



World Alliance for Breastfeeding Action

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Home

About Us

GIMS

MSTF-Enewsletter

Resources

Activity

Mother Support

MSTF E-newsletter English V3N1

Mother Support Task Force (MS TF)

World Alliance for Breastfeeding Action



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<http://www.waba.org.my/gims/index.html>

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Breastfeeding: Sweet Responsibility of All

The Mother Support Task Force and Newsletter Editors would like to extend our sympathy to all the mothers and families that have been affected by the tsunami. Our hope is that all pregnant and breastfeeding mothers are receiving the support they need to begin or continue breastfeeding. Please refer to the WABA website for more information.

IN THIS ISSUE

MOTHER SUPPORT TASK FORCE COMMENTS AND INFORMATION

1. Starting a New Year with Father Support: Rebecca Magalhães, Coordinator
2. MS TF Update: Rebecca Magalhães, Coordinator

MOTHER SUPPORT FROM DIFFERENT SOURCES

3. La Leche League New Zealand-Breastfeeding Peer Counsellor Programme: Anne Devereux and Anne Heritage, New Zealand
4. LINKAGES Module on Mother-to-Mother Support Groups: Luann Martin, USA
5. Australian Breastfeeding Association: Present Challenges: Christine Hoadley, Australia
6. Lactation Consultant and Childbirth Educator: Christine Anne Choong, Malaysia

MOTHER SUPPORT - BREASTFEEDING MOTHERS RELATE THEIR EXPERIENCES

7. Receiving Support to Overcome Obstacles and to Breastfeed Exclusively: Priyadarshini Deo, India
8. Breastfeeding doesn't Always Come Naturally: Holly Bayer, Paraguay

FATHER SUPPORT

9. Global Initiative for Father Support: Introduction and Update

10. A Father's Story: Arturo Arteaga Villarroel, Mexico

NEWS FROM THE BREASTFEEDING WORLD

11. Meeting Maryanne Stone Jiménez, MSc, ACCE, IBCLC, La Leche League Leader, Toronto, Ontario, Canada: Mariana de Petersen, Guatemala

12. Mary Kroeger - a revolutionary midwife, advocate, friend and mother: Rosha Forman, USA

13. Breastfeeding and a Healthy and Safe Environment - International Indian Treaty Council Mercury Environmental Health and Justice Program: Emily Birky, USA

14. Mother-to-Mother Support through a book on Breastfeeding and Work: Jennifer Hicks, USA

15. Promoting Exclusive Breastfeeding to Achieve Millennium Development Goals in South Asia, Dhaka, Bangladesh: Report from Shaheen Sultana, Bangladesh

16. Peru with the most IBCLCs in the Spanish Speaking countries: Nair Carrasco Sanéz, Peru

17. Poster Presentation Opportunity: Rebecca Magalhaes, USA

18. Mother Support News from Brasil

NEWSLETTER INFORMATION

19. Check out these Websites

20. Announcements

21. Our Readers Share

22. Submission of Articles and Next Issue

23. How to Subscribe/ Unsubscribe

MOTHER SUPPORT TASK FORCE COMMENTS AND INFORMATION

1. Starting a New Year with Father Support: Rebecca Magalhães, Coordinator

As we begin the second full year of this E-Newsletter, the MS TF Coordinators and Pushpa and Pili would like to thank WABA for their funding and support, as well as everyone who helped the newsletter succeed with your contributions of articles, information and comments. We also want to thank Katherine Greathead and Anna Cook, who did a wonderful job with the French version. We welcome Juanita Steichen and Herrade Hemmerdinger, who have agreed to carry on the French translations. It has been an exciting learning experience, a genuine collaborative effort and we are looking forward to continuing the newsletter. In fact, in this first 2005 issue, you will notice a new section - **on father support and on the Global Initiative for Father Support**.

As the Global Initiative for Mother Support (GIMS) for Breastfeeding states, women receive support from many different people and places, but studies show that the father of the baby is a significant support source for many mothers. Preliminary study results from Tanzania (reported on at the WABA Gender training in Nov., 2004) showed that fathers play an important role in decision making regarding infant feeding. As the mother of 4 "males" I have been impressed with how supportive my sons have been during the breastfeeding of their children - holding and rocking the baby, putting the baby to sleep, changing diapers, doing dishes, etc.

As we explore the father support section in future issues, we invite your contributions. If you are male, what did you do to ensure the success of the breastfeeding experience? Have you helped a niece? A granddaughter? Who supported you as you supported your wife/partner? If you are female, how did your husband/partner make it easier for you to breastfeed? What advice would you have for prospective fathers? I remember the father of a breastfed baby in Brasil, who was so proud that he stopped pregnant women in the grocery store and asked them if they were going to breastfeed! Men are important to breastfeeding.

I would also like to express my personal sadness at the death of Mary Kroeger. I am honored to have known her and counted her as a friend.

Rebecca Magalhães

Coordinator

WABA Mother Support Task Force

Email: RMagalhaes@lilii.org

2. MS TF Update: Rebecca Magalhães, Coordinator

Rebecca and Dr. Gangal attended a 3 day Gender Training and a 2 day Gender Strategy Meeting, Nov. 29-Dec. 3, in Penang, Malaysia, coordinated and funded by WABA. The Gender training was attended by 32 persons from 15 countries (New Zealand, Pakistan, Indonesia, Swaziland, Zambia, Mozambique, India, Taiwan, Sweden, Malaysia, USA, Philippines, Bangladesh, Thailand, and Costa Rica). Using presentations, role plays, reading, overnight homework and small group discussions, the trainers guided participants through an effective gender understanding process. Rebecca

and Dr. Gangal and twenty other participants attended the following Gender Strategy Meeting to discuss the incorporation of gender into WABA materials and programs, with presentations from the task force coordinators and discussions on how gender can be included in task force action plans.

Before leaving Malaysia, Rebecca and Dr. Gangal met with Satnam Kaur/WABA to discuss MS TF 2005 Plans. Among the items discussed were the finalization, action steps and future dissemination of the Mother Support Questionnaire to then post the information on the WABA website with the purpose of providing information for internet users for what is available in countries for mother support for breastfeeding; and building up the list of MS TF country contacts.

If you are interested in being a country contact for GIMS and the MS TF, please email Rebecca RMagalhaes@llli.org, Prashant psgangal@hotmail.com or Nair cepren@amauta.rcp.net.pe

MOTHER SUPPORT FROM DIFFERENT SOURCES

3. La Leche League New Zealand-Breastfeeding Peer Counsellor Programme:

Anne Devereux and Anne Heritage, Peer Counsellor Programme Training Coordinators, New Zealand

La Leche League New Zealand is pleased to announce that its Breastfeeding Peer Counsellor Programme was launched at the LLLNZ 40th anniversary conference in September 2004.

Breastfeeding Peer Counsellor Programmes (PCPs) have been demonstrated around the world to increase rates of breastfeeding duration and thus to improve child and maternal health. La Leche League's Programme was devised in 1987 by LLLI to reach women who would not normally have access to mother-to-mother breastfeeding support. In 2002, two New Zealand LLL Leaders were accredited by LLLI to develop and adapt a breastfeeding peer counsellor programme for this country. They have completed work on combining resources from countries running successful PCPs with LLLNZ breastfeeding expertise and wide consultation with New Zealand health and community groups.

The LLLNZ Breastfeeding Peer Counsellor Programme offers a five-day course to health and community workers to train as PCP administrators. After training, administrators will be able to identify women in their areas or communities as potential breastfeeding peer counsellors and then to train those mothers in basic breastfeeding helping skills. Administrators, in consultation with their funding agencies and breastfeeding peer counsellors, will be encouraged to adapt the peer counsellor programme in ways appropriate to their communities. Every PCP set up by a trained administrator will receive a 12-module curriculum for the training of peer counsellors, followed by ongoing support from La Leche League, including regular updates of breastfeeding information and continuing education modules to extend the breastfeeding knowledge and helping skills of the PCs.

Updated and adapted from an article published in Issues, April-May 2004, by kind permission of the New Zealand Lactation Consultants Association.

Marcia Annandale, LLLNZ leader, lactation consultant and New Zealand Lactation Consultants Association, submitted the above article.

Anne Devereux is the Director of LLLNZ and Anne Heritage was the former LLLNZ Director.

For further information on the Peer Counsellor Programme, please contact:

La Leche League New Zealand, PO Box 1270, Wellington, New Zealand.

Email: lllnz@clear.net.nz or visit the website at : <http://www.lalecheleague.org/LLLNZ/>

4. LINKAGES Module on Mother-to-Mother Support Groups: Luann Martin, Washington DC USA

Mother-to-mother support groups is one of the strategies used by the LINKAGES Project to improve infant and young child feeding practices. Using the module Breastfeeding and Complementary Feeding Basics and Mother-to-Mother Support Groups: Training of Trainers, LINKAGES has supported training in Bolivia, Ghana, India, and Jordan. Parts of the module were adapted from materials produced by La Leche League International, LLL Bolivia and LLL Guatemala. The module is divided into 28 sessions covered over 5 days. After the first week of training, the new trainers spend four days in a health facility or community replicating the course with mothers who will facilitate mother-to-mother support groups. On the 10th day, the trainers share their training plans with fellow participants. The module is available on the LINKAGES website (www.linkagesproject.org/tools/training/mothertomother.php) in English, Spanish, Hindi and Chinese. In 2004 three Taiwanese took the initiative of translating the document for a mother-to-mother support activity of the Taipei Nursing College. One of the translators is a member of the Taiwanese Alliance for Breastfeeding.

Luann Martin,

Information Development Coordinator, LINKAGES Project, Academy for Educational Development, Washington DC USA

Email: lmartin@smtp.aed.org

5. Australian Breastfeeding Association: Present Challenges: Christine Hoadley, Australia

The key to the success of the Australian Breastfeeding Association (formerly Nursing Mothers' Association of Australia) over the past 40 years has been the irreplaceable value of mothers with breastfeeding knowledge and experience supporting other breastfeeding mothers.

The personal empathy for the mother and child breastfeeding relationship defines the work of ABA breastfeeding counsellors. The association provides its counsellors with up-to-date, practical and relevant breastfeeding information. Information is also available to the wider community through a series of highly regarded booklets and books.

The strength of our traditional group meeting settings, where discussion topics on breastfeeding and parenting matters are presented by ABA counsellors to a gathering of mothers, is being threatened by the pressures to return to work for many mothers. The association is facing a contemporary challenge of ensuring that breastfeeding information and assistance to those mothers who need support with their breastfeeding continues to be readily available and easily accessed. The telephone Helpline which is maintained by counsellors on a roster system is becoming more widely utilised across the nation. While mothers are increasingly obtaining the breastfeeding information via this method and also via the ABA website, the face-to-face mother-to-mother contact is diminishing in most geographical areas.

In an attempt to meet the changing societal needs, many groups have altered their established format of gatherings, by varying dates and times, providing night meetings, offering "drop-in type opportunities, and having social activities which involve all family members. ABA counsellors continue to present information about the association and breastfeeding to mothers at antenatal classes, breastfeeding education classes and post-natal hospital visits.

Christine Hoadley,

Dip. Education, ABA counsellor for the past 25 years, ABA Trainee Adviser, ABA Training Secretary, ABA Working Group Coordinator, and ABA Unit Convenor.

ABA Board Member 1995-2003, ABA Vice President (2001-2002) and ABA President (2002-2003). Email: headlands@bigpond.com

6. Lactation Consultant and Childbirth Educator: Christine Anne Choong, Malaysia

My knowledge of birthing and breastfeeding in Malaysia comes from my own experiences and those of the parents I have worked with over the last 20 years. Birthing practices have become very interventionist with most mothers laboring on the bed, a high incidence of induction, and continuous monitoring and episiotomy frequently performed on first time mothers. The high usage of analgesia also affects breastfeeding initiation.

The Malaysian approach to breastfeeding has been very impressive as all government hospitals and one private hospital have obtained Baby Friendly status with many others working towards this accreditation. The major problem is in encouraging health care workers to provide parents with greater freedom of choice in natural birthing and to assist and encourage them with self help techniques for labor. This involves a whole mindset change and for many doctors in private practice it also entails working irregular hours. There are two ways this can be approached:

Educate health care workers that birthing practices have a huge impact on the initiation of breastfeeding.

Educate parents on the benefits of natural birthing for a major thrust to change to occur through the impact of requests from parents.

In my personal experience, the former is more difficult. I first gave talks on this topic along with an obstetrician in 1993 but with little response. Currently I am giving a short talk on this topic as part of a 24 hour breastfeeding course for doctors and nursing sisters which has stimulated some interest. By far the best approach seems to be through the mothers themselves. We have been trying to achieve this through ante-natal education and more recently through articles in both Malay and English parenting magazines. There are many questions from the public which is heartening. We are slowly seeing changes in labour ward practices but there remains a huge amount of work to be done. Hopefully some of the practices used by the bidans (traditional birth attendants) can be preserved and incorporated into modern birthing. In her book "Birth Without Doctors" Jacky Vincent Prya gives a very good account of these practices.

Christine Anne Choong,

Mother of 3 grown breastfed children, nurse and midwife, IBCLC, Childbirth Educator and contributor to a local parenting magazine.

Member of PPPIM, Malaysian Lactation Consultants & Advisors Assoc. WABA and the Perinatal Society of Malaysia

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MOTHER SUPPORT - BREASTFEEDING MOTHERS RELATE THEIR EXPERIENCES

7. Receiving Support to Overcome Obstacles and to Breastfeed Exclusively: Priyadarshini Deo, India

My baby arrived at 10:17 am on 20th April 2003 after which a chirpy, middle aged, confident looking woman entered. "Hi! I am Dr. Charu. You've just given birth to an angel! You'll have to breastfeed him exclusively for six months and he'll be nice and healthy. You'll ..." I can't recollect what more she said because I was already wondering how I would manage.

The three months of my maternity leave flew by, but I realized the impact exclusive breastfeeding had on the health of Ansh. He gained weight quickly and never had an infection as compared to my older daughter who was perpetually sick since she was NOT breastfed but had been BOTTLE FED.

I began to hunt for a baby friendly crèche near my work place. I found one and they agreed to my terms and conditions. I was particular that they would not give any water, honey, sugar or anything else if I was late, but would contact me immediately. The next problem was travelling with my baby to and from work daily. My husband arranged

for a driver to drive me for a few months after which I started travelling by train (32kms, one way). I had special clothes made to breastfeed him in the train and at the crèche. Umpteen times I had to excuse myself from meetings and programmes in order to breastfeed my baby.

My family, the crèche, and my board members supported me in this endeavour and above all Ansh cooperated at all times.

Priyadarshini Deo,

M. A. in Medical & Psychiatric Social Worker,

Head Social Worker of The Family Welfare Agency with projects on issues related to Mental Health and the Elderly, Office Coordinator for BPNI.

Email: k_mhc@yahoo.com

8. Breastfeeding doesn't Always Come Naturally: Holly Boyer, Paraguay

Breastfeeding doesn't always come naturally. Sometimes mothers need the help of knowledgeable, caring, experienced people to make breastfeeding successful. When my first daughter was born, we had a lot of trouble getting off to a good start with breastfeeding. We were separated after birth, she was given a bottle in the nursery and the hospital staff did not show me proper positioning or latch on techniques. Breastfeeding became painful for me and my daughter was not gaining weight fast enough. We got confusing and wrong information from pediatricians. I was determined to breastfeed because I knew it was the best thing for my daughter, so I kept looking for answers. At around 3 weeks, I decided to do what I should have done in the first place - I searched online. I stumbled onto the La Leche League International (LLL) website and finally got all the support I needed to persevere. I learned proper positioning and latch on techniques from pictures on the site. She started gaining weight, but the colic persisted. I continued searching and decided that cutting dairy products from my diet could work. Slowly things started to improve. Her pain was gone at about 6 weeks. And after 2 weeks dairy free, the "colic" stopped. By 4 months, my daughter was a fat, healthy baby. She continued to nurse until she was 3 years old, when she decided that she'd had enough.

Since then I've moved to a new city, had another daughter and am expecting yet another one. I have found the mother-to-mother support I needed with my first daughter in La Leche League Paraguay. I have come to realize the importance of an experienced, caring, knowledgeable woman at your side, telling you that you can do it and holding your hand when it gets tough.

Holly Boyer,

Mother to Isabel (3), Eleanor (1) and expecting her third,
BA in Spanish and Latin American Studies
Asuncion, Paraguay

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FATHER SUPPORT

9. Global Initiative For Father Support: Introduction and Update

At the WABA Global Forum II in 2002 in Tanzania, two Swedish fathers attending the Forum, networked and discussed with other attendees on the need for addressing men/fathers in breastfeeding. A statement, delivered in the closing Assembly, proposed "The creation of a WABA working group or task force to be known as the Global Initiative for Father Support (GIFS) to work in collaboration with GIMS." That task force is now in operation with members in various countries and GIFS coordinators attended the recent WABA Gender Training/Strategy meetings (reported on above). At the strategy meeting, GIFS representatives proposed setting up network structures for GIFS at global, regional and national levels. Also, at the meeting, the MS TF and GIFS discussed the implementation of a Father Support Workshop prior to the 2005 LLLI International Conference in Washington DC, USA.

For more information about GIFS, the FS workshop, or to find out how you can be involved, please contact Per Gunnar pergunnar_engblom@vipappor.se ; Ray Maseko rmaseko@realnet.co.sz; Arun Kumar Thakur arun_thakur@rediffmail.com or go to <http://www.waba.org.my/fathers/index.html>

10. A Father's Story: Arturo Arteaga Villarroel, Mexico

Driving my car and listening to the radio, I realized suddenly that I was hearing an interview with La Leche League(LLL)women on breastfeeding. I had just gotten married the year before and our plans didn't include having babies immediately although I knew my babies would be breastfed. What these ladies were saying sounded so nice and true, that I stopped and noted the phone no. and address on a little paper that I saved in my wallet for almost three years.

At that time I understood that having babies and breastfeeding them was a woman's job but I also felt that it also depended on the couple, with the woman playing the main part. So, when my wife got pregnant we started going to the Lamaze course and the little paper I had saved was about to be useful.

We walked to the LLLMexico office and knocked and a lady opened the door. Before we could say anything, the phone rang and she answered it and answered all the questions we had. When she hung up the phone, we just said "Thank you" and left.

My wife started to attend the nearest LLL support group when she was 5 months pregnant and what she shared with me about breastfeeding sounded great.

Finally our first born arrived. Nothing like a real life test to see what good students we were! More or less everything went just like our Lamaze instructor taught us, but having our first baby 24 hours a day was a different thing. Various breastfeeding situations arose, so I went with my wife to the next monthly meeting when our son was 7 days old. For me it was obvious that I had to be there, my first monthly meeting, the only man in the group. Of course I felt out of place but fortunately my self esteem and the warmth of the group Leaders helped me probe those matters that were important for me to know. I understood very clearly that I could make a difference for my beloved wife and son and was willing to make it happen.

Two years later, when my wife was herself a Leader, she started a monthly support group on Saturdays, that provided a space for working mothers and fathers. I'm there at almost all the meetings because I saw that it was important for fathers to see that other fathers were there.

We have had many interesting experiences with fathers taking an active role in the meetings. They have taught me that I am not the only crazy man in the world thinking that it was worthwhile to get involved in this woman's job.

Arturo Arteaga Villarroel,

Computer Science Engineer with a post degree in Neuro Linguistic Programming and a partial master in Planning and Systems.

Email: arturoa36@hotmail.com

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

11. Meeting Maryanne Stone Jiménez, MSc, ACCE, IBCLC, La Leche League Leader

Toronto, Ontario Canada: Mariana de Petersen, Guatemala

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 MS TF would like to highlight one of these persons- Maryanne Stone-Jiménez, Canada.

Maryanne, born and raised in Canada, lived in Guatemala for more than 20 years. She is a La Leche League (LLL) Leader, childbirth instructor and the mother of three breastfed children. She began working with mother support by facilitating Guatemalan LLL mother support groups. In 1988, LLLI hired Maryanne as the country coordinator for a child survival project in Guatemala.

With her guidance, the project trained over 300 women in peri-urban communities as breastfeeding advocates and helped them form mother-to-mother support groups in their communities. Fifteen years later, many counselors (still) continue promoting breastfeeding. The success of this project was due to the strong relationships that Maryanne and her Project team developed with the community counselors.

In 1996 Maryanne moved to Washington D.C. USA to be an LLLI staff member on the LINKAGES Project (a USAID funded global breastfeeding project). At LINKAGES she worked with mother support and is the author of the Training of Trainers (TOT) mother-to-mother support module that is used around the world (see article on this module above). Maryanne has promoted mother support in many countries, including Jordan, Ethiopia, Bolivia, Madagascar, and India. Currently, Maryanne is living in Canada and works as a consultant.

My colleague Leaders and I will always remember and treasure our relationship with Maryanne. She is not only a friend, but a great mother. Maryanne is a very happy and optimistic person who enjoys life and feels at home anywhere in the world. She is a gifted person and anyone who meets and knows her will enjoy her company and friendship. *****

Mariana de Petersen, LLL Leader, Guatemala City, Guatemala

Email: capm@ucquate.com

Email of Maryanne Stone-Jiménez: mstone@smtp.aed.org

Editors' Note: If you know of a breastfeeding advocate who works with mother support that you would like to see featured in this newsletter, please submit an article describing the person and his/her work.

12. Mary Kroeger - a revolutionary midwife, advocate, friend and mother
Rosha Forman, Burlington, Vermont, USA

Imagine a world in which all pregnant women are able to deliver their babies safely, surrounded by their loved ones, trained professionals, and with the most evidence based and least medically invasive procedures possible. Imagine a world in which all midwives, doulas, and obstetricians understand the importance of and promote breastfeeding from the first moments after childbirth. Imagine a world in which each breastfeeding advocate, lactation specialist and mother understands the direct links between mother-friendly birthing techniques and successful breastfeeding. Mary Kroeger, internationally practicing Nurse-midwife, lactation specialist and author

must have imagined this world every day: she dedicated her work, energies and passion to creating such a world. Mary Kroeger passed away December 15th, 2004 at her home in Washington DC, USA.

Mary Kroeger shared her energy, passion, thoughts and beliefs in many ways throughout her diverse career. She practiced internationally as a midwife in countries such as Indonesia, Malawi, Cambodia, the United States, Belize, Ghana and Zambia and had and raised three beloved children of her own. Upon returning to the United States, Mary noticed that American women were having different problems after medically invasive childbirth and she dedicated her later work researching, writing about and advocating for the effect of birthing practices and breastfeeding. She worked as a consultant and advocate for projects such as LINKAGES, and co-authored with Linda Smith, a comprehensive text called "**Impact of Birthing Practices on Breastfeeding: Protecting the Mother and Baby Continuum.**" Besides her passion, sharp intelligence and unwavering dedication, Mary's infectious energy is unforgettable and will remain with all of us whom she touched.

We can all help Mary realize the world she imagined by helping to distribute this book to mothers, midwives, breastfeeding advocates, obstetricians and friends around the globe. The book is available through Amazon.com. Donations towards the purchasing and distribution of the book for caregivers around the globe are being accepted by her friends and colleagues Ann Brownlee abrownlee@ucsd.edu and Janine Schooley jschooley@projectconcern.org

Mary will be deeply missed as a mother, a grandmother, a colleague, a midwife, a breastfeeding advocate and a friend.

Rosha Forman,

BA in American and Women's studies, Medical Assistant at the community health center of Burlington, Vermont. Assistant to WABA Health Care Practices Task-Force

Email: rossha.forman@gmail.com

Editors' note: For more information about the book project, please visit the waba website:

www.waba.org.my/mkroeger.htm

13. International Indian Treaty Council Mercury Environmental Health and Justice Program: Emily Birky, USA

The International Indian Treaty Council (IITC) is an organization of Indigenous Peoples from the Americas and Pacific Islands working for recognition and protection of Indigenous Rights. The IITC Mercury Environmental Health and Justice Program asserts that every child has a right to a healthy and safe environment, and within their community, to follow their traditional culture and means of subsistence. Mercury has reached global proportions, which affects the quality of life and survival of our children and communities.

It is especially important for the pregnant or breastfeeding woman to know that mercury in commonly eaten fish is passed to her child. Fish is one of the best sources of nutrients for babies and young children. But if a pregnant woman eats even two small servings of fish a week, there is a 50% chance that her child will get a harmful dose of methyl mercury, causing permanent damage.

Breastfeeding is always the best for baby but women can help protect their babies by knowing what kinds of fish to eat or avoid.

Safer: -smaller, younger fish

- fish that feed on insects
- less fish (eat other meats)
- fish mixed with other foods (like rice or potatoes)

Not safe:

- larger, older fish
- bottom-feeding fish, like catfish and carp
- only fish as the main food

For more information, visit www.treatycouncil.org and follow a link about mercury, women or health.

Emily Birky,

BA in Anthropology, Intern at IITC working on the Mercury Education Project, Residential Counselor at Seneca Center, a group home for troubled adolescents.

Email: emilybirky@yahoo.com

Editors' Note: Please visit the WABA Website www.waba.org.my/environment/index.html: "Towards Healthy Environments for Children - Frequently Asked Questions (FAQ) about breastfeeding in a contaminated environment",

available in English and French

and the LLLI Website www.lalecheleague.org, for more information on breastfeeding and the environment.

Also available: Risks, Rights and Regulation: Communicating about risks and Infant Feeding by Penny Van Esterik, WABA Publication, 2002.

14. Mother-to-Mother Support through a book on Breastfeeding and Work:

Jennifer Hicks, Michigan, USA

If you successfully combine or have combined breastfeeding with an income-producing job or you know of a mother who did, please go to <http://www.lalecheleague.org/donor/story.html> to learn more about this unique opportunity to inspire other mothers by having your story (or that of a friend or family member) featured in a breastfeeding and work book being developed by LLLI, WABA and IBFAN. The hope of the group of people working on this project is that the book will have stories from mothers from many different walks of life and from various countries. The solicitation guidelines and criteria for submission are available in English, French, Spanish and Portuguese and the submission deadline is **January 16, 2005**, so you still have time!! Questions can be sent to Jennifer Hicks, Editor at Globalvoices@peoplepc.com.

15. Promoting Exclusive Breastfeeding to Achieve Millennium Development Goals in South Asia: Report from Shaheen Sultana, Bangladesh

A 3 day long South Asian International Baby Food Action Network review and planning meeting was held in Dhaka, Bangladesh from 22 - 24 November 2004. The meeting was jointly organized by the Bangladesh Breastfeeding Foundation(BBF) and the International Baby Food Action Network (IBFAN). The 60 participants from 7 countries(Nepal, India, Bangladesh, Maldives, Afghanistan, Pakistan and Sri Lanka) included Government representatives, public interest groups, professional bodies, United Nations agencies and other international organizations. The main purpose of the meeting was "Promoting Exclusive Breastfeeding to Achieve Millennium Development Goals in South Asia". With the Global Strategy for Infant and Young Child Feeding and Millennium Development Goals in South Asia as the focal point, new avenues to prevent child malnutrition and reduction of child deaths were discussed. In this context, the Dhaka meeting created new opportunities for the IBFAN network and its partners to jointly look at what had been achieved in the past and what can be achieved in the future, and exchange ideas and observations on this issue. The partners also learnt from each others' activities and achievements. Actions taken on implementing the Global Strategy for Infant and Young Child Feeding, sharing country actions and lessons learnt and action plans for 2005 were reviewed. The meeting was a big success and turned out to be very informative and goal oriented.

For a full report please contact Shaheen Sultana, Coordinator, Bangladesh Breastfeeding Foundation. Email: bfbfd@bd.drik.net

16. Peru with the most IBCLCs of all Spanish Speaking countries: Nair Carrasco Sanz, Peru

For the 6th year, CEPREN / The Peruvian Breastfeeding Network has successfully organised and prepared candidates for the International Board Lactation Consultant Examinations-IBLCE.

IBCLCs are highly trained professionals who have the technical skills to resolve breastfeeding problems. With a total of 40 IBCLCs, Peru has the most certified Lactation Consultants in the Spanish speaking world. On the 13th December 2004, Cepren organised a ceremony for 11 successful candidates from the most recent examination.

Nair Carrasco Sanz- IBCLC

Executive Director, CEPREN / Peruvian Breastfeeding Network

Email: cepren@amauta.rcp.net.pe Website: www.lactared.com.pe

17. Poster Presentation Opportunity: Rebecca Magalhaes, USA

Are you implementing a breastfeeding program or project that would be interesting and useful to others in the world breastfeeding community? Would you like to disseminate the success you are having in your breastfeeding work to an international audience? Are you part of an exciting activity that is supporting mothers to breastfeed? If you answer "YES" to any one of these questions, please check out the information at www.lalecheleague.org/05conf/posterform.html and submit an abstract for a poster presentation at the LLLI 2005 International Conference, July 2-5, 2005 in Washington DC USA. The abstract must be in English but the poster presentation at the Conference can be in English or Spanish. The submission deadline has been extended to January 30, 2005. A poster presenter at a past Conference stated: "I can't tell you how much fun I had doing my poster and the great time I had presenting it. I think the variety of countries, ideas, as shown were very uplifting." Come and join in the fun! The registration booklet is available on the LLLI website in Pdf format at <http://lalecheleague.org/05conf/LLLI05reg.pdf>

18. Mother Support News from Brazil

From January 27-30, members of the Amigas do Peito (mother-to-mother support organization based in Rio de Janeiro) will attend the Fourth World Social Forum in Porto Alegre, Rio Grande do Sul, participating in activities related to breastfeeding and human rights.

On February 6, during Carnival in Sao Paulo, the Amigas do Peito will participate in the Samba School Paulista Aguia de Ouro, along with other persons from breastfeeding support organizations.

The Brazilian National press official bulletin no. 177, dated September 14, 2004, item no. 1907 reported on the "**Bibi Vogel National Prize**" which will be awarded competitively to honor the memory of Bibi, to recognize innovative projects and activities for the protection, promotion and support of breastfeeding. A Commission has been established to elaborate the rules that will govern the selection of candidates for the prize.

Information on the Amigas do Peito can be found at www.amigasdopeito.org.br
Excerpted from Boletim Peito Aberto, Year 18, No. 49 - January, 2005

Editors' note: For more information about the Bibi Vogel Prize, please visit the waba website: www.waba.org.my.htm

NEWSLETTER INFORMATION

19. Check out these Websites

<http://www.nrdc.org/breastmilk/chem13.asp> http://www.treatycouncil.org/new_page_5211421311.htm

http://www1.sp.senac.br/hotsites/gep/amamentacao_set2004/20040913_index.htm (Spanish)

http://espanol.groups.yahoo.com/group/Nutrition_People/

www.un-instraw.org

<http://www.laligadelaleche.org/lactagraf2004/g.htm> 11 Exhibition: Humour in Graphics and Breastfeeding

<http://www.gencat.net/salut/depsan/units/sanitat/pdf/protpart.pdf> (Spanish)

<http://www.prlacta.org/articulo.php?id=68> Breastfeeding and Smoking

www.tallerdelosninos.org.pe Workshop for Children (Spanish) which won the 2004 Award for Creative Management, Health category with the project: "Growth and Collective Development".

20. Announcements

Events during January, February, March, April, 2005

For information on conferences/workshops/seminars in the USA, please access:

ibreastfeeding.com

10-15 January 2005: Workshop on Counselling on HIV and Infant Nutrition (Spanish), Cepren; Peru, cepren@amauta.rcp.net.pe

15 January 2005: Dateline for Poster Presentation at LLLI Conference, Washington DC, USA
www.lalecheleague.org/05conf/posterform.html

14 February 2005: 14th. Anniversary of WABA, waba@steamxy.com

26 February 2005: Workshop on Breastfeeding Premature Babies: Kangaroo Mother Care organised by the Catalana Breastfeeding Support Group Federation and Catalana Breastfeeding Association:
<http://www.grups lactancia.org/capa.htm>

26th. February 2005: Ethical Approach in Sexual Health and Reproduction, The programme is available in the website of the Asociacion Catalana de Matronas, Barcelona: www.llevadores.org

8 March 2005: International Women's Day

11-13 March 2005: Alliance for People's Action on Nutrition (APAN) General Assembly, Brazil

14-18 March 2005: Standing Committee on Nutrition (SCN) Conference, Brazil

7 April 2005: World Health Day

To Remember:

Mary Kroger, revolutionary midwife, advocate, author, friend and mother, passed away in Washington DC on 15th. December, 2004. (See story above)

Mrs. Frances Nieves Álavarez, 75 years old, founder of LLL Puerto Rico, passed away on the 26th. December, 2004. She was a breastfeeding advocate, a tireless promoter of breastfeeding and was one of the first breastfeeding activists on the island, a great teacher and an excellent person.

21. Our Readers share:

Elizabeth Hormann: "This MSTF newsletter (Vol.2,Nov.4) was the best yet. It is really growing into a useful tool..... Even the most minimal effort can have a huge impact - most women "know" at some level that their

breasts are meant for feeding babies and "should" work just like the other organs do."

Sheila Humphrey: " .. loved the MSTF newsletter. In it, I read your note with interest how potatoes, eggplant, bananas and some pulses (lentils) were off-limits for nursing mothers."

(Editors Note: A discussion on foods, herbs and lactation was started between Dr. Gangal (Refer to Vol.2,No.4 "Thoughts on Dietary Requirements: Pregnancy and Lactation") and Sheila Humphrey. If you are interested in joining the discussion, please write directly to: Dr. Prashant Gangal, psgangal@hotmail.com and/or Sheila Humphrey: sheilahumphrey@earthlink.net for further questions, information or to know what has already been discussed.)

Dr. Rosmary Hinojosa, Medical Head of Neonatology, National Maternity Hospital, Lima, Peru

"I am really emotional and thankful for the information that you have shared with me, about the Humane Neonatal Care Initiative. I loved it and despite the difficulties at this moment due to the nature of the institute, let us try to implement it. To start with, I am going to share this information with all the neonatologists of the hospital."

Liliana, an executive in Lima, Peru, who is going to implement the first work friendly place for working mothers: "Nair, how interesting is this newsletter.....thank you very much for sharing this with me, this beautiful work."

Shaheen Sultana, Bangladesh Breastfeeding Foundation: "Thank you and congratulations for your MSTF newsletter. Really you have worked hard."

22. 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 for readers to access the full report or article or send the full report/article and the MS TF will send it to WABA to place on the WABA website.

The date for submitting articles for consideration for the January/February/March 2005 issue is **March 10, 2005**.

If you submitted an article and it didn't appear in this issue, it is being reserved for a future issue. **Volume 3, Number 2, will be sent on April 6, 2005**

23. How to Subscribe/ Unsubscribe to the Newsletter

To subscribe to the Mother Support Task Force Newsletter:

Send an email message MSTFNewsletter-request@braesgate.com with "subscribe" in the Subject field. The email can be blank.

To unsubscribe from the Mother Support Task Force Newsletter:

Send an email message MSTFNewsletter-request@braesgate.com with "unsubscribe" in the Subject field. The email can be blank.

Please share this newsletter with your friends and colleagues. For more information about this newsletter write to the Editors: Pushpa Panadam, ppanadam@telesurf.com.py , Pili Peña, vapena@pla.net.py

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.

WABA is a global alliance of individuals, networks and organizations that protect, promote and support breastfeeding based on the Innocenti Declaration and the WHO/UNICEF Global Strategy on Infant and Young Child Feeding.

WABA is in consultative status with the United Nations Children's Fund (UNICEF).

Its core partners are:

International Baby Food Action Network (IBFAN),

La Leche League International (LLL),

International Lactation Consultant Association (ILCA),

Wellstart International,

The Academy of Breastfeeding Medicine,

LINKAGES

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

Breastfeeding: Sweet Responsibility of All

Web www.waba.org.my



LA LECHE LEAGUE
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The Academy of
Breastfeeding Medicine

WABA Core Partners:

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[Guestbook](#)