

Mother Support Task Force (MS TF)

World Alliance for Breastfeeding Action

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Breast Milk for Life

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MOTHER SUPPORT TASK FORCE COMMENTS AND INFORMATION

1. Breastfeeding Seasons: Rebecca Magalhães, Coordinator

Spring has arrived in the northern hemisphere – or at least to my small corner of North America! The trees are budding, the grass is turning green and the sun is warmer. Except for a few years living in Brazil (where it was warm all year and I did enjoy that), I have spent most of my life in a part of the world where there are four distinct seasons – one following the other, as regular as clockwork. People remember and talk about specific winters or summers when the weather turned bitter cold or steaming hot! In a way, breastfeeding history is similar to seasons - events happen and activities take place and we remember, because it makes what is happening now more significant. For example, this year, we will celebrate the 15th Anniversary of the Innocenti Declaration. A lot has taken place in the promotion, protection and support of breastfeeding since 1990, but we remember the actual date and place of this historic event. World Breastfeeding Week is another breastfeeding “happening” and each year, we always think about when it first started in 1992, because we want to remember how many years it has been. Of course, history would not be complete without people. We remember those who have been part of breastfeeding’s history - people like Pauline Kisanga or Elisabet Helsing or the LLLI seven Founders and so many more! They have seen and been part of the ups and the downs; the successes and the challenges. Here at the LLLI office in Schaumburg, there are staff persons to whom I go when I need to know something about the formative years of LLLI – they know the answers and have the information! Of course, we all have a part in making breastfeeding history – it is happening right now! - but how wonderful it is that there are people who can remind us how things were and what happened so that we can keep the seasons of breastfeeding alive!

Rebecca Magalhães
Coordinator
WABA Mother Support Task Force
E-mail: RMagalhaes@llli.org

2. MS TF Update: Rebecca Magalhães, Coordinator

A great deal of time and effort has been going into the preparation of the breastfeeding and work book that is being compiled by LLLI with the collaboration of WABA and IBFAN. Dr. Gangal, Coordinator of the MS TF was particularly helpful in promoting the need for stories in India and other countries in Asia and identifying mothers who ultimately submitted their stories. He also informed those of us working on the book of a touching and relevant Indian legend which has now become a focal point for the book, providing the thread that connects mothers today with a mother from centuries ago. Since the ultimate aim of this book is mothers sharing their experiences with other mothers (mother-to-mother support) it is very significant that a mother from long ago is still helping other mothers. Please be prepared for an exciting book!

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

MOTHER SUPPORT FROM DIFFERENT SOURCES

3. Feeding Babies in Emergency Situations

Do you know that donations of infant formula can cause more harm than good? Help to create awareness and provide answers to the feeding needs of babies in emergency situations. Emphasize the importance of continuing to protect, promote and support breastfeeding.

In emergencies such as was caused by the tsunamis which swept over much of the coast of the Indian Ocean on December 26, 2004 certain basic realities on the feeding of babies should be taken into account:

- There is no drinking water
- There are no hygienic conditions
- It is impossible to clean and sterilize feeding utensils
- Babies and small children are traumatized and weakened.

It is dangerous to distribute infant formula and other milk or powdered food under such circumstances. It is likely to cause more harm than good. It is better to give food to the mothers of the infants (children under 1 year old) and help them to breastfeed their babies. To breastfeed provides food for the child and also comforts them and protects them against diseases through the antibodies from the mother's milk. Breastfeeding helps the mother living in these difficult circumstances, gives her a feeling of being in control and makes her feel satisfied and useful.

In emergency situations breastfeeding is of great importance as it can save the lives of babies! Although many aid organizations do not want to distribute milk powder, there are many cases of unwarranted donations of breastmilk substitutes. These types of donations, unsolicited and not coordinated ruins good infant feeding practices and opens the possibility of publicity and access to new markets for the producers.

In emergency situations we need to protect, promote and support breastfeeding. Any kind of donations of formulas or infant food must only be distributed under the following conditions:

- The babies benefiting have no possibility of receiving breastmilk(e.g. Orphans).
- If the products are given, ensure at all times that the babies need these products.
- These products are not given to promote any commercial brands.

The above is an adaptation of the recommendations on The Feeding of Babies in Emergencies from the Fact Sheet on Feeding Babies IBFAN/ICDC Penang, produced as an immediate response to the calamitous situation provoked by the tsunamis of Dec. 26 2004. For further information please contact: ibfanpg@tm.net.my

Guidelines on infant feeding in emergency situations can be found on the UNICEF, IBFAN, and the Emergency Nutrition Network websites. ICDC popularized these guidelines by putting out a fact sheet on feeding babies in emergencies outlining the increased risks of bottle feeding and the need to establish a responsible help chain. (See IBFAN or WABA websites.)

For further advice or information, you may also consult: Mary Lung'aho mlungaho@aol.com. (Web: www.care.org) Special Consultant for CARE.

4. Offering Support to Multiples : Etel Conti, Argentina

For 5 years, my daughter Sofia tried to be a mother; treatments and operations for the couple became a part of their lives and mine. Finally she became pregnant with triplets and 2 babies, Benjamín 2.080 Kg, and Joaquina 1.600 Kg, were born on January 21, 2005 at 35 weeks gestation after one of them died in the uterus.

During her pregnancy, I worked to gather information on breastfeeding triplets. All the mothers of triplets that I contacted had given formula exclusively. I contacted a neonatologist, specialist on premature feeding who gave me a few interesting indications. Establishing breastfeeding in twins born healthy at due date is definitely easier than for premature babies.

Where the babies are not with their mother, breast expression can be started soon. In my daughter's case, she waited 8 hours to start expressing. The death of her baby, her emotions and sentiments, made this wait necessary. We started breast expression with a manual pump, later continued with an electric pump with double chamber and the babies were fed through the tube.

Benjamin arrived at her breast 6 days after his birth. Sofia had decided not to give him the bottle but he was barely breastfeeding and also had trouble latching on. So she started giving expressed milk with a spoon day and night and tried to latch him on to the breast when half asleep. At 9 days, Benjamin was discharged but Joaquina was still hospitalized due to her low weight. These were difficult moments and so we decided to use the milk donated by Sofia's sister Carolina, which she pumped three times a day.

Nineteen days after birth, Joaquina came home. We changed to cups to feed the two of them. The change was excellent and soon we were feeding them by cup with Sofia's milk and donated milk.

Sofia suffered the anguish of insufficient time to put them to the breast and they barely nursed. My daughter Sofia felt more at peace however when the babies started to increase in weight. One day, she and her husband decided to not give cups any more at night. Within a few days, they only gave 3 cups during the day and soon within a month of birth the two babies were breastfeeding exclusively.

With two babies, Sofia needed our support (mine, the family and all her siblings). With three babies, it would have been still more difficult.

Conviction, information, support and love can do wonders for people and their circumstances.

Ethel Conti, LLL Leader, Argentina, mother of 7 children and grandmother of 3 born prematurely and breastfed, Lorenzo(2.5 years) Carolina's son, and Sofia's sons born on January 21, 2005. E-mail: alfredc@arnet.com.ar

Editors' Note: *The above article was compiled by Pili Peña, Paraguay, vapena@pla.net.py from email messages written during Sofia's pregnancy, through and after the birth and direct communication with Etel.*

5. United by Milk: Eliana Duque, Colombia.

Thousands of people around the world, joined by their interest in breastfeeding, visit the web page of La Leche League (LLL). Most of them are mothers, searching for answers to their

anxieties. For LLL Leaders it can be a daily occurrence, sometimes repeated to the extent of becoming routine. But if we reflect for a moment, it is fascinating to see how being a mother raises practically the same questions to mothers in all corners of the planet.

The mother to mother support offered by LLL Leaders through the internet, is a tool of great scope to work with for breastfeeding. It is very satisfactory to feel that one can help a mother who otherwise may not obtain support and trustworthy information on breastfeeding. And the most important is the mother who is helping has experience but like the mother with the question she has also had days with similar anxieties and feelings.

It is also a unique opportunity to go beyond our geographical borders and interact with persons who, with their personal experience, can enrich our knowledge.

Each time I am amazed how babies the world over need their mothers and how breastfeeding is the best way to satisfy a baby's physical and psychological needs. I feel that we are all *united by milk*.

Eliana Duque, LLL Leader, Journalist and breastfeeding mother to Pedro, 3 years 5 months, Medellín, Colombia.

E-mail: eliana_duque@yahoo.com

6. A Doctor-Father Reflects on Breastfeeding: Dr. Miguel Angel Rolón, Paraguay

Many times we ask ourselves whether some aspects or decisions that we make in the raising of children are more important than others or if we have harmed our children by our mistakes or errors.

No biochemical solution can completely replace human milk in supplying cells, active enzymes, immuno-protein, protection from infection and psychological benefits. Human milk is the ideal food for normal children and is an important nutrient for infants of high risk. It is fundamental in the physical and mental development as well as in the conservation of health for infants and children.

And finally according to current knowledge we must arrive at a hard conclusion that the baby/child will be less intelligent or more sickly if it has not breastfed sufficiently or at the worse not breastfed at all.

However, as part of the animal kingdom with a level of organization of life totally different and unique: a phenomenon that is so natural for any mammal to nurse its offspring, how complicated at times it is for the humans! This can be different for each woman depending on her many personal and social circumstances, like family and work conditions.

On a personal level, what I discovered on the importance of breast milk perhaps has a certain parallel to what has happened with breastfeeding in general. A period of decline as a consequence of a world that demands the inclusion of women in the workplace and the impact of formulas for its apparent practicality combined with little investigation by me on the benefits of human milk perhaps made us less persistent with the feeding of my first son.

Subsequently, the rebirth of scientific interest and the explosion of many studies increased the understanding of human milk in so many hundreds of aspects that formula remains a pale imitation, difficult to match the complexity of nature's own product. Thus with my other sons, I

could verify, participate and enjoy the magic moments of the sublime tenderness of breastfeeding which extended to almost 2 years.

Based on all these considerations I understand that lactation is a physiological completion of the reproductive cycle and together with adequate vaccination constitutes the most important help that parents can give to their children. Besides this, a mother is given the opportunity to do something special and beneficial to her children, and breastfeeding is within the reach of poor countries like ours! As members of the Health Team we have the responsibility to offer help and adequate information for breastfeeding to succeed. In doing this, we ensure a greater number of women to succeed in breastfeeding while supporting those mothers who have not managed to overcome their conflicts and frustrations understanding that feeding is one of the vital functions and that the child needs to be loved and protected.

Dr. Miguel Angel Rolon,
Head of the Neonatology Department,
Hospital Barrio Obrero, Asuncion, Paraguay
Medical officer in Intensive Care Unit,
District Hospital Ñemby, Paraguay

Editors' Note: To contact Dr. Rolon, please email ppanadam@telesurf.com.py

MOTHER SUPPORT - BREASTFEEDING MOTHERS RELATE THEIR EXPERIENCES

7. Nahar: A Breastfeeding Success Story: Submitted by Shaheen Sultana, Bangladesh

Nahar, 20 and illiterate, married a rickshaw cyclist 3 years ago. They used to live in a village but now she, her husband Lokman, and his parents live in a slum in Mirpur, a Dhaka suburb. Nahar found a housekeeping job near her home. In July '03 she came to the Coalition Project Mirpur for her antenatal care. She was eight months pregnant and received regular check-ups until delivery. On August 4, 2003 she delivered a bonny male baby. The birth, attended by a traditional birth attendant from a neighboring slum, was normal. She gave colostrum to her child right after delivery. At 45 days she went to the clinic for postnatal care and vaccination for her child. Following the advice of the doctor, she exclusively breastfed her child for 6 months and started complementary feeding in due time. In the beginning, her child refused to eat the smashed rice/potato and pulses/lentils of different taste. But gradually he got into the habit of eating the family food whatever it was. Nahar quit her job to care for her child, so currently they are facing financial hardship. Her husband has to work more to compensate for this. Still she said, "Because I am poor, I cannot afford any costly and good food for my child and the family as well. God bless me! I owe it to the Coalition Clinic that my son is quite healthy and has no physical illness so far".

The above story was submitted by Shaheen Sultana, Coordinator, Bangladesh Breastfeeding Foundation. E-mail: bbfbd@bd.drik.net

8. Nursing Three Children of Different Ages at the Same Time – Challenges and Joys!: Bronwyn Warner, Australia

It is said that tandem feeding (which means nursing two children, usually an older child and a baby) helps the older child accept the younger one. Well, in my case of nursing three of different ages, that goes for my two older children, but not the youngest. If I'm feeding Justin or Niccola (the older two), as soon as they finish, Xanthia (the youngest) will come off her

breast and latch onto the breast they were on, even if she hadn't been actually feeding on her breast. Just now, a few minutes ago, she was blowing raspberries on my breast and making funny noises by wiping her mouth backwards and forwards. Niccola came off the breast and Xanthia got on to that breast and proceeded to do the same thing on that side.

When Xanthia was younger, about 8-10 months old, her ownership of my breasts was obvious. I was sitting on the floor and Justin was nursing. Xanthia saw him and came crawling towards me very fast. She was so intent on claiming her breast that she wasn't watching what she was doing. Her mouth started very close to the breast but she ended up actually attaching onto my belly!

She is very loving towards her older siblings. She will pat Justin's head and hold his hand across my chest. However, then she'll pat him just a bit harder ☺

I find nursing all three of different ages physically difficult at times. Niccola has just lost her top two front teeth (baby teeth). For a while, when Niccola breastfed, it felt like nursing a newborn. Although it is difficult to nurse two of them at the same time when they have teeth, I find it does save time.

Finally, feeding Niccola helps calm her down when she's throwing a tantrum. She started full time school this year and has a lot going on in her life. Some days she needs more sleep than she gets. This ends in a screaming match from her. Once she's calmed down and we talk about what prompted the tantrum, she breastfeeds and is fine again. Late last year, Niccola became very ill a couple of times as her intake had dropped to one feed a day. One episode lasted a week - by the time she got better, she was a little stick as she'd lost so much weight. But as she was nursing, she didn't have to go to the hospital. Breastmilk and small sips of water were the only thing she would drink or eat.

Bronnie Warner - mum to Niccola, Jan 99; Justin, Apr 01; Xanthia Nov 03 - still all breastfeeding.
GL Gympie Group , Coordinator Breastfeeding Papers Working Group
E-mail counselor, Australian Breastfeeding Association
E-mail: bronnie69@westnet.com.au

FATHER SUPPORT

9. GLOBAL INITIATIVE FOR FATHER SUPPORT(GIFS) UPDATE

Exciting activities are being planned by the GIFS Coordinators! First of all, GIFS is pulling together a Father Support Workshop that will take place at the LLLI International Conference, in Washington DC on July 2, 2005 from 1.00-5.00pm in the State Room of the Hilton Washington. The objectives of the workshop are to promote GIFS, disseminate information about GIFS and provide an place and a way for fathers to share experiences. The Workshop will also inform fathers on the benefits of breastfeeding, discuss ways in which they can support their partners in breastfeeding and encourage their partners to exclusively breastfeed. GIFS Coordinators will also take part in Conference Session no. 220 on July 4th, 10:00 AM – 12:00 PM, that will focus on combining technology and non-technological approaches to further the role of Father Support in breastfeeding. Lastly, GIFS Coordinators will be present whenever possible in the Fathers Lounge during the Conference, to meet and talk with fathers who have come to the Conference with their families.

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> To register for the LLI Conference, go to www.lalecheleague.org

10. A FATHER'S STORY

Learning to be parents: German Lema, Paraguay

Less than a year ago, my wife and I received news of our pregnancy. We knew practically nothing about babies. In the previous years however, we had read and investigated a lot on nutrition and natural medicine and knew that the answers would be found in nature.

Towards the end of the pregnancy we returned to Paraguay after 2 years' of studies in Paris, France. Back in Paraguay, we came in contact with La Leche League Paraguay who was a great support, not only with information but also emotionally. We learned the correct breastfeeding positioning for the mother and child, the frequency and the benefits of breastfeeding.

Still, in spite of everything we learned about breastfeeding, the best teacher was our daughter who, before the astonished look of we inexperienced parents, knew perfectly what to do upon approaching the breast.

Today the three of us know our respective roles in breastfeeding perfectly and although evidently I am the least involved, I am aware of the vital importance of help and emotional support that we must offer at this moment to our wives and children. As fathers, we can help to create a warm and pleasant environment that favors the intimate and important encounter of breastfeeding.

The first months after birth can really be exhausting: less sleep and at intervals, diaper change at any hour and adaptation to the baby who knows nothing of schedules or routines. Without the unconditional support of the father, I believe that breastfeeding would be difficult, especially for the working mother.

Our baby is very healthy with optimum weight increase and without any kind of problem, feeding exclusively at the maternal breast, as has been done by our species since about a million years ago. We have not given her any kind of vitamin supplement, water nor anything else except breast milk.

Finally we have found the answers to our doubts on her development in nature. We believe that her tender look and her smile tell us that we are doing the right thing.

Germán Lema, 29 years, musician and artist, father to Maia, born on 25/12/2004.
E-mail: lemaesquivel@yahoo.com.ar

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 Pauline Kisanga: Africa's True Mother of Breastfeeding: Michael Latham, 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 MS TF would like to highlight one of these persons- Pauline Kisanga - Swaziland.

Pauline Kisanga is undoubtedly one of the outstanding supporters and ambassadors for breastfeeding in Africa. I regard her as a close friend and wonderful colleague. I have known her for over 25 years. That was first, in the 1980s, when for many years continuing into the early 90's she was a senior staff member and then Director of the Department in the Tanzanian Food and Nutrition Centre(TFNC) dealing with young child nutrition and health. TFNC is widely considered to be the leading Nutrition Institute in Sub-Saharan Africa. At TFNC one of Pauline's most important mandates was the protection, support and promotion of breastfeeding-in that order. She was determined and successful in protecting breastfeeding as the Tanzanian norm for infant feeding- the gold standard. She also worked to ensure that support services were available for mothers.

In her tireless and dedicated work she was responsible probably for the first half dozen World Breastfeeding Weeks in Tanzania. I was there for one of these and because of her dedicated work, for a whole week, breastfeeding was not only on the lips of Tanzania's President, the Minister of Health, and other dignitaries, but the message of breastfeeding also filled the media, and was equally evident in the smallest villages.

She moved from Tanzania to become the IBFAN (Infant Baby Food Action Network) Africa Representative (covering the 18 or more countries in Eastern and Southern Africa) based in Swaziland, where she still lives. She has done an incredible job with a very small budget. She very skillfully organized an IBFAN Africa Meeting that I participated in that took place in Mbabane, Swaziland. This illustrated her great organizational talents. The meeting of 200 people from all over the world went like clockwork, as well as the discussions and sound conclusions on controversial topics such as Breastfeeding and HIV that were reached by the participants.

I was privileged in 2000 and 2001 to serve with Pauline on a two person team assembled by UNICEF to examine the impact of the HIV pandemic on breastfeeding in 4 African countries- Botswana, Kenya, Namibia and Uganda. It was a joy to work with her. She knew the breastfeeding situation, and the breastfeeding community in all 4 countries. She was always diplomatic without compromising her strongly held opinions, and she was prepared at the end of a long day's work to type my difficult to read notes onto her computer. The report we wrote was well received, and did illustrate that HIV was to some extent undermining breastfeeding.

Pauline is an incredibly ethical and good human being-she is truly *Africa's mother of breastfeeding.*"

Dr. Michael C. Latham
Graduate School Professor
Division of Nutritional Sciences
Cornell University, Ithaca, New York
E-mail: MCL6@CORNELL.EDU

Editors' Note: *We would like to thank Ted Greiner who knew Pauline as a student at Uppsala University, Sweden where Ted was the Associate Professor of International Health. According to Ted:*

"She was hard working as a part-time PhD student in Uppsala. She was working on putting together a study that would examine the influence on overall fertility of promoting LAM through family planning services in an area of Tanzania. She does a good job in coping with a complex situation. There are few people if anyone who

has a better overview than she does of breastfeeding issues in Africa, including HIV and infant feeding issues."

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. 1st National Baby Friendly Hospital Initiative Conference in Dhaka, Bangladesh

The 1st National Baby Friendly Hospital Initiative Conference held in Dhaka, on Wednesday, 23 February 2005 was organized by the Bangladesh Breastfeeding Foundation(BBF). The conference, inaugurated by the Honorable State Minister of Health and Family Welfare, Mr. Mizanur Rahman Sinha, was attended by 538 Medical Health professionals and representatives from 461 Baby Friendly Hospitals. In his speech, Mr. Sinha pointed out that the three indicators for nutrition and healthy lives of children are Food Security, Care and Disease prevention. The best example of the combination of these three is Breastfeeding.

From 1989 to the present , the movement for Protection and Promotion of Breastfeeding activities in the country has been supported through BBF. The Foundation has worked tirelessly at the national and community level with assistance from the Ministry of Health and Family Welfare. 461 Hospitals and Health Facilities are Baby Friendly Hospitals. Mass awareness has been created at all levels and 98% of mothers give colostrum to their babies immediately after birth. The child mortality rate has been reduced significantly and the nutritional status of children has improved. Breastfeeding has been identified as a very important component of nutrition in the primary health care services at Government policy level. The Breast Milk Substitute (Marketing & Regulation) Act is in force in Bangladesh for promoting breastfeeding. Maternity leave has been extended from 3 months to 4 months.

The conference was chaired by Professor M Q-K Talukder, Chairperson of BBF. Speakers stated the immense benefits of breastfeeding and emphasized the need for revitalization of Baby Friendly Hospitals in the country. They also asked the government to strengthen the activities of the Bangladesh Breastfeeding Foundation because of its active support and cooperation.

Press Release Dhaka 24 February, submitted by A.M.M. Samsad, Asst. Coordinator (Training & BFHI) of BBF and Coordinator of 1st National Baby Friendly Hospital Initiative Conference, 2005. E-mail: samsadbd2001@yahoo.com

13. The Law on Infant Feeding of Peru: Nair Carrasco, Peru

With great joy I would like to inform you that the Law on Infant Feeding via DS N° 007-2005-SA, published on Sunday 16 January 2005 in the official newspaper: El Peruano, p. 284712 has been passed.

As you know the updating of this rule is a very important advance in our country to promote, protect and support breastfeeding.

Now comes the most important part - vigilance and to ensure compliance of this law!

Nair Carrasco Sanz-IBCLC
Executive Director
CEPREN / Peruvian network for Breastfeeding
www.lactared.com.pe

Editors' Note: From ICDC (The International Code Documentation Centre) LEGAL UPDATE February 2005. IBFAN/AN/ICDC Email: ibfanpg@tm.net.my website: www.ibfan.org:

Peru was the first country in the world to implement the Code as law in 1982, and has now adopted a new law, *Reglamento de Alimentación Infantil - Decreto Supremo No 007-2005-SA* as of January 2005. The new law is up to date as it includes recommendations from recent WHA resolutions, such as: 6 months exclusive breastfeeding, conflicts of interests and provisions on monitoring.

The International Code Documentation Centre (ICDC) was set up by IBFAN in 1985 to keep track of Code implementation worldwide. It holds training courses in legal drafting and monitors marketing practices of baby food companies for compliance with the Code. ICDC also assists governments in drafting appropriate legislation and other measures to protect breastfeeding.

14. Breastfeeding and Work Book Nears Completion: Jennifer Hicks, USA

The breastfeeding and work book, compiled by La Leche League International in conjunction with WABA and IBFAN, is nearing completion. About 60 stories have been chosen from over 300 stories submitted by working women across the globe. The stories are being edited and country specific data on breastfeeding and maternity protection for each country is being collected.

The selection team was touched by the courage and creativity shown by women in their stories, as they described how they combined breastfeeding with work. Families and co-workers factored highly in the ability of these women to continue breastfeeding.

Whether a stand-up comedian in the United States, or a field biologist in Guatemala, these women and their stories will resonate with others around the world. Each tale, in its own way, echoes an indisputable universality about the feats a loving mother will realize for the sake of her children.

Anticipated publication date for the book is summer 2005.

Jennifer Hicks, Editor at Globalvoices@peoplepc.com

15. News from Norway: Elin Sebjørnsen, Ammehjelpen, Norway

Here in Norway, there is a proposition by a political party that wants the father to have more leave which up to now has been maternal leave. Currently, the father has a right to take 6 weeks of leave which is apart from the leave that the mother has. A woman can take 42 weeks of leave with 100% of her normal pay OR 52 weeks with 80% of her pay. The parents choose between them whether it will be the mother or the father who will stay with the baby, but the first 6 weeks are exclusively for the mother. What this political party (which is really powerful in Norway) wants is that the parents need to share this leave. Not like now, when they can choose. We in Ammehjelpen (Norwegian mother-to-mother support organization), are afraid that this can undermine breastfeeding and lower the percentage of mothers breastfeeding their children. Currently about 97% of babies receive their mothers' milk. Also Ammehjelpen feels that this can have a negative effect on the amount of time that the mother breastfeeds. We encourage breastfeeding for 2 years.

It may seem incredible to you that despite all the rights that we have in Norway, as with mothers and women in general, we have to continue to face challenges.

Elin Sebjørnsen, Mother to Mathias 10, Sunniva 6 and Julius 3 and expecting her fourth child this summer.

Teacher, active in Ammehjelpen (mother to mother support organization, Norway): National Board member for the past 3 years, publicity chairperson and guide and trainer for new members and consultants in breastfeeding.

E-mail: elinfant@online.no

Editor's Note: *Please email Elin directly for more information on this topic or to know the outcome.*

16. Breastfeeding: An Ancient Art—A Modern Miracle

Breastfeeding: An Ancient Art- A Modern Miracle is the theme for the 19th Biennial La Leche League International (LLLI) Conference to be held at the Hilton Washington, Washington DC, USA from July 2-5, 2005.

When the Founders of LLL set out to help mothers breastfeed, they knew in their hearts that breastfeeding was best for the baby and for the mother. Today, scientific research has proven beyond a doubt what they instinctively felt in their hearts: breastfeeding is the optimal method of infant feeding. Every day when you help a mother breastfeed, you are passing on an ancient art that produces a modern miracle.

In addition to the LLLI Conference, which will have many sessions with different topics, poster presentations and other fun and interesting activities, there are also pre-conference workshops and a post-conference WABA Gender Training Workshop. There will also be many sessions and activities at the Conference for Spanish speakers. Stay alert for continuing information about the workshops and the training. To register for the conference online, go to the <lalecheleague.org> or email Kim Reuter KReuter@llli.org or Rebecca Magalhaes RMagalhaes@llli.org to receive a copy of the Registration book.

17. World Breastfeeding Week 2005

Since 1992 World Breastfeeding Week (WBW) has been celebrated around the world every year. Officially the first week in August has been declared WBW i.e. from 1-7 August, 2005. This year's theme is:

Breastfeeding and Family Foods: LOVING & HEALTHY

Feeding other foods while breastfeeding is continued

For further information on how to get the Action Folders which are available in various languages, please contact:

WABA, PO Box 1200, Penang 10850, Malaysia

Tel: 604-658 4816 * Fax: 604-657 2655 * E-mail: waba@streamyx.com

Website: www.waba.org.my

Editors' Note: *Editors' Note: Some countries however may celebrate the World Breastfeeding Week not during the first week in August. In France WBW will be celebrated from Oct 17 to Oct 23 2005.*

18. International Breastfeeding Journal

Information has been disseminated about The International Breastfeeding Journal, which is an open access journal. This means it can be accessed online without paying a subscription fee. If

you want to be included in the email list for the journal, please email the founder, Lisa Amir, at: amir@bigpond.net.au or ibj-editor@unimelb.edu.au She needs only your surname and email address.

19. The People's Health Assembly 2 (PHA 2) in Ecuador: Liew Mun Tip, WABA

The People's Health Assembly 2 (PHA 2), which will take place in Cuenca, Ecuador, 18-23 July 2005, will be the culmination of a process of local and national reflections on a world where the health of all is a result of solidarity, liberty, and human development. Themed "Together, let us build a healthy world", the assembly will draw people from diverse countries, languages and perspectives. There will also be various artistic expressions of the theme such as photographic exhibitions, dramas and music. Michael Latham, Marta Trejos and Liew Mun Tip are among advocates to reinforce the presence of breastfeeding. The first PHA was held in Bangladesh in 2000 with 1,500 participants from 94 countries. For more information on PHA2, visit www.iphcglobal.org/pha2.htm.

Liew Mun Tip, World Alliance for Breastfeeding Action (WABA)
Program Coordinator, Recipient of the Hubert H. Humphrey Fellowship Program,
2004-2005, North Carolina, USA. Majoring in the areas of public health policy and management,
health communications and social marketing. Bachelor of Communications (Hons) in Journalism
with a minor in Political Science, University Science Malaysia, 1999.
Email: mtliew@email.unc.edu

BREASTFEEDING CREATIVE CORNER

20. Maternal Wisdom: Margarita Hord de Méndez, Mexico

Society told me: Rest in the hospital

My instinct told me: I cannot without my baby with me!

Society told me: Give a bottle and the others can help with the baby

My instinct told me: My baby needs me! My warmth, my love and my milk

Society told me: Get him used to his own room so that he learns to be independent.

My instinct told me: If he is near me, I am aware of all his needs. It is still part of his nature to be dependent.

Society told me: Liberate yourself and leave your baby at home.

My instinct told me: Not only does he suffer but I do too if we are separated.

Society told me: Leave him to cry, don't spoil him

My instinct told me: His crying is his language and to respond is to listen to him

Society told me: Do not hug him too much, you will make him dependent on you.

My instinct told me: To touch him is to love him, to give the security that he needs to face the world.

Margarita (Margie) Hord de Méndez, Honduran born Canadian, naturalized Mexican, mother to 2 children 20 and 22 years old and grandmother to a breastfeeding one year old LLL leader for 20 years and Founder of LLL in Puebla, México. Linguist, studying indigenous languages, teacher, writer, translator.
Puebla, México.

Email: mhord@hotmail.com

NEWSLETTER INFORMATION

20. Check out these Websites

WHO revision on Relactation, available in English, Spanish and French.
http://www.who.int/child-adolescent-health/publications/NUTRITION/WHO_CHS_CAH_98.14.htm

Co-sleeping: (sleeping with babies), A document published by UNICEF on bed sharing with babies. Available in different languages.
<http://www.babyfriendly.org.uk/parents/sharingbed.asp>

Infant mortality and medical attention at low cost. Regional Office, World Health Organization. Available in English and Spanish:
www.paho.org/noticias

Press Release/Three million newborns can survive with attention at low cost
Breastfeeding Information: In today's CBC news :
http://www.cbc.ca/story/science/national/2005/03/08/Breastfeed_050308.html

The new February. 2005 policy statement by the AAP on Breastfeeding and the Use of Human Milk is available on the AAP web site at:
<http://aappolicy.aappublications.org/cgi/content/abstract/pediatrics;115/2/496>

Information on breastfeeding, medications and diseases. Available in Spanish:
<http://www.e-lactancia.org/inicio.htm>

High quality graphics and a clear explanation of all the hormonal and other triggers involved.
<http://www.voedingscentrum.nl/borstsite/borstvoeding.swf> (Dutch)

<http://www.primal.es/infancia/articulos/angel2.htm> is an article on why babies cry

21. Announcements

Events during April, May, June, July, 2005

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

16-25 May 2005: IBFAN, ILCA and LLLI representatives will be at the World Health Assembly to follow up on the Resolution on Infant and Young Child Nutrition .

July 2005: ICDC and IBFAN Europe will hold a Code Implementation Training Course for Eastern Europe. Contact IFBAN for further information: ibfanpg@tm.net.my

June 30-July 2 – LLLI Seminar for Physicians - Washington DC USA

June 29-July 1 - Peer Counselor and Program Administrator Training – Washington DC

July 2-5 2005: 19th Biennial LLL International Conference will be held at Hilton Washington, Washington DC. Theme: Breastfeeding an ancient art- a modern miracle. On- line registration is available. For further information check the website:

<http://www.lalecheleague.org/05conf/05conf.html>. See Breastfeeding News above.

Golden Bow Pins/Bookmark: Special offer bulk price of US \$50.00 for 100 pins now available at WABA: Email: waba@streamyx.com. Regular retail price: US\$1.00/pin/bookmark. See our newsletter Vol. 2 No. 2 April/May/June 2004, <http://www.waba.org.my/gims/index.html> for the meaning of the Golden Bow.

22. Our Readers Share:

John Sargent, School Teacher, Connecticut, USA: *Thanks for sending your newsletter! I like your subjects. My children were breastfed for six months and more.*

Christine Koehler, France, christine.koehler@wanadoo.fr:

During the past year, I began to walk slowly away from Breastfeeding and LLL, as I was deciding to go into coaching and consulting for change. The question for me has always been: where am I going to put Breastfeeding? if I want to do things properly, I have to put my energy in the same direction, not to do many different things at the same time....

Last week, I found something that reconciles everything: with two other LLL Leaders, we are going to offer consulting services for hospitals that are already trained in Breastfeeding, and want to become a Baby Friendly Hospital, but don't know how to do that.

Sooo, thanks for your newsletter. If I can get in touch with people who do the same in other parts of the world, that would be wonderful.

23. Submission of Articles and Next Issue

We would like to receive articles of interest for this newsletter. The themes 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 July/August/September 2005 issue is **June 20, 2005**.

If you submitted an article and it did not appear in this issue, it is being reserved for a future issue. **Volume 3 Number 3 will be sent out on July 29th 2005** due to those who work on this Newsletter being busy with the LLLI Conference.

24. How to Subscribe/Unsubscribe to the Newsletter

If you would like to receive this newsletter:

Please send an email to the following email address: MSTFNewsletter-request@braesgate.com .

In the section that says Subject, please write the word "subscribe". Then send.

To end your subscription to the Newsletter:

Please send an email to the following email address: MSTFNewsletter-request@braesgate.com .

In the section that says Subject, please write the word "unsubscribe". Then send.

If you are having difficulty subscribing to the newsletter, please email Pushpa ppanadam@telesurf.com.py or Pili vapena@pla.net.py and we will help you.

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

To respond to the funders of this newsletter, we need numbers of subscribers. If you are sharing the newsletter with friends, work colleagues or family, please write and tell us the number of people with whom you are sharing the newsletter.

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 (LLLI), International Lactation Consultant Association (ILCA), Wellstart International, Academy of Breastfeeding Medicine (ABM) and LINKAGES.

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

Email: waba@streamyx.com, Website: www.waba.org.my

The MS TF is one of eight task forces that support the work of the World Alliance for Breastfeeding Action. The slogans being used by the newsletter were created by participants at the GIMS Workshops, Global Forum II, Arusha Tanzania, 2002.

Breast Milk for Life