-12, 2010, in the city of Santos, São Paulo, Brasil. The events were attended by 1,200 people from diverse professions, institutions, groups, regions and countries. The event themes were covered through lectures, plenary dissertations, round table discussions and workshops which mostly occurred simultaneously.

At least 77 presentations are available on the www.ibfan.org.br website. Themes discussed were: most effective actions in promoting breastfeeding; breastfeeding and respiratory and gastro-intestinal diseases; breastfeeding and HIV; mother to mother support groups; breastfeeding and gender; breastfeeding in emergency situations: networks and Human Milk bank programmes; Kangaroo Mother Care; maternity leave; breastfeeding and hearing impaired mothers; early weaning and its consequences; premature cutting of the umbilical cord; early attachment; skin to skin contact; postpartum depression and more. The topic on Ethics and Conflict of Interests was authoritatively presented by Ana Júlia Colameo and received a standing acclamation from the plenary. ENAM demonstrated that, not only was it possible to hold successful events without the sponsorship from multinationals of infant foods and connected industries, but there wasn't even a need!

Experiences on the formation of doulas and midwives, humanized and respected birth were presented by the RELACAHUPAN network. The IBFAN network showed aggressive marketing of infant formulas with reports from Argentina, Bolivia, Brasil, Colombia, Costa Rica, Guatemala, México and the Dominican Republic. The Brazilian support groups; Amigas do Peito, La Liga La Leche, Matrice and Mama, shared brilliant experiences and had exhibit stands with information and presentation of games, educational materials and more which added the seal of "mama" to the event. Children were always present in the Convention Hall, playing and laughing, while their mothers participated in the workshops.

Marta Trejos, Member, WABA Steering Committee, Regional Coordinator of IBFAN LAC;
grandmother to Misa and Isabel and Zoe (who is on the way)
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5. RUMBA (United Network for Mothers, Babies and their Food) Participation in ENAM, Brasil: Amura Hidalgo, Costa Rica

How could we miss the Congress in Brasil, organized by IBFAN, with more than 100 presentations and the presence of groups outstanding in their defence of breastfeeding! This motivated us to look for imaginative ways to reach Brasil because we did not get funding. Some of us managed by “collecting fives!” We came from Bolivia, Costa Rica, Guatemala and the Dominican Republic to share with RUMBA Brasil this wonderful experience which we will never forget.

We rushed from one workshop to another so as not to miss learning about breastfeeding with so many simultaneous presentations. We also set up an information center and gave ourselves the job of carrying out interviews which ran live on Stream TV*. We were also active while there, in reporting on Facebook and Twitter about what was happening as we wanted to share our experience with hundreds of RUMBA friends. We also had a great opportunity to visit youth groups in Santos, establishing friendships and having productive exchanges. Added to that, we had the privilege of being invited to the International IBFAN Latin American and Caribbean Meeting that took place after ENAM where we became acquainted with the work of more than a dozen countries and learned how to coordinate regionally.

Most importantly, we learned about thousands of ways to support breastfeeding and the great power of support to women and mothers. Also, we learned the power of mutual support! Because of this experience, our lives are not the same. Our pledge to breastfeeding and to build a more equitable world is even stronger!

Amura Hidalgo, communicator, coordinator of RUMBA- United Network for Mothers, Babies and their Food, organizer of the RUMBA Facebook Page, support for WABA YOUth Initiative.

* *Stream TV: Television through the internet*

6. La Gran Amamantada Ecologica (The Great Ecological Breastfeeding): Carolina Tredinick, Venezuela

As part of the campaign for the promotion of breastfeeding, UNICEF (United Nations Fund for Children), La Leche League Venezuela, Aquamater Maternidad Consciente (Aquamater Conscious Motherhood), IBFAN-Venezuela, Leche y Miel (Milk and Honey), GALACMA, and others invited mothers and their babies to come together for a unique and first ever mobilization event called “La Gran Amamantada Ecológica” (The Great Ecological Breastfeeding).

In a beautiful natural scenery, surrounded by more than 2000 Venezuelan plant species, in the Palmetum of the Botanical Garden in Caracas, Venezuela, about 100 mothers nursed their babies in the company of their families. The purpose of the event was to sensitize the community and other mothers on the beauty of breastfeeding, to help them see that breastfeeding creates a unique bond with their children and that it is a natural and renewable resource that does not contaminate the environment.

Welcoming words were given by Carolina Vásquez, Psychologist and President of Aquamater Maternidad Consciente, who emphasized that breastfeeding is a natural way for babies to be attached and to acquire the skills needed to learn to be consoled, one of the most important elements for adult emotional maturity.

Following the Welcome, Antonieta Hernández, pediatrician, IBCLC, specialist in Food, Infant Nutrition and breastfeeding, Director of Leche y Miel (a private organization dedicated to promoting breastfeeding) spoke on the ecological benefits of breastfeeding, emphasizing that human milk is food that is 100%



Mums, babies and families at the breastfeeding event.



Carolina breastfeeding Isabella.

natural, thus ensuring a diet that is complete and healthy for the newborn, does not need the use of plastic containers (bottles, teats, etc.) or tins, no cost in transport for its distribution, no need to heat so there is no waste of electricity or gas. In addition, breastfeeding immunizes the baby and reduces the probability of diarrhea, respiratory and ear infections, colic, skin diseases, measles, and cholera.

The LLL Venezuela mothers displayed posters showing why breast milk is ecological.

Among the outstanding ones were:

- a) breastfeeding is ecological, the more one gives, the more one has;
- b) no need for packages which later need to be eliminated and are not biodegradable;
- c) no need for water, an element that is indispensable to life;
- d) no need for tools to be used, to produce one kilogram of formula it costs 12,5 m2 of tropical forest;
- e) human milk does not need to be transported, it goes direct from the breast to the consumer;
- f) to give the breast is a natural and ecological act; worldwide, mothers produce 20 million tons per year;
- g) in India more than 135 million cows are needed to substitute human milk.

By the end of the morning, in a joyful environment, the mothers nursed their babies again in front of various local communication media; making a conscious collective call that breastfeeding is an ecological and natural act that protects our planet.

I thank the collaboration of LLL Leaders Waleska Porras, Vivian Montero, Alison Velasco, Cecilia Silva, Miriam Navarro, Veronique Lesoinne, Añicia Leo, Fabiola Aguillon, Maria Fernanda Arana, Rosy Guerrero, Tania Dueñas, Pushpa Panadam, Jeannete Panchula and Nathalie Clermont for sending information regarding this theme.

Carolina Tredinick, Leader LLL Venezuela. The Spanish version was reviewed and edited by Waleska Porras, LLLI Publication Department and translated to English by Pushpa Panadam.
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7. Text4baby: Melissa Dilber, USA

Text4baby is a free mobile information service designed to promote maternal and child health in the U.S. An educational program of the National Healthy Mothers, Healthy Babies Coalition (HMHB), text4baby provides pregnant women and new moms with information they need to take care of their health and give their babies the best possible start in life. Women who sign up for the service by texting BABY (or BEBE for Spanish) to 511411 will receive free SMS (Short Message Service) text messages each week, timed to their due date or baby's date of birth.

Text4baby includes multiple messages encouraging new moms to breastfeed. English and Spanish messages include phone numbers for women to call and ask questions or locate community resources for help with breastfeeding. The messages also cover a range of additional health topics, including birth defects prevention, immunization, seasonal flu, mental health, oral health and safe sleep.

HMHB works with organizations across the U.S. to promote text4baby to the women they serve. If you'd like to receive more information about the program or partnership opportunities, visit www.text4baby.org or email partners@text4baby.org.

Melissa Dilber, Program Associate, National Healthy Mothers, Healthy Babies Coalition, Virginia, USA
Email: MDilber@hmhb.org

8. ¡MAMAPLAYA: Marta Trejos and Amura Hidalgo, Costa Rica

¡MAMAPLAYA or Mother's Beach! One thousand five hundred women breastfeeding on the beach gave a warm welcome to the participants of the XI Congreso Nacional de Lactancia Materna – ENAM (XI National Breastfeeding Congress) which took place from June 10 to 12, 2010, in Santos, Brasil.

The Santos beach was flooded with women breastfeeding their babies to receive more than a thousand participants from all over Brasil and the Latin American countries.

One thousand five hundred women laughed and danced while carrying and nursing their babies! Filled with babies and little ones running, the breastfeeding party was a live greeting to the efforts by Brasil, one of the most successful countries in the defence (promotion, protection and support) of breastfeeding.



Mother breastfeeding her twins supported by her son, her mother and grandmother.

Santos is one of the historical cities that advocated for breastfeeding. For various decades, the local breastfeeding network has coordinated efforts with mayors and health institutions. Thanks to Dr. Keiko Teruya and her CENTRO DE LACTAÇÃO DE SANTOS (Breastfeeding Centre of Santos) – HOSPITAL GUILHERME ÁLVARO, Santos has been the cradle for the training of health professionals in breastfeeding in all the regions. Santos is also one of the first cities to have a certified Baby Friendly Hospital.

The participants in ENAM could feel the warm greetings of the 1500 convinced women who felt that there was nothing better than breastfeeding.

Marta Trejos is a member of the WABA Steering Committee, Regional Coordinator of IBFAN LAC; grandmother to Misa and Isabel and Zoe (who is on the way).

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Amura Hidalgo is communicator, coordinator of RUMBA-United Network for Mothers, Babies and their Food, Facebook organizer for RUMBA and supports the WABA YOUTH Initiative.

9. Human Milk Bank in Paraguay: Marta Maria Herrera Moreno, Paraguay

The first Human Milk Bank (HMB) in Paraguay was created thanks to the HMB Network of Iberoamerican (la Red Iberoamericana de BLH) whose objective is to implement at least one HMB in every Ibero-American country.

After 5 years of discussions between Paraguay and Brasil, the HMB was inaugurated on April 22nd 2010. It is situated in the Maternal Infant Hospital of San Pablo, Asuncion, Paraguay.

It is a small space, but very comfortable. We counsel breastfeeding mothers in addition to collecting, conserving, pasteurizing and distributing the donated breastmilk. Those who currently receive the donated breastmilk are high risk premature babies hospitalised in intermediate or intensive care units in our hospital but we also help other hospitals when we can. We are in the initial step of creating awareness of the HMB and training staff in and out of the hospital, as well as letting society know, through the media. So far we have been well received both by the health professionals and the general population.

Dr. Marta Maria Herrera Moreno, Director of the Human Milk Bank, Paraguay

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MOTHER SUPPORT - BREASTFEEDING MOTHERS RELATE THEIR EXPERIENCES

10. Feeding My Two Babies: Jessica Leonard, Australia

I never thought I would breastfeed two children (tandem nursing). In my mind, that was something that was reserved for mums of twins, and those weirdo women, right?

My daughter Gaia was two and a half when I found out we were having another baby. Joy! So exciting to look forward to a new life, and a household with two children! Gaia was still breastfeeding constantly throughout the day, and sometimes overnight. I couldn't picture myself breastfeeding an older child and a baby, although I had seen tandem nursing at my local Australian Breastfeeding Association (ABA) group, and was even training to be a Breastfeeding Counsellor. So I knew that it was quite safe for me to breastfeed through pregnancy, but was it for me?



Enjoying tandem nursing.

After thinking and pondering and reading, I decided to go with the flow, and made a decision not to decide what to do! I felt very empowered by that decision. Gaia continued to breastfeed throughout my pregnancy, even though nipple soreness meant that I shortened the length of her feeds.

When Rafiki was born, Gaia had just turned three, and was very excited to meet her new baby brother. When she came in to the birth centre, he was breastfeeding for the first time, and she asked very politely if she could have a breastfeed as well. I have a photo of this feed, and it is one that I treasure. I feel that they started to bond as brother and sister from this moment on.

Although I rarely breastfeed them at the same time (they are one and four now, so it is physically too awkward!), when I do, they hold hands and stroke each other's hair and it is delightful. Rafiki gives big gummy (without teeth) smiles whenever he sees his big sister having a breastfeed. It is lovely for them to have something so special to share.

Gaia mostly has short feeds in the morning and evenings, and Rafiki breastfeeds often. I'm so glad that I made the decision to be okay with tandem breastfeeding if that was the way it happened! I am now qualified as a Breastfeeding Counsellor with the ABA and it is lovely to be able to talk to other mothers to help them in making their own decisions.

Jessica Leonard, mother to two children and a breastfeeding counsellor with the ABA
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11. Basketball and Breastfeeding: Rosalina Marquez Ramirez, Mexico

Moisés is now four years and two months. Before I became pregnant, I belonged to the Women's Basketball team of Las Chivas del Guadalajara, Mexico. My trainings were on Tuesday, Thursday and Saturday for approximately four hours each day but during the games the hours varied.

When I became pregnant, by medical advice, I quit my routine exercise, but I missed it a lot. I had practiced basketball since my teen years.

When Moisés was born, I returned to the club when he was almost 4 months old. Alicia Leo, La Leche League Leader in Guadalajara told me that if I was accustomed to physical exercise she did not feel that it would be harmful, but advised me to consult my doctor who told me that if my delivery was normal, vaginal and if I felt well it would be okay to resume my regular exercises.



Rosalina breastfeeding her second child.

The fact is I had no relevant information and when I searched I could not find information with respect to the relationship between exercise and breastfeeding. But what I do know is that if a person is used to physical exercise, that person needs the endorphins that are produced by exercising to make them feel good. It is harder for a sports person to limit doing exercise compared to one who is not accustomed to exercising.

In my experience, I did not notice any change in breastfeeding. I breastfed Moisés when he asked me, many times interrupting my training to offer him the breast, which calmed him and then I would continue with the exercises. I noted no change in my baby; he never rejected my breast (even when I was sweaty), and I did not perceive any change in relation to milk production. I always took care to drink plenty of fluids and somehow dry and clean myself as much as possible between nursing and basketball. Moisés was breastfed exclusively for six months and weaned at 22 months.

Rosalina Marquez Ramirez, mother to two breastfed children, four years old and one and a half years old.
She is a lawyer, practices sports and is an LLL Leader in Mexico.
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12. Tandem Nursing: Emily Kohlbacher, USA

The little boy came into the room. There he saw his baby sister for the first time. She latched on and breastfed as he watched. His eyes beamed with pure joy. His smile was pure happiness. His face seemed to say, "I do that too. It's really good stuff. I'm so glad you're enjoying it."

A few minutes later, his mother asked him if he would like to nurse. He said yes and nursed for just a minute. He was thrilled that the new baby brought his "breastfeeds" back, but he worried about not leaving enough for the baby. After all, he was two months shy of three years old and she wasn't even one day old yet. And thus began my introduction to tandem nursing.

Choosing to tandem nurse wasn't something I had to think about. I did the math - two breasts and two kids. Yep, I could do it! Tandem nursing was much easier than nursing while pregnant. I found that not tandem nursing would have been harder due to a rather spirited first child. The only challenge I had to deal with was a foremilk/hindmilk imbalance at the start. I easily solved this by assigning each child their own side. I'd even nurse both at times. I would position the baby and the oldest would nurse standing up. It worked quite well.

Night nursing wasn't a huge challenge because I had night - weaned my oldest in order to get my fertility back. I was nervous about night nursing too, so I kept him night-weaned, although for a year he had awakened every night asking to breastfeed! When my daughter was two months old, I gave in. I found out that night nursing two was much easier than I had expected - and easier than putting my son back to sleep without nursing!

My oldest and my daughter tandem nursed for 25 months, so you know it couldn't have been that hard! I gently nudged my oldest to wean and he was done a month before five years old. I worried about weaning one child and not the other, but it didn't cause any jealousy. My daughter was able to nurse by herself for the next 10 months. Then, her baby brother was born.

My second tandem experience started out with difficulty. I had a c-section with complications, making it impossible for me to nurse lying down. My daughter would only nurse lying down. She had day weaned herself by two, when she dropped the nap. I wasn't about to night-wean her, since that's the only time she nursed. (Plus I had learned my lesson with my first child. Night-weaning doesn't mean the end of night waking!) I went two weeks without nursing her. She would try, but couldn't get the positioning right unless she was lying down. It was a very rough two weeks. Not only was there a new creature in the house taking her "breastfeeds," but mommy was broken and couldn't do the things she used to do. Finally, I managed to lie down and nurse her. I still needed my husband to lift me out of the bed, but at least I could nurse her once a night. A few weeks later, I could nurse the amount she was used to. Life got much easier!



*Emily and David Kohlbacher
and their children.*

My daughter and my youngest have been tandem nursing for 17 months. Other than the start, it's been pretty easy. I did not have to assign sides this time around. There are some nights when I feel like a rotisserie chicken*, but it's still worth it. I can't imagine not tandem nursing.

Emily Kohlbacher lives with her husband David and their three children, Ethan, seven years old, Lilah 4 years old and Brandon 1 1/2 years old in the USA.

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* *rotisserie chicken*: Refers to Peruvian Charcoal Roasted Chicken, that goes round and round on a spit in order to be cooked evenly.

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

13. Father to Charlie: Fredrik Olsson, Sweden

Being a father to a newborn baby is a wonderful experience, full of surprises. But at the same time it can be scary and really tough! I thought I was prepared, but I guess one really can't be fully prepared for the greatest ride of your life!

I had wanted a baby for several years and when my girlfriend surprised me with the good news over lunch, I cried! For the first time, in eight years, I found myself feeling vulnerable!

Months of happiness flew by. We carefully chose a baby carriage (stroller), clothes, baby swing, toys and everything else we thought we should have. Now we know that we didn't need half of what we purchased!

I spent the last two months before the baby's arrival redecorating and converting the guest room into a child's room. My girlfriend chose the wallpaper, and I put it up. She chose the furniture, and I put the furniture together.



Fredrik and Charlie.

To make it easier for my girlfriend who was still working three weeks before the birth of our son, I did all the cleaning in the house and the grocery shopping.

My son Charlie was born on the 21st of November, eleven days early. I was nervous, but I was more nervous for my girlfriend's sake as she's afraid of needles and blood. And I knew these things couldn't be avoided!

Everything went as it should. I was now a proud father to a perfectly healthy son! And proud of the strength my girlfriend showed during the birth of my little Charlie!

It wasn't until after Charlie was born that I was invited to attend a father support group. At first I thought of not going! I didn't think I needed it. But I went, and I love the Tuesday meetings with the other first time fathers.

We meet, exchange tips and give each other advice on how to handle the everyday problems that come along with a newborn baby. We share experiences, talk about the birth of the baby, but we also allow ourselves to talk about other things that do not involve screaming, breastfeeding nor the color of your baby's bowel movements. That's really needed as well!

To suddenly become a father brought up questions I didn't know I had, and in the father support group we could discuss these issues openly. Every father has his own answer to the questions, and his way of solving different problems. Thanks to the father support group I am more open-minded and I am able to see other perspectives of the everyday problems that come up.

Fredrik Olsson lives with his son Charlie, his girlfriend Sandra and his cat Tyson just outside Gothenburgh, Sweden. He works with car glass and changes windshields on cars. Fredrik continues to attend the Father Support Group. Email: eddyolsson@gmail.com

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

14. Parental Education and Father Support Groups: Peter Breife, Sweden

I have worked with parental education for 13 years and since 2008 have been able to do it in my hometown, Gothenburg, Sweden. It is a project where The Maternity Health Services collaborates with Men for Equality, a non-profit organization that initiates activities for gender equality and works against family violence. The goal of this project is (1) to support "newborn" families by extending the regular parental course and offer the fathers a forum of their own, and (2) evaluate the possible effects of the project activities.

During the two years that the project has operated, my colleagues and I have started 26 groups with a total of 143 fathers. At the moment, we are in the evaluation phase and each morning we receive surveys that have been filled out.

For me, this project includes something special. At the beginning, I was assigned to write a "book of method" to support the less experienced group leaders in the team. Thus, I was given the opportunity to formulate and structure the father group design that I have developed over the years. Of course, one of the chapters focuses on breastfeeding.

This "book of method" (we are still discussing the final title) will be printed and distributed later this year to all interested parties of the two organizations mentioned above. It will also be available on the Internet. We have also discussed the

possibility of translating it from Swedish to other languages. Recently, there was a group visiting us from Guatemala who asked for a version in Spanish.

If you are interested I will keep you posted on developments concerning this project and the book.

Peter Breife, musician and psychologist, lives in Göteborg, Sweden. Since 1994 he has worked in various organisations and activities supporting men and fathers. Periodically he is hired by the University of Gothenburg for research on aspects of parenthood. Occasionally he does evaluation work for different authorities. A divorced father, half of the time living with two fantastic boys, 17 and 12 years old. Both of them breastfed until they were nearly two and a half.

Email: peter.breife@comhem.se

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 Coordinator 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 Villaruel arturoa36@hotmail.com

For further information on the WABA Men's Initiative see:

<http://www.waba.org.my/whatwedo/mensinitiative/index.htm>

For the Men's Initiative Newsletter, Issue No. 3, January – June 2010 see

<http://www.waba.org.my/whatwedo/mensinitiative/publications.htm> or

email James Achanyi- Fontem<camlink2001@yahoo.com> for a copy.

NEWS FROM THE BREASTFEEDING WORLD

15. Meet Kathy Baker, who said the Right Thing at the Right Time: Gabi Reczek, Maria del Mar Mazza and Mary Lofton, USA

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 and honor breastfeeding advocate Kathy Baker, USA who died May 27, 2010.

This reading is a combination of quotes taken from Grandmother books filled in by Kathy Baker and personal testimonies of her husband and children.

Kathy May Rardin was born June 4th 1948 at St. Anthony de Padua's Hospital in Chicago, Illinois USA.

Growing up, Kathy's family lived in Lombard, Illinois (USA) from the time she was four or five. Her ambition was to be a nurse and a mother. As a teenager, she told her mother that she was never going to live in Lombard and she was going to move to California. We children found this out just now and found it hilarious since she never wanted to go to California because it would "fall off and drop into the ocean." And since she couldn't swim, why would she go there?



Kathy Baker - warm and loving.

She met her husband, Jack, in the church children's choir of the First United Methodist Church of Lombard. Her memories of Jack started when they were in Junior High School (12-14 years of age). Her first impression was "nice, good looking and very easy to talk to." The traits that drew Kathy to date Jack were that he listened to her, she trusted him, and she felt safe with him.

After she graduated from Glenbard East High School in 1966, she went to the Wesley School of Nursing in Chicago, Illinois for almost two years. During that time period, she worked as a hospital volunteer, school cafeteria worker, at Burger King (fast food restaurant), a factory and as a nurse's aid.



Kathy at the WABA Secretariat, January 2010.

Jack and Kathy's courtship lasted almost three years. Jack proposed by saying "...when we get married..." She responded "what?" and he repeated it again. That was the proposal. They were married on April 20th 1968 and she wore a dress her mother had made. They celebrated their wedding by having a light supper in the church basement and then went back to her parents' home to open gifts.

After they were married, they lived in Chicago for two years. In their first home, the décor could be described as paint over paint, eclectic larger rooms, a creaky hallway, and a wonderful pantry. What she liked most about the place was that it was theirs, had big rooms and lots of light. It was there that they had their first two children – Amy and Stacy. They then moved into an apartment in Oak Park. Before their third child, Abigail, was born they moved into a townhouse in Brandywine. They lived there for a few more years before they bought their home in Lombard, Illinois.

Kathy still liked the old-fashioned ways of hanging out the sheets, canning vegetables and doing needlework.

My Dear Friend and Co-LLL Leader, Kathy Baker - Gabi Reczek, La Leche League Leader, Lombard, IL USA

Kathy was my co-leader for five years. I had the privilege to call her my friend for even longer. She was so generous with her spirit, time, resources and wisdom. I know of many stories of Kathy going above the call of a Leader to help a mom in need. We all know how wonderful Kathy was with babies. But what made her special was that she made every mom feel like she was the best mom in the world. She wasn't a baby whisperer, she was a Mother Whisperer – calming mothers' fears. There was nothing more comforting than having Kathy Baker in a room with you – whether it was while leading a group, or while freaking out about your newborn's tongue-tie. She always said exactly the right thing in exactly the right way. I know Kathy has done amazing things for the international breastfeeding community, but right here in Lombard, she brought hundreds of meals to new moms, took time off of work to support a widowed mom during surgery, and provided child care for other moms in crises. Kathy always introduced herself as the Grandmother of our LLL group. She really was a Grand Mother to all of us. I love you Kathy, you will be missed.

Good Memories of Kathy Baker - Maria del Mar Mazza, LLL Leader, Connecticut, USA

I met Kathy Baker at the La Leche League headquarters office in Schaumburg, Illinois, USA in 2002. I had just arrived from Argentina with my husband and had decided to work as a volunteer for this wonderful organization which I had discovered through the internet.

I remember when I was introduced to Kathy; she was in her office, in front of a computer with a lot of papers on her desk. She welcomed me with a big smile. She was full of energy, and very friendly. That day she invited me to collaborate with her, and one week later I started to translate the LLLI Peer Counselor Program Curriculum. Kathy showed me empathy, and made me feel at home in a new culture. This was just the beginning, as a few months later she trained me as a Peer Counselor, and then as a Peer Counselor Administrator. She offered me a scholarship for these trainings as a way to pay me back for my volunteer work. Kathy introduced me to the wonderful world of motherhood, and breastfeeding before I even had babies.

I had the opportunity to work with her in different projects after I became an LLLI employee. Rebecca Magalhães and I worked with Kathy in a big project in partnership with "The Latino Center" at the University of Illinois, located in Chicago.

Now as the mother of three children, and as an LLL Leader, I remember Kathy as a wonderful person, full of life, who always helped me to trust my instincts as a mother, and to trust my body.

I admired Kathy so much as a co-worker at the office who was very caring, conscientious and fun to work with. She did an excellent job with the LLL Leaders and Peer Counselors that she trained and she used whatever resources she could to make so many wonderful things happen.

If you know of an individual who works diligently and enthusiastically in promoting, protecting and supporting breastfeeding from your country, your region, your city, or your neighbourhood please take the time to write about this person and submit your article to the MSTF E-Newsletter.

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

16. The World Breastfeeding Week – WABA at ENAM: Sonia Chaves, Costa Rica

During ENAM (XI Encuentro Nacional de Lactancia Materna), the topic of World Breastfeeding Week (WBW) was a strong presence as it is an activity that unites many countries around the world in a celebration for breastfeeding. Brazilians met to clarify the actions for WBW that would take place in Brasil with the support of the government, health sector, public and private institutions, and thousands of mothers and families.

It was very emotional to see the workshop resolutions presented in the final plenary in an impromptu parade with music, costumes and colourful posters, emphasizing each of the BFHI 10 steps and the actions that need to be taken.

This closing ceremony demonstrated the importance of WBW as an activity that merges efforts on behalf of the health of infants and mothers. Countries feel that WBW is theirs and this shows one of its most important achievements: people have taken ownership of WBW!

Marta Trejos, member of the WABA Steering Committee presented the history of WBW which has been celebrated since 1993 and explained how the themes for each year are selected, responding to the needs demonstrated by world trends of breastfeeding policies and programs. She went through the themes of each year and explained how the theme is summarized into slogans that are short, clear, precise and universal to be used as organizational tools/instruments by the most diverse social actors to develop joint initiatives. WBW is the foundation that can be used to achieve changes needed in building a breastfeeding culture for the whole planet. The presentation is available in: <http://www.ibfan.org.br/documentos/outras/doc-521.pdf>

Sonia Chaves, well known advocate for breastfeeding in Costa Rica, and a member of the Costa Rican National Breastfeeding Commission

17. International MotherBaby Childbirth Organization's International Day: Rae Davies, USA

Birth and breastfeeding advocates are welcome to attend the International MotherBaby Childbirth Organization's International Day that will be held in Strasbourg, France September 28, 2010. This is a pre-conference event at the Midwifery Today Conference, **"Birth Is a Human Rights Issue"**. Registration fees are \$25/€18/£15. For more information and to register go to: <http://midwiferytoday.com/conferences/Strasbourg2010/IMBCI2010.asp>

Rae Davies, Administrative Director, International MotherBaby Childbirth Organization (IMBCO)
www.imbci.org

18. Breastfeeding and Post-Partum Hemorrhage (PPH): Julieanne Hensby, Australia

Following a Post-Partum Hemorrhage (PPH), women may have difficulties initiating and sustaining breastfeeding, although little has been published on this issue.

A recent study in the *International Breastfeeding Journal* investigated the effects of post-partum blood loss of more than 1500ml (1500cc or 1500cm³) in the first 24 hours after birth.

Among women with a significant PPH, only 52% who intended to either fully or partially breastfeed were able to give their baby the opportunity to suckle within an hour of the birth. Delays were longer in women with greater estimated blood loss and women with the longest delays in breastfeeding were less likely to initiate full breastfeeding.

The authors concluded that women with greater blood loss were more likely to have difficulty with initiation and maintenance of lactation, although factors of separation from their baby and surgical interventions as a result of the PPH were more likely to be the cause than the actual blood loss.

The findings have implications for postnatal care, as these women may require greater support, education and assistance in initiating and sustaining breastfeeding. In particular, enabling the opportunity for the newborn to suckle as soon as is practicable should be encouraged.

Free access to full article: <http://www.internationalbreastfeedingjournal.com/content/5/1/5>

The above article was submitted by Julieanne Hensby, Lactation Consultant (International Board Certified) in private practice since 1993 & long-time advocate for maternal/newborn health & breastfeeding. Julieanne lives in a region known as the Hunter Valley – about three hours driving northwest from Sydney, Australia.
Email: humanlactation@gmail.com

19. Maternal Affection in Infancy Predicts Distress in Adulthood

Higher levels of maternal affection during infancy are associated with lower levels of emotional distress in adulthood, according to a study published online July 26, 2010 in the *Journal of Epidemiology and Community Health*.

In a prospective study, Joanna Maselko, Ph.D., of Duke University in Durham, N.C., and colleagues used data from the Providence, Rhode Island, USA birth group of the National Collaborative Perinatal Project to evaluate the link between objectively measured affective quality of the mother-infant interaction and adult mental health. Infant-mother interaction quality was rated by an observer when infants were 8 months old, with adult emotional functioning examined using the Symptom Checklist-90.

The researchers found that high levels of affection between mothers and their 8-month-old infants were associated with significantly lower levels of distress among the adult offspring (mean age at follow-up, 34 years), the strongest association being with the anxiety subscale. While lower parental socioeconomic status was associated with lower levels of maternal affection, the researchers found that the mother's affection did not mediate lower parental socioeconomic status and offspring distress.

"The findings from this study show that objectively measured levels of nurturing and affection experienced during infancy are predictive of adult mental health three decades later," the authors write.
<http://www.modernmedicine.com/modernmedicine/Modern+Medicine+Now/Maternal-Affection-in-Infancy-Predicts-Distress-in/ArticleNewsFeed/Article/detail/680707>

20. Maternity Protection Chart: WABA Secretariat, Malaysia

WABA is updating the Maternity Protection Status and National Breastfeeding Committee data. The global chart on maternity protection last updated in 2008 is available on the web: <http://www.waba.org.my/whatwedo/womenandwork/mpchart.htm>

Please check the data for your country and email WABA if there is any change in the information by September 17, 2010. Information required includes:

1. National mandated data for
 - i. Maternity leave (no of weeks)
 - ii. Who pays for the leave? (Public funds, employer or others? Unpaid?)
 - iii. Parental leaves (no of days)
 - iv. Paternity leaves (no of days)
 - v. Breastfeeding breaks (yes/no)

If yes, a. are they paid / unpaid? b. duration and for how long? eg 60 mins/day for 6 months

2. The full contact details of the key contact person of the National Breastfeeding Committee / Coordinator.
(Name, Designation, Address, Tel, Fax, Email)

The chart can also be accessed as an insert of **/The Maternity Protection Campaign (MPC) Kit – A Breastfeeding Perspective/*** (<http://www.waba.org.my/whatwedo/womenandwork/mpckit.htm>)

Revathi Ramachandran, Gender, Women and Work Coordinator, WABA Secretariat, Penang, Malaysia
Email: waba@waba.org.my

21. Obesity and Breastfeeding – White House Task Force on Childhood Obesity Report to the President, USA

Children who are breastfed are at reduced risk of obesity. (77) Studies have found that the likelihood of obesity is 22% lower among children who were breastfed. (78) The strongest effects were observed among adolescents, meaning that the obesity-reducing benefits of breastfeeding extend many years into a child's life. Another study determined that the risk of becoming overweight was reduced by 4% for each month of breastfeeding. (79) This effect reached a stable level after nine months of breastfeeding.

The above abstract was taken from SOLVING THE PROBLEM OF CHILDHOOD OBESITY WITHIN A GENERATION, White House Task Force on Childhood Obesity Report to the President May 2010
http://www.letsmove.gov/tfco_fullreport_may2010.pdf

77. Owen CG, Martin RM, Whincup PH, Davey Smith G, Cook DG(2005)Effect of infant feeding on the risk of obesity across the life course: a quantitative review of the published evidence.Pediatrics, 115, 1367-1377.
78. Arenz S, Ruckerl R, Koletzko B, Von Kries R(2004)Breast-feeding and childhood obesity: a systematic review. International Journal of Obesity and Related Metabolic Disorders, 28, 1247-1256.
79. Harder T, Bergmann R, Kallischnigg G, Plagemann A(2005)Duration of breastfeeding and risk of overweight: a meta-analysis.American Journal of Epidemiology, 162, 397-403.

22. CINE-BRASIL: Exclusive Movie Hall for Mothers and their Babies: Pablo Giuliano, Brasil (Submitted by Monica Tesone, Argentina)

Brasilian women are discovering that there is life after the birth of a baby. This is the objective of a group of women who love movies who have created a national network so that mothers can see their favorite movies together with their babies in exclusive sessions.

Three movie lovers from the city of São Paulo, Brasil, who are also mothers decided to rescue movie going for women with babies in Brazilian cities.

The Non Governmental Organization (NGO) Cinematerna (www.cinematerna.org.br) aims to help women overcome post partum depression and anxiety which happens to many mothers who are alone at home during the day with their babies, without many options apart from parks or shopping.



Since 2008, 10,000 parents and 6,000 babies have taken advantage of the maternal cine (mother's movie) in Brasil.

"Our main objective is to give informal emotional support to the mother, to help her not to feel socially isolated. Many people are concerned for the baby and nobody asks about the mother, who is left isolated, perhaps depressed, without self esteem," said Irene Nagashima, one of the founders of Cinematerna NGO.

Started in 2008, the NGO received sponsorship from a Brazilian multinational cosmetic company which has agreements with movie houses to open their doors for movie sessions for mothers with babies up to 18 months.

The movie halls for adults have certain details: sufficient light, reduced sound, diaper changer, children can crawl below the screen and the airconditioning is not so cold The price for a ticket is the same as the regular ticket. If the baby is getting fussy, the mother should leave the room to calm the baby, before coming back into the session.

The idea happened by chance when three first time mothers met at an internet site and agreed to get others with young babies to go together for an afternoon session to see the movie "Juno", with their babies in their arms. The cinema could not keep them from entering and later they formed a discussion group in a bar close by.

That is how, Irene Nagashima, a business administrator, Tais Viana, an engineer, and Alexandra Swerts, a journalist, spent their afternoons once a week in the movies until they decided to copy the idea from Canada and certain cities in the United States and created Cinematerna, to which they dedicate full time to get agreements with movie houses and sponsorships for their NGO.

Nagashima said that the initiative started in a cinema in a São Paulo centre and has spread to various cities in Brasil. They are about to get agreements with movie halls in Florianópolis, Fortaleza and Vitoria.

Cinematerna is also negotiating with the movie network in Buenos Aires, Argentina, to export the idea. The record for attendance in one week this year was in the showing of "Alice in Wonderland", by Tim Burton. "In one week more than 1,200 adults and 700 babies saw this movie", said Nagashima.

The above information and photos were submitted by Monica Tesone, LLL Leader, Argentina.
Email: monicate@gmail.com
<http://www.ansa.it/ansalatina/notizie/rubriche/entrevistas/20100721192535116939.html>

23. The 2nd Global Conference "Women Deliver": Rebecca Magalhães, USA

The 2nd Global Conference "WOMEN DELIVER: delivering solutions for girls and women" was held from 7-9 June, 2010, in Washington, DC, USA. Attending the conference and promoting the role of breastfeeding were: Miriam Labbok, Rae Davies, Maureen Norton, Rebecca Magalhães, Chris Mulford, and Elaine Petitat-Cote.

WABA supported the effort through conference registrations, materials for distribution, and 1,000 bright orange pencils, with the text "After WOMEN DELIVER, they breastfeed! www.waba.org.my". The pencils provided the opportunity to engage participants in a conversation on breastfeeding; were attention-getting, and easy for conference participants to take home. The breastfeeding message was also presented in the following ways: (A) Dr. Labbok, Rae, and Maureen presented a session titled "Breastfeeding, Birthing Practices, and Birth Spacing: Synergistic Interventions for Maternal Health and Survival."; (B) Elaine presented with Naomi Cassirer/ILO in a session titled "Partnering Across Sectors: Women, Work, and Maternal Health."; (C) Chris secured a slot in the Speakers' Corner, where she sang a power song "Uppity Mamas", Elaine made remarks in French, and team members distributed pencils; (D) Rebecca had one-on-one encounters with participants, asked a question at an open mike for a Chairman's Session "Integration: Is It the Holy Grail?" on the integration of breastfeeding in the panelists' programs, and kept two booths in the Exhibit Hall furnished with pencils; (E) Chris attended three workshops in a "parallel" event being presented by Countdown to 2015, an initiative that tracks progress toward MDGs 4 & 5 and thanked them for keeping breastfeeding on their agenda; and (F) Elaine participated in several sessions related to Human Rights.



*Breastfeeding Team members at WD Conference
- Note the pencils!*

Although breastfeeding was not included on the WD Conference program, this small group of dedicated women brought breastfeeding to conference participants and placed it front and center! Thanks to WABA for helping to make this happen.

To receive the complete report, email Rebecca Magalhães <beckyann1939@yahoo.com>

24. Report from WABA-NA Meeting III: Rebecca Magalhães, USA

The Third Meeting of WABA – North America (WABA-NA) was held June 10 & 11, 2010 in Washington DC, USA, attended by 13 persons, from the USA and Canada, with one person via skype. The attendees began by reviewing our reasons for organizing at the North America regional level:

1. In the first meeting, held in 2008, it was decided to form WABA-NA in order to better collaborate and network in the region;
2. Our three nations (Canada, USA, and Mexico) have different strengths and weaknesses and we learn by dialoguing with each other;

- 3. There is a need for North American breastfeeding activists to address the role of our region as a site of research, a source of technological change and a center for education of healthcare professionals.

Attendees reviewed the 2009 Meeting II goals and decided to disband the task groups that had been formed. Those who had attended the Women Deliver Conference reported on bringing breastfeeding to this international event and we discussed ways to make breastfeeding a natural part of any conference planning. We felt we could target conferences in which to have a presence, as money, people, and resources allow. During the meeting, a Google group was set up to be the main form of communication, using the Google calendar to share information about up-coming meetings. We discussed building on Countdown to 2015 and having a presence at the Countdown 2015 meeting, to be held in New York City, September 20-22, 2010. We talked about having a public WABA-NA Facebook page. Going forward, we felt we should: seize the opportunity as it comes up; plan ahead; and take on one thing pro-actively.



WABA-NA Meeting participants gather for a group photo.

For the complete Report in English, please email Rebecca Magalhães <beckyann1939@yahoo.com>

25. WABA Global Breastfeeding Quilt Initiative: WABA Secretariat, Malaysia

The WABA Global Breastfeeding Quilt is an on-going initiative to bring people together in the first quilt making ritual to celebrate and commemorate the actions and joys for breastfeeding worldwide.

The Initiative will be launched at the WABA Global Breastfeeding Partners’ Forum in Penang, Malaysia in October 2010. To participate in the launch event, please send us your panel by 25 September 2010.

For further information and to download the registration form see:
<http://www.waba.org.my/pdf/quilt-form.pdf>

 Aida Redza, WABA Secretariat, Penang, Malaysia
 Email: waba@waba.org.my

BREASTFEEDING RESOURCES

26. Breastfeeding Facts for Fathers: Platypus Media

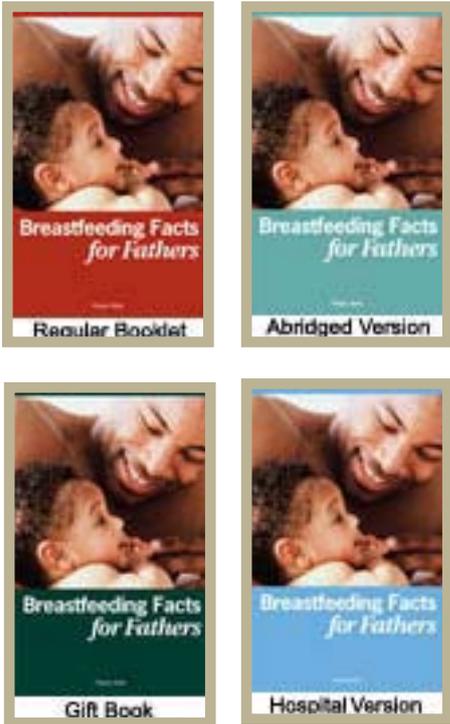
Breastfeeding Facts for Fathers is an ideal resource for new fathers. It is an entertaining, easy-to-read booklet that not only provides fathers with critical information about the breastfeeding process, but also addresses a new father’s typical concerns. Does breastfeeding hurt? Is there anything Mom can’t eat? What about alcohol? What about sex? What if I’m separated from my baby’s mom?

Breastfeeding Facts for Fathers answers these questions....and more!

“*Breastfeeding Facts for Fathers* is a great resource for all fathers, especially young ones. It will help both mom and dad understand the benefits for infants that” breastfeeding can provide.”

– James Rodriguez, MSW CEO/President, Fathers and Families Coalition of America

Four versions of this booklet are available – Regular, Abridged, Hospital and Gift.



The Regular, Abridged and Hospital versions are also available in Spanish: *Datos para Padres Sobre Lactancia Materna*.

Studies show that the father's stated preference for breastfeeding was found to be the most important factor influencing a woman's decision to breastfeed.

<http://platypusmedia.com/node/42>

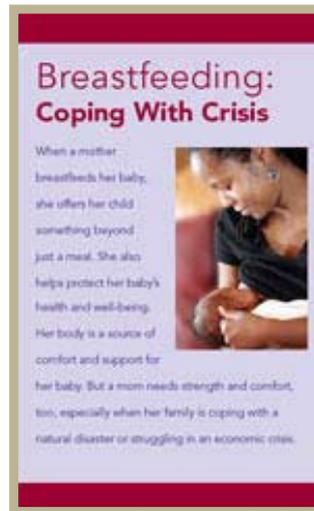
27. Breastfeeding: Coping with Crisis: Platypus Media

Breastfeeding: Coping with Crisis reassures new mothers and teaches them how to prepare for and deal with crises – without sacrificing care of their babies. This attractive, full-color, easy-to-read, 7-page pamphlet explains that breastfeeding is important for both moms and babies, especially during hard times. Moms learn that breastfeeding provides tremendous physical and psychological benefits.

Perfect for parents interested in protecting their families in an uncertain world!

The book is also available in Spanish **Lactancia materna: Lidiando con una crisis**

<http://platypusmedia.com/node/129>



28. Sleeping with Your Baby: A Parent's Guide to Cosleeping: Platypus Media

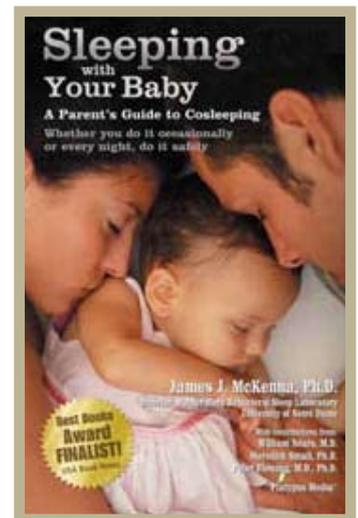
"Brilliant! This information is vital to all who care about infants, parenting issues, public health concerns...and our society in general."

- *Chele Marmet, M.A., I.B.C.L.C.*

"Cosleeping is one of the most delicious experiences in parenting, and Dr. McKenna's carefully researched and thoughtful advice separates the myths from the marvelous reality."

- *Harvey Karp, M.D.*

To order a copy of *Sleeping with Your Baby: A Parent's Guide to Cosleeping* from Platypus Media go to: www.PlatypusMedia.com



29. Video on Hand Expression of Breastmilk

Until recently hand expression of milk has been an under-utilized skill in the Lucile Packard Children's Hospital at Stanford University, but there are many benefits of knowing how to express milk from the breast without the use of expensive or cumbersome pumps. In this video, Dr. Jane Morton demonstrates how easily hand expression can be taught to mothers.

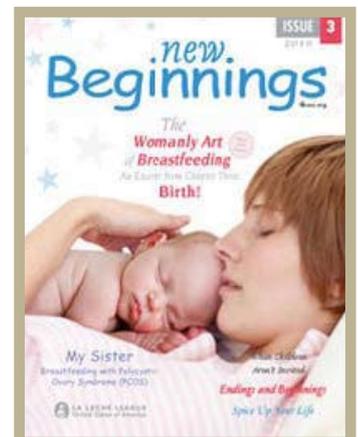
<http://newborns.stanford.edu/Breastfeeding/HandExpression.html>

30. New Beginnings: Amy Nelson, USA

New Beginnings (an LLL USA publication) is now on Facebook! Join breastfeeding mothers and fans of the LLL USA publication by "liking" New Beginnings on this popular social networking site. Share this news with friends, colleagues, breastfeeding advocates and breastfeeding mothers so they can easily access the current issue of New Beginnings as well as past issues, and find out how they can share their story or order print copies of the magazine.

New Beginnings' page can be found by searching for "New Beginnings" or by using the following link:

<http://www.facebook.com/pages/New-Beginnings/123885387658607?ref=ts>



Amy Nelson, Managing Editor
Email: nbeditor@llusa.org

Note: *New Beginnings Issue 3 2010 is available on: <http://viewer.zmags.com/publication/17ffcb6d?page=1#/17ffcb6d/1>*

31. WABA Research Task Force Newsletter

The WABA Research Task Force (RTF) is pleased to announce its first inaugural issue of the RTF e-newsletter. The newsletter is available on the WABA website: <http://www.waba.org.my/whatwedo/research/pdf/rtfnl-aug10.pdf>

WABA welcomes any feedback from you and hope that you will enjoy reading this newsletter. Amal Omer-Salim and Khaliq Iqbal are the Co-Coordiators of the RTF.

CHILDREN AND BREASTFEEDING

Please send us your children's breastfeeding stories, quotes, or experiences. This could be something your breastfed child said or did; something an older child did to promote breastfeeding, or even a story you saw or read that pertained to children and breastfeeding.

32. A La Leche League Meeting Facilitated by Children: Pajuçara Marroquim, Brasil

My daughters (four, six and eight years old) love playing house with the famous Barbie dolls which is the craze right now. They spend their entire weekends in the office in our home with their wonderfully constructed Barbie city.

When I'm in the office trying to work in my corner, while they take up the rest of the space, I hear their conversations:

"It's morning... I'll take the kids to school."

"It's lunch time, the father has arrived with the children."

" I'll take the children to the swimming class."

And so the conversation goes and we can see the similarity of the routine of the Barbies with the routine they have at home with us.

But last weekend, I was surprised with a new thing in the Barbie city ... one of the "Barbies" communicated to the others that the League meeting would be held at her home in the afternoon. That caught my attention! I stopped what I was doing and began, discreetly (to avoid any restraint on their part), to observe them.

The older one arranged chairs in a circle in her Barbie house backyard, just as we do in our LLL meetings. Everything was ready for the meeting and, gradually, the mothers who were invited began to arrive... as I watched all of this in amazement.

What amazed me even more was when I realized that the mothers (Barbie) went to the meeting accompanied by their partners (Ken) and both stayed in the meeting! Father/husband participation in our meetings is rare, and in these nine years of League meetings, I remember well the participation of (only) two fathers. (In their play, my daughters felt the importance of fathers...)

The meeting began ... each Barbie said her name, her breastfeeding experience, if she had questions, and the meeting continued with the participation of all the Barbies and Kens until time for the refreshments at the end of the meeting, in order to not depart from the "real" meeting which they have been attending regularly since they were born.

After having witnessed the entire process of their child's play, I wanted to hug them. Wow! How beautiful was their child's play! How I admired my daughters, and how happy I was to see the whole process of the meeting happen just like ours!

This is the next generation, and judging by what I witnessed, the future is guaranteed... they will breastfeed their children.



Pajuçara and her three grown up daughters.

Pajuçara Marroquim, La Leche League Leader of Maceió, Brasil is mother to Flávia, Olívia and Paula, who are now 30, 28 and 26 years old. The above article was written in 1988 and edited for the 1988 BoLLLetim Informativo (LLL Information Newsletter of Brasil).

GRANDMOTHERS and GRANDFATHERS SUPPORT BREASTFEEDING

If you are a Grandmother, Grandfather or an older person, please send in your stories on how you provided support for mothers and babies.

33. Good Example of Nursing in Public: Pat Underwood, Ohio, USA

Andrew James Martin was among seven babies baptised at the 4th Presbyterian Church in Chicago (Illinois, USA) this past Sunday. In the Presbyterian Church, baptism is part of the regular church service. Each baby is brought forward individually by the parents. Andrew, at two months, was the youngest and the second to be baptised and did just fine, but after my daughter and son-in-law sat down, he wanted to eat. She is breastfeeding, of course. She proceeded to do that with a discreet drape across her. When all the baptisms were finished, the minister asked all the parents to stand with their children and face the congregation so all these little ones could be welcomed into God's community. Jennifer stood and it was obvious that she was breastfeeding Drew.

Patricia W. Underwood, PhD,RN,FAAN, Executive Associate Dean for Academic Programs, Frances Payne Bolton School of Nursing, Case Western Reserve University, Cleveland Ohio, USA, currently represents the American Nurses Association (ANA) on the United States Breastfeeding Committee (USBC). Her nursing specialty is maternal-child nursing and through ANA, she has had opportunities to advocate for breastfeeding issues within a political and healthcare context. Her daughter, Jennifer, is a kindergarten teacher in Chicago, Illinois, USA and Andrew is her first baby and Pat's first grandson.
Email: pwu@case.edu

BREASTFEEDING, HIV and AIDS

34. New WHO recommendations for treating HIV+ infants & children: Pamela Morrison, UK

New WHO recommendations for treating HIV+ infants and children can be found at <http://www.who.int/hiv/pub/paediatric/paed-prelim-summary.pdf>

It is pleasing to see that under the heading Considerations for the nutrition for HIV-infected infants and children, pp 8-9, there is the following recommendation:

7. For infants and young children known to be HIV infected, mothers are strongly encouraged to exclusively breastfeed for 6 months and to continue breastfeeding as per recommendations for the general population (i.e., up to two years of age and beyond).

Pamela served as an accredited La Leche League Leader in Harare, Zimbabwe, from 1987 to 1997. In 1990 she became the first International Board Certified Lactation Consultant in Zimbabwe, where she worked in private practice until 2003, before moving to Australia and then to England. She served as Co-coordinator of the WABA Breastfeeding and HIV Task Force from 2005 until February 2009. Pamela continues to write and speak on HIV and breastfeeding and on the baby's right to be breastfed.

Email: pamelamorrisonibclc@gmail.com

35. Lactation-associated postpartum weight changes among HIV-infected women in Zambia: Pamela M Murnane, Stephen M Arpadi, Moses Sinkala, Chipepo Kankasa, Mwiya Mwiya, Prisca Kasonde, Donald M Thea, Grace M Aldrovandi and Louise Kuhn*

Background: There are concerns about effects of lactation on postpartum weight changes among HIV-infected women because low weight may increase risks of HIV-related disease progression.

Methods: This analysis of postpartum maternal weight change is based on a trial evaluating the effects of shortened breastfeeding on postpartum mother-to-child transmission of HIV in Lusaka, Zambia, in which 958 HIV-infected women were randomized to breastfeed for a short duration (four months) or for a duration of their own informed choosing (median 16 months). Among 768 women who met inclusion criteria, we compared across the two groups change in weight (kg) and the percent underweight [body mass index (BMI) <18.5] through 24 months. We also examined the effect of breastfeeding in two high-risk groups: those with low BMI and those with low CD4 counts.

Results: Overall, women in the long-duration group gained less weight compared with those in the short-duration group from 4-24 months {1.0 kg [95% confidence interval (CI): 0.3–1.7] vs 2.3 kg (95% CI: 1.6–2.9), P = 0.01}. No association was found between longer breastfeeding and being underweight (odds ratio 1.1; 95% CI: 0.8–1.6; P = 0.40). Effects of lactation in underweight women and women with low CD4 counts were similar to the effects in women with higher BMI and higher CD4 counts. Women with low baseline BMI tended to gain more weight from 4-24 months than those with higher BMI, regardless of breastfeeding duration (2.1 kg, 95% CI: 1.3–2.9; P < 0.01).

Conclusions: In this study of HIV-infected breastfeeding women in a low-resource setting, the average change in weight from 4-24 months postpartum was a net gain rather than loss. Although longer duration breastfeeding was associated with less weight gain, breastfeeding duration was not associated with being underweight (BMI < 18.5). Weight change associated with longer breastfeeding may be metabolically regulated so that women with low BMI and at risk of wasting are protected from excess weight loss.

<http://ije.oxfordjournals.org/cgi/content/abstract/dyq065v1>

*Corresponding author, Sergievsky Center, Columbia University, 630 W 168th Street, New York, NY 10032, USA
Email: lk24@columbia.edu

NEWSLETTER INFORMATION

36. Check out these Websites

ICDC Legal Update (June 2010) is available for downloading.

High resolution file – <http://www.megaupload.com/?d=7ICGL4VQ> 2,725KB

Reduced resolution file – <http://www.megaupload.com/?d=KOP2YH3E> 854KB

A website hosted by UNICEF Venezuela on breastfeeding information

<http://leche-materna.com/> (Spanish)

e-WABALink May 2010 Issue (in English) – a current awareness service of WABA, with the mission of sharing news and useful key documents with its global network of supporters.

http://www.waba.org.my/resources/wabalink/pdf/ewaba_link_0510.pdf

Breast milk kills cancers claim scientists – Mothers should breastfeed their babies because a substance in their milk kills cancer, researchers claim.

<http://www.telegraph.co.uk/health/healthnews/7611360/Breast-milk-kills-cancers-claim-scientists.html>

Bottle-fed babies may eat more, study hints

Researchers found that among 1,250 infants followed for the first year of life, those who were bottle-fed during their first six months – whether formula or pumped breast milk – showed less appetite “self-regulation” later in infancy.

<http://www.reuters.com/article/idUSTRE6494AW20100510>

The issue of breastfeeding - Islam champions the need for children to be breastfed, yet despite its support, breastfeeding rates in Saudi Arabia are not what they should be. “Our children are dying in direct relation to the decline in breastfeeding, which could so easily provide food security for at least the first two years of their lives” says Dr. Modia Batterjee, a breastfeeding advocate and author of, “A Fading Art, Understanding Breast-Feeding in The Middle East.”

http://arabnews.com/lifestyle/food_health/article91764.ece

Breast Milk Sugars Give Infants a Protective Coat

<http://www.nytimes.com/2010/08/03/science/03milk.html>

World Health Assembly adopts two landmark Resolutions on the promotion of junk foods and baby foods, May 21st 2010 (English)

<http://info.babymilkaction.org/pressrelease/pressrelease22may10>

GOLD10 presentation <http://www.health-e-learning.com/resources/free-lectures> is now available indefinitely free of charge. (English)

1. James Akre - What is the Problem with Breastfeeding?
2. Karleen Gribble - Infant Feeding in Emergencies
3. Lida Lhotska - Whatever Happened to Health for All?
4. Elise Chapin - Repaving the Pathway to Breastfeeding Support

Breastfeeding Today – LLLI Online magazine

<http://viewer.zmags.com/publication/2d427022#/2d427022/1>

The Quintessence Breastfeeding Challenge started in 2001, in British Columbia, Canada, with 856 babies and their mothers at 26 sites. By 2009, there were 4,766 babies at 246 sites in 21 countries.

<http://www.babyfriendly.ca/challenge-home.aspx>

Miracle mum brings premature baby son back to life with two hours of loving cuddles after doctors pronounce him dead

<http://www.dailymail.co.uk/health/article-1306283/Miracle-premature-baby-declared-dead-doctors-revived-mothers-touch.html>

37. Announcements: Past and Future Events

6-31 May 2010: Gold 10 (Global Online Lactation Discussion) Conference

<http://www.goldconf.com/>

7-9 June 2010: Women Deliver 2010, a global conference, held in Washington DC, USA. The theme of the conference: *Delivering solutions for girls and women*. The focus was on political, economic, social/cultural, and technological solutions, to expand on Women Deliver's hallmark of inclusivity, reaching out to new partners and new communities.

<http://www.womendeliver.org/conferences/-2010-conference/>

10-11 June 2010: WABA-North America Meeting III, Washington DC, United States Breastfeeding Committee's headquarters

8-11 June 2010: XI ENAM and 1 ENACS (XI Encontro Nacional de Aleitamento Materno e 1 Encontro Nacional de Alimentação Complementar Saudável – X1 National Breastfeeding Congress and 1 National Congress on Complementary Feeding) Theme: *Strengthening the networks of Protection, Promotion and Support of Breastfeeding and Complementary Feeding*. Santos, São Paulo, Brasil. <http://www.enam2010.com.br/>

21-25 July 2010: International Lactation Consultant Association (ILCA) Conference and Annual Meeting: *A Lactation Celebration!* San Antonio, Texas, USA <http://www.ilca.org/i4a/pages/index.cfm?pageid=1>

1-7 August 2010: World Breastfeeding Week 2010, Breastfeeding – *Just 10 steps, The Baby Friendly Way*. Calendar to download in English, Spanish, Arabic, Bahasa Malaysia, Italian, French www.worldbreastfeedingweek.org

30-31 August and 01 September 2010: Global Maternal Health Conference 2010, India Habitat Centre, New Delhi, India, organized by the Maternal Health Task Force (MHTF) and the Public Health Foundation of India (PHFI). This meeting will gather approximately 500 maternal health experts and their allies in a global technical and programmatic meeting focused exclusively on maternal health. www.gmhconference2010.com

MHIF contact: Sara Gullo <sgullo@engenderhealth.org>;

PHFI Contact: Beena Varghese <bvarghese.mhtfconf@gmail.com>

28 September 2010: Birth and breastfeeding advocates are welcome to attend the International MotherBaby Childbirth Organization's International Day that will be held in Strasbourg, France September 28, 2010. This is a pre-conference event at the Midwifery Today Conference, *"Birth Is a Human Rights Issue."* Registration fees are \$25/€18/£15. For more information and to register go to - <http://midwiferytoday.com/conferences/Strasbourg2010/IMBCI2010.asp>.

29 September-3 October, 2010: Midwifery Today Conference, "Birth Is a Human Rights Issue", Strasbourg, France <http://midwiferytoday.com/conferences/Strasbourg2010/>

30 September-3 October 2010: IX Taller Latinoamericano de Liga de La Leche (IX LLL Latin American Workshop) in Villa Giardino, Cordoba, Argentina for LLL Leaders and Leader Applicants.

5-7 October 2010: Susuibu.com International Lactation Conference, organized by Nurturing Concepts, Pullman Putrajaya Lakeside Hotel, Putrajaya, Malaysia. For further information: www.susuibu.com

8-10 October 2010: *Breastfeeding – Weaving Lifelong Connections* – LLL New Zealand Conference, Wellington, New Zealand. Registration information is available at www.lalecheleague.org.nz or email Anne: e.lllconnections@gmail.com

17-19 October 2010: Global Breastfeeding Partners' Forum (GBPF), Penang, Malaysia. *Revisiting-Celebrating Innocenti 20 years! & Enabling Mothering: Keeping mothers and babies together.* For more information and to register for this special and important event, go to www.waba.org.my

28 October 2010: Largest Human Pink Ribbon Campaign will be held in Jeddah, Saudi Arabia. For further information please contact Yahya Hamidaddin at yahya.hamidaddin@adalidpr.com

25-26 November 2010: Birthing the World, an international conference on perinatal care organised by Association pour la santé publique du Québec / Quebec Association for Public Health brings together a programme that is "both highly scientific and purposefully interdisciplinary in terms of intention, format and implementation". It will highlight the importance of various professional and community groups working together through the pre-, intra- and post-natal stages for improved performance. Some 150 abstracts have been received by the Scientific Committee. The event will be held in Quebec City, Canada. www.birthingtheworld.com

9-11 December 2010: 2nd Congress of the Asian Association of Women's Studies (CAAWS 2010) on "Debating Gender Justice In Asia" to be held in Penang, Malaysia. For further details, please visit the congress website at www.usm.my/kanita/aaws2010.asp

10-14 January 2011: The International Conference on the Theory and Practice of Human Lactation Management and Breastfeeding Research to be held in Orlando, Florida, USA organized by Healthy Children's Center for Breastfeeding. For more information, go to <http://www.healthychildren.cc/index.cfm?show=international>

To Remember: Tine Thevenin

Tine Thevenin died peacefully in her home in Lake City, Minnesota, USA on June 21, 2010. Tine was born in occupied Netherlands and educated there and in the United States. She graduated with a Bachelor of Music from the American Conservatory of Music and was a flutist with the Florida Symphony Orchestra.

She became a La Leche League (LLL) Leader and wrote and self-published the best seller "The Family Bed: An Age Old Concept in Child Rearing" which was translated into Dutch and German. In 1993, she wrote a second book, this time on child rearing: "Mothering and Fathering: The Gender Differences in Child Rearing".

Tine felt that her role as mother and homemaker was the most important vocation in her life.



The following excerpt was taken from <http://www.republican-eagle.com/event/article/id/67362/>

38. Readers Share

OH OH OH

As I opened the e-Newsletter this morning to read it – WOW! to my surprise I found the articles written by Christopher and my wonderful three daughters. So moving, so touching and it is with great gratitude I would like to thank the three of you for doing this to honour my work and PASSION.

THANK YOU REBECCA AS YOU MAY HAVE BEEN THE MOTOR BEHIND THE IDEA!!

I enjoyed reading EVERY word and Vania got the surprise when she saw the article I had written about her. So, it has been a nice celebratory day – celebrating accomplishments!! Big hugs to all of you

- *Paulina Smith, Mexico*

Hello!!!! I congratulate you for the amount of information and work so well done on breastfeeding. I would like to subscribe to the newsletter in Spanish and ask if there is a cost to it. (Editors' note: there is no cost!) Thank you very much.

Hugs, *Betina Lubochiner, Instituto del Vínculo, Valencia, Spain*

Just received your latest newsletter and want to congratulate you on excellent work!

The newsletter is a good way of keeping people not only informed but enthusiastic about breastfeeding. And the articles and letters you publish do this very well. It is so nice to read that your daughter (Pushpa's daughter!) talked to 800 students in Penang (wow!)

- *Jean-Pierre Allain, Penang, Malaysia*

Thank you very much for the time, the dedication and the publicity that you gave for our Symposium.

- *Adelina Garcia, España*

Congratulations on your tireless work in editing the newsletter!

- *Elisabeth Weber de Gavilan, Paraguay*

39. Submission of Articles and Next Issue

We welcome articles of interest for this newsletter which may be 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. We are interested in articles that support GIMS for Breastfeeding and that address support from fathers, children and grandparents.

The guidelines for contributing an article are as follows:

Up to, but not exceeding 250 words.

Name, Title, Address, 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.

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.

40. 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 Rebecca Magalhães beckyann1939@yahoo.com

The first issue of the MSTF E-Newsletter was sent out in the last quarter of 2003 and the newsletter is entering its 7th 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 organisation 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

Please be informed that WABA has now changed its email address to the following:

- 1) General matters: waba@waba.org.my
- 2) Information & queries: info@waba.org.my
- 3) World Breastfeeding Wee: wbw@waba.org.my

Website: www.waba.org.my

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

“Anything done by anyone on behalf of making the world a better place where breastfeeding works better for mothers and babies is doing a great service. It may seem small, but it all really adds up.”

– Ted Greiner, South Korea