

# **Mother Support Task Force (MS TF)**

## **World Alliance for Breastfeeding Action**

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*Care for mothers and babies = Care for  
the community, the country and the  
world!!*

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## MOTHER SUPPORT TASK FORCE COMMENTS AND INFORMATION

### 1. The Best Line of Defense and Response: Support : Rebecca Magalhães, Coordinator

"Support" is a word that has been spoken and written many times in the last few weeks, as people everywhere responded to help those affected by the hurricanes that devastated southern United States, the rains and mudslides that damaged communities in Central America and Mexico, and the earthquake in Pakistan that was so destructive for so many people! Support was provided in different ways and although we all need it at different times throughout our lives, it is crucial in situations such as these. However, as I was reading about the mothers and babies who survived the hurricanes and how some of them weren't breastfeeding, I thought about how much better it would have been if – somehow – in that part of the USA, there already existed a strong network of **support** for breastfeeding-the best line of defense and response. A support network is something that we all strive to create in our own part of the world and can be motivated to do even more, so that in another time, mothers and babies will be prepared.

In this newsletter you will read about support efforts in response to these disasters, but you will also read about ongoing support efforts for breastfeeding just because it is a good thing to do, about how it is beneficial for fathers to be trained in breastfeeding management, and you will be enthralled by the beauty of a birth. You will also read about the Innocenti+15 event in Florence Italy, where achievements will be celebrated and new strides taken to continue the progress. **The great thing is that all of this news is now available to Portuguese speakers, as this issue is adding a Portuguese version! Thank you Analy and Pajuçara ☺!**

The MS TF and the Editors send our best wishes to those affected by the disasters and our hope that everyone reading this newsletter has the support they need – whatever kind it may be.

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### 2. MS TF Update: Rebecca Magalhães, Coordinator

As Coordinator of the MS TF, I was invited to take part in the WABA Global Breastfeeding Partners Meeting (GBPM 4) that took place 1-3 September in Penang Malaysia. I joined other Task Force Coordinators, representatives of the Core partners (IBFAN, LLLI, ILCA, Wellstart International, LINKAGES and the Academy for Breastfeeding Medicine), WABA Secretariat staff and consultants as we learned what everyone was doing and discussed future joint activities. Mother support came up as a topic various times and in positive ways. For example, there was discussion on a possible Mother Support Summit in 2007, bringing together organizations and individuals to celebrate mother support and validate its effectiveness as a way to protect, promote and support breastfeeding. Through this newsletter, we will do our best to get your input and keep you informed. It was also fun to be part of this group of people representing so many parts of the world, who come together under the WABA umbrella to protect, promote and support breastfeeding.

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

## **MOTHER SUPPORT FROM DIFFERENT SOURCES**

### **3. Gender training and Breastfeeding Promotion: Jennifer Hopkin, USA**

To understand how gender training and breastfeeding promotion are intertwined, one first has to understand what gender is and what it is about. Gender training, quite simply, is learning to recognize societal or cultural stereotypes and then moving past them. Gender training is working to bring about change and equality not just for women, but for men too.

When I attended the Gender Training workshop, given by the WABA Gender Task Force, after the LLLI International Conference, I had envisioned that it was going to be all about women. It never crossed my mind that we might be discussing male discrimination. I learned that gender discrimination does not just affect one sex and therefore cannot be changed by only one group. For example, not all women want to stay home and cook, clean, and take care of the children, just as not all men want to be responsible for car maintenance, yard work, and the financial stability of the family.

Over the course of a couple of hours, it was amazing to me, to see how my personal bias could hinder breastfeeding promotion. For example, we witnessed a demonstration of a doctor so concerned about ensuring that the baby was breastfed that he neglected the needs of the mother, making it even more difficult for her to breastfeed. What I learned was that we all have to learn to listen with open minds and try to look at the situation from the other person's perspective. Mothers are similar in many ways, but they are also unique individuals with different backgrounds and each one may have a different breastfeeding experience – embrace it. Each father is also unique and many want to play an active role in their child's life – embrace it. Bottom line - although there are similarities between families, there are also differences and by acknowledging differences and learning from them we can all bring about change and equality, while more effectively promoting breastfeeding.

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Jennifer Hopkin, Director, Marketing, LLLI  
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#### **4. Meeting on Prevention and Mitigation of Natural Disasters: Graziana B. de Bozzo, Chile**

### **Breastfeeding: Resources for the protection of the infant and young child during environmental emergencies and natural disasters**

In Santiago Chile, 32 organizations of the civil society, most of them of consultative nature to the United Nations, participate in the Association of Non Governmental Organizations(ASONG), a network developed to work actively for social support in association with the Heritage of the Economic Commission for Latin America and the Caribbean (CEPAL).

As a member, this has enabled LLL to introduce the Global Initiative for Mother Support (GIMS) to more people to have access to written information, to support the breastfeeding partner and the working mother with the young child without foregoing the support meetings and talks on breastfeeding. All these activities can happen within the framework of GIMS in the various projects of the associated organizations and in the work committees.

Our most recent activity in ASONG consisted of organizing a day meeting on the Mitigation of Emergency and Natural Disasters which took place on the 27<sup>th</sup>. July 2005 in Santiago and for the first time there were press releases on the recommendations for the emergency sent out by the National Office of Emergencies (ONEMÍ). There was a great emphasis on recommending breastfeeding to protect babies and young children due to the risk of water contamination after the earthquake in northern Chile and during the collapse of an extensive section of the city of Santiago due to heavy rainfall that caused the overrunning of the waterways and flooding.

Our daily volunteer work continues to strengthen and support breastfeeding and with this we hope that breastfeeding is seen as the best life option for families in our country.

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#### **5. Mother Support Following a Hurricane: Cindy Garrison, USA**

Immediately following Hurricane Katrina, La Leche League (LLL) in the USA began setting up activities that included breastfeeding support, to help LLL Leaders, mothers and families in need in the affected areas.

The Eastern United States (EUS) Division of LLL in the USA put together relief efforts that were expanded when Hurricane Rita followed soon after. A fund was started to collect donations for Leaders and LLL Groups to be used to replace books and materials for Group libraries. LLL Groups were encouraged to enroll in "Sister-to-Sister," an adopt-a-Group program, in which participants can purchase Leader or Group materials or send personal donations, such as toys, clothes, toiletries, etc. to their "Sister" Group in the affected area.

In addition, individual Leaders and Groups also offered aid. An LLL Safe House for Hurricane Katrina was set up to accept goods for Leaders, LLL members, or Group mothers who needed help starting over. Another Leader collected donations to help pay utilities for a safe house set up to receive breastfeeding mothers and babies and also worked with a video company to create a Public Service Announcement (PSA). The PSA, already distributed to five states, points out the unique importance of breastfeeding when a mother is faced with natural disasters and the lack of safe food or water.

The power of mother-to-mother support has rarely been so visible in such an extended way.

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Cindy Garrison, Director, Eastern United States Division, LLLI, Pennsylvania  
USA

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**Editors:** For more information on these activities and on breastfeeding in an emergency situation, go to [www.lalecheleague.org](http://www.lalecheleague.org), [www.waba.org.my](http://www.waba.org.my), [www.ibfan.org](http://www.ibfan.org) and [www.care.org](http://www.care.org)

## **6. Storms and Support in Guatemala: Irma de Maza, Guatemala**

I am writing to share my sadness of what is happening in Guatemala.

I work for the Ministry of Health with the Breastfeeding Friendly Hospital Initiative. I had plans to train the last five hospitals when the storm started to arrive. The vehicle and the pilot were ready, waiting for me outside my office, but my boss canceled the trip because the roads to these places are not in very good conditions. It was good that the trip was canceled.

On Thursday, the conditions due to the storms, the rainfall and the mudslides were so bad that the Minister of Health called all health professionals to form brigades and travel to the places that were more damaged. I was assigned to go with the team that was going to Retalhuleu, a state in the south coast of the country. The place I went is called Champerico, close to the sea. Our task was to support the health area and coordinate with other organizations and institutions working with the crisis. I worked with a physician and we visited the shelters in urban and rural areas. Of course I did a lot of education about infant feeding in disasters! I am back home very tired but feeling satisfied that I could do something for my people. It is the weak and the poor who are always at risk and who suffer more in disasters.

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Irma de Maza, LLL Leader, Guatemala, Ministry of Health

E-mail: [lll@guate.net.gt](mailto:lll@guate.net.gt)

## **7. A Breastfeeding Meeting for Parents: Graziana B.de Bozzo, Chile**

Many mothers feel alone and vulnerable to breastfeed their babies successfully and that is why they come to support group meetings.

In the warm environment of the group meetings, they often express the desire of a meeting that would allow for dialogue between a couple and between partners which would help overcome situations that generate greater conflicts and insecurity in the parents during lactation and the raising of their children.

It is frequent that in the support groups, a mother tells us:

As parents we feel that breastfeeding is the best and is the healthiest option that we can give to our sons and daughters, but we need to share our doubts, experiences, support and information in an environment that is adequate for the mother to initiate and continue breastfeeding, recognizing the difficulties to overcome.

To answer this need, the LLL Chile group organized a meeting and many couples attended this meeting, of which some were very young. The meeting was enriched due to their reflections on the following themes of common interest.

\*How my baby sleeps: The role of the father and the role of the mother.

\*The sexuality of the breastfeeding partners.

\*The relation with the pediatrician.

It was concluded that:

*\*The breastfeeding mother needs to be supported and protected so that she can support and protect her baby offering the unique food that Nature has created for its healthy development.*

*\*Each baby is unique, and as such there is no magic recipe. Each mother and father has the responsibility to understand, read or interpret the needs of their own baby to be able to respond at the correct moment and efficiently.*

*\*It is fundamental to raise children with love, empathy and to feel how they feel.*

*\*Since the mother is the one breastfeeding the baby, the support of the father is fundamental in the healthy and balanced development of this relation.*

*\*The couple can achieve a dialogue that is open and honest in all aspects: breastfeeding their children, sexuality, etc. They should venture united into this new period of the couple cycle.*

*\*If the true expert in the raising of the child is the mother, she needs all the family and social support possible to feel capable of interpreting and responding to the needs of her baby.*

At the end of the meeting, many felt that it was wonderful to be able to share the meeting with their partners, that it was a very enriching experience, that the themes were very relevant and that it helped clear up their doubts on the subject and that men should participate more frequently in such meetings.

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Graziana B.de Bozzo , mother to Andrés, Paola and Alejandro, grandmother to 6 boys and 6 girls, LLLChile, CLA Future Areas in Central America and the Caribbean (Spanish Speaking)

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## **8. A Controlled Trial of the Father's Role in Breastfeeding Promotion: Italy**

Alfredo Pisacane, MD, Grazia Isabella Continisio, PhD, Maria Aldinucci, Stefania D'Amora, MD and Paola Continisio, PhD of the Pediatric Department, University of Federico II, Napoli, Italy conducted a research to find out the father's role in promoting breastfeeding if given training on how to prevent and manage common breastfeeding problems. Two hundred and eighty breastfeeding mothers and their partners participated in this study which was divided into 2 groups where one group (140) received training and the other did not. The results showed that teaching fathers how to prevent and to manage the most common lactation difficulties is associated with higher rates of full breastfeeding at 6 months.

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The above article was summarized from an electronic article (Pediatrics Vol.116 No.e494-e498(doi:10.1542/peds.2005-0479)) sent by Marta Trejos, IBFAN-LAC Regional Coordinator

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*Thank you Tereza Toma, IBFANBrasil <[ttoma@isaude.sp.gov.br](mailto:ttoma@isaude.sp.gov.br)> for sending us this information.*

## **MOTHER SUPPORT - BREASTFEEDING MOTHERS RELATE THEIR EXPERIENCES**

### **9. From Teen Mum to Breastfeeding Counselor: Maria Briseno, USA**

I'm 28 years old and the mother of three boys - ages 10 years old, 3 years and 13 months.

I was a teenage mother when I had my oldest son. I nursed him because he was jaundiced at birth and the doctor told me he needed my milk to get better. So I took it as Dr "orders." I

nursed my second son until he was 15 months old and he weaned himself. I was expecting my third so my milk had changed. My youngest son is still nursing.

I had a bad start with my first, as he was nipple confused and wouldn't latch on. I cried when he cried. So I decided to wean him but my mother and husband told me it was better for him to continue. So I did. I thank my mother for helping me, although she had her old wives tales. But my son and I finally nursed for a year. With my second I knew I could do it if I had the patience and the support.

Now I work in a clinic as a breastfeeding counselor where I teach breastfeeding to mothers in the community. I enjoy helping them and spending time with them. I remember when I was there and couldn't get the help I needed. It gives me joy and happiness when mothers call me and say that their baby isn't taking a bottle any more.

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Maria Briseno  
Breastfeeding counselor-retired doula, USA  
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### **10. The Birth of Elin's Baby: Elin Sebjørnsen, Norway**

The first time I experienced having a child was in July 1994. Mathias, my eldest was a very calm boy and for us, like any other parent, the most handsome in the world. The birth was a new experience of course but giving birth to Mathias was something so great and fantastic that I had to experience it again.

In January 1999, Sunniva, a girl arrived and then 2 ½ years later in June another boy, Julius was born. My husband said, OK that's enough. But being a woman, giving birth, being with them, breastfeeding them, looking at their bodies, so small and beautiful, I could go through it many times more.

And that was how without planning, I became pregnant once more last year and according to my husband, for the final time. The pregnancy went well, a little harder than before but well all the same. On the day of his due date, 29<sup>th</sup> July, nothing happened. My other children were also born past their due dates, so I was prepared for this.

On Monday, 1<sup>st</sup>. August, I lay down thinking that this time it was going to be the worst but as the day drew close, the baby did not arrive. I felt as if I was about to receive a gift but at the last moment, it was withdrawn or I lost a lottery - the thoughts of a pregnant woman.

But as soon as I slept, my water broke at 2:10 am. I woke my husband telling him what had happened and he called my brother to come take care of our other children. At 3 am, we arrived at the hospital and the contractions were now every 3-4 minutes. Here in Bergen which is the second largest city in Norway, we have a birth clinic where there are 2 floors and one needs to select one of them for the birth.

On the lower floor, there is a "natural" clinic where one does not receive any medication and has different beds, chairs or water if you want to be in it, etc. The condition is that it has to be natural and only acupuncture is offered.

The other floor is like any normal hospital where one can ask for medications and if serious, a caesarean can be performed. After the birth, it does not matter which floor you are on. If you select the lower floor for a day or two, one can be alone with the father. In the other it is for 3 days sharing a room with other women or you can be in the hospital hotel room for you and your family. Meals are with the other women in the hospital.

I selected the clinic on the lower floor feeling my birth, like the previous ones, would be fast and without complications. I was right and after being there for an hour or so with strong and painful contractions, a baby of 4.44 kg, 55 cm arrived. This moment of birth was so incredible and fantastic that I will treasure it for the rest of my life. To see this creature so small and innocent makes life more important than ever. The child immediately began to search for the breast. We stayed like that for an hour or more before washing and measuring.

We called the family to tell them about this miracle. My mother started to cry as always, so happy to be a grandmother for the 11th. time. They left us in peace as we watched and enjoyed the baby nursing at the breast. Later we had our breakfast and soon my husband and baby slept for a while. As for me, giving birth energises me and I could not sleep. I felt as though I could climb the highest and furthest mountains. With my three children at home and knowing that I was really well, I decided to go home that very day after the doctor came to see the baby. He came and said that everything was really fine.

My husband brought the other children and we went home together 7 hours after birth. If you decide to go home early you can be in contact with the hospital by phone or can return or have a nurse come to your house. Within two weeks, they call you from the clinic or any clinic that cares for children and mothers from birth to 7 years. One has to go to a clinic every 6 weeks for the first year in addition to visits for vaccinations and other reasons, later once or twice a year until they start school.

My baby and I are fine. We have not had any problems breastfeeding. He nurses and sleeps and I enjoy him. In Norway they recommend only mother's milk for the first 6 months and to continue breastfeeding but supplementing with vegetables, meat, bread, fruits and fish until 12 months, but breast milk remains the most important food. I decided to give only breast milk to my children until they turned one, nothing else. Everyone is fine, weighing more than the others. The small baby is now 8 weeks and according to his age, he weighs 8 kg. He is big and my shoulders hurt.

I believe that the experience of giving birth, the good that happens in this case is the same no matter where one is or lives in this world. Happiness is important also but I believe that as women, we are all equal and we can be equally happy no matter where we are!

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Elin Sebjørnsen, mother to Mathias 11, Sunniva 6, Julius 4 and Linus, in August 2005.  
Teacher, active in Ammehjelpen (Norwegian mother to mother support organization),  
National Board member for the past 3 years, publicity chairperson and guide and trainer for  
new members and consultants in breastfeeding.  
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## **FATHER SUPPORT**

The Global Initiative for Father Support (GIFS) was launched at the Global Forum II, Arusha Tanzania, 2002. Fathers of breastfeeding children need to be supported too as our stories reveal. For more information about GIFS, the FS workshop, or to find out how you can be involved, please contact Ray Maseko [rmaseko@realnet.co.sz](mailto:rmaseko@realnet.co.sz); Arun Kumar Thakur [arun\\_thakur@rediffmail.com](mailto:arun_thakur@rediffmail.com) or go to <http://www.waba.org.my/fathers/index.html>

**Editors' Note:** *We are doing a GIFS survey on Father Support. The questionnaire is now available from the MSTF Newsletter editors and is also on the WABA website. Please take a few minutes to answer the questions and e-mail us your answers at [pnanadam@telesurf.com.py](mailto:pnanadam@telesurf.com.py) or [vapena@pla.net.py](mailto:vapena@pla.net.py) or to waba: [waba@streamxy.com](mailto:waba@streamxy.com)*

## **11. La Leche League Couples Group: Sue Prado, USA**



I am currently a volunteer La Leche League Leader in a group that has a unique twist. We invite fathers to our meetings. Some people look at me kind of strangely and wonder what the fathers do there. Well, I will tell you. They support their baby's mother by just sitting there and taking in the information. As the little one gets older they get down on the floor and play with the little ones so that the mom can listen and participate in the meeting. Some dads have questions and we answer them.

Not every dad comes. I find that dads need breastfeeding support too. They want to know what they can do if they can't give a bottle. They want to know why this is good for their baby and their baby's mother. They need to talk to other dads who have a breastfed baby. Mothers and Fathers have questions about breastfeeding and we find that a couples group is a great way to meet the needs of these involved dads in our community.

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Sue Prado, LLL Leader, Villa Park, Illinois, USA, mother to Katy Rose, 4 years old.  
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## **12. Reality or Illusion: Arturo Arteaga Villarroel , Mexico**

In families, many men still adopt the traditional role where minor matters like family health, raising children, education, the home, happiness of the family, and good nutrition, etc.; are "female things". This is very evident especially when we see these very same men talk about the "really important" matters like national economy, politics, international conflicts, technological advances, globalization of economics, etc.

It may seem that with this shortsighted vision, to expect a father of a family to be interested in the topics of breastfeeding is more of an illusion than a reality.

However, we have learned of a growing group of fathers involved with their families, who, while not totally leaving aside those "important" themes, are giving space to the "female things". It seems as if they have realized that not only can they participate but when they do, they find that these "things" do not necessarily belong only "to women" and they integrate more with their partners, working together for the good of the new family they have formed.

It seems to me that this new reality could be further achieved through struggles and reclaiming of oneself under adequate favorable conditions. To have a support group fellowship where the whole family is welcome, where information and experiences on breastfeeding are shared, has allowed the "appearance" of fathers, grandparents, uncles/aunts, siblings etc.

The multiplying effects of these support groups have happened and we have seen situations where: a woman who did not know whether to bring or not to bring her husband now does because she sees the others in the group doing this; a father who had doubts of being involved is now involved after seeing others involved; a father on seeing a couple undergoing a situation similar to his, takes the initiative and shares his experience, etc.

Once more it seems to prove the saying that "a drop of honey attracts more flies....."  
Reality or Illusion?

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Arturo Arteaga Villarroel, Father to 3 breastfed boys,  
Computer Science Engineer with a post degree in Neuro Linguistic Programming and a partial master in Planning and Systems.  
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**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**

### **13. Breastfeeding Advocate who Works with Mother Support**

**Editors' Note:** *Many individuals around the world are working faithfully and with dedication to support mothers in their breastfeeding experiences. 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. Unfortunately for this issue we did not receive any articles of a breastfeeding advocate working with mother support. We encourage you to submit the name of a breastfeeding advocate and an article telling all about the person and what she/he did/has done for breastfeeding support.*

### **14. From the September 2005 ICDC Legal Update: IBFAN-ICDC Penang, Malaysia**

There are two new books available at the ICDC/IBFAN office. "Fighting an Old Battle in a New World" by Annelies Allain was published in May 2005 by the Dag Hammarskjöld Foundation as part of their Development Dialogue series. Annelies was asked to write it as a sequel to "IBFAN: On the Cutting Edge", her first contribution to this series. "Fighting an Old Battle" focuses on

Code monitoring and examines the struggle by IBFAN to enforce corporate compliance with the Code. The other is "The Code Handbook", the Second Edition of ICDC's main teaching tool. Ellen Sokol, ICDC's former Legal Advisor did the main bulk of the work whilst the layout, design, research, editing and proof-reading were done by ICDC staff. Many IBFANers contributed by responding swiftly and resourcefully to inquiries for information, updates or clarifications.

Contact IBFAN Penang [ibfanpg@tm.net.my](mailto:ibfanpg@tm.net.my) for details on how to get a copy of these books and also for the complete September 2005 Legal Update.

#### **Additional highlights from the Legal Update:**

After years of advocacy by the Baby Friendly Hospital Initiative Hong Kong Association (BFHIHKA), the Hospital Authority in Hong Kong intends to stop receiving free supplies of formula within two years.

Dr. Julie Smith of the Australian National University has calculated that mothers in Australia produce 34 million litres of breastmilk a year and estimated the "capital stock value" (the entire present and future worth) of breastfeeding to be 37 billion Australian dollars. Were mothers to breastfeed according to WHO recommendations that value would increase to 100 billion dollars.

In June 2005, the Health Select Committee of New Zealand released a report on breastfeeding rights stating the belief that every woman has the right to breastfeed. This right may be protected by the New Zealand Human Rights Act or through new legislation modeled on the Scottish Breastfeeding Act.

### **15. Annual Progress Report-Bangladesh Breastfeeding Foundation: Shaheen Sultana, Bangladesh**

The Annual Progress Report on consultancy services for the third year of breastfeeding programs in Bangladesh under the National Nutrition Programme (NNP) is now available upon request by contacting the Bangladesh Breastfeeding Foundation (BBF). The report covers phase I from July 2004 to June 2005. The Project: "Protection and Promotion of Breastfeeding Activities" is sponsored by the Ministry of Health and Family Welfare and implemented at the national level together with the National Nutrition Project (NNP) and BBF. The beneficiaries are

infants, children and mothers. The goal is that breastfeeding protection and promotion activities will be sustained through behavior change interventions by a public and civil society initiative.

BBF supports health agencies countrywide in recommending that mothers breastfeed their babies exclusively for the first 6 months, and then continue to breastfeed for 2 years or longer while providing timely, nutritionally adequate, safe and responsively-fed complementary foods. BBF strives to create an environment that enables the best choices in infant and young child feeding practices by supporting the national breastfeeding and complementary feeding efforts of the government and partner NGOs at three levels: i) improving national regulation and oversight, ii) enhancing the knowledge and skills of health personnel and, iii) increasing success in the community by providing support to each new mother to make the best choices in feeding her children.

BBF had only seven months for this project and accomplished 80% of the target work. The work related to mother support has had a positive impact on the community. BBF has successfully built up a group of core trainers from 41 upazillas out of 105 upazillas where NNP is being conducted (see note below). These core trainers will form Mother Support Groups in remote Community Nutrition Centers. The work needs further extension.

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Shaheen Sultana, Coordinator of Bangladesh Breastfeeding Foundation  
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***Shaheen explains:***

*Upazilla* means sub district. In our country some villages constitute one union, some unions constitute one upazilla, some upazillas constitute one zilla(district), some zillas constitute one division and ultimately six divisions constitute the whole country. In our country we have 465 upazillas.

National Nutrition Programme, the largest nutrition programme in our country, works in 105 upazillas. Out of 105 upazillas, BBF trained 41 upazilla managers and supervisors to form a core group of trainers, who will form Mother Support Groups in remote CNCs (Community Nutrition Centers).

She says that if anybody is interested s/he can get the full report from her.

***Editors:*** Thank you Shaheen.

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

The People's Health Assembly (PHA) 2 demanded "Health for All, NOW!". More than 1,500 people from all walks of life around the world assembled in the quaint, historic, agricultural town of Cuenca, Ecuador, 18-23 July 2005. PHA2 began with the Ceremony of the Indigenous Peoples of the World. At the Assembly, participants - most of whom were grass root leaders and activists - shared moving and informative experiences at plenary sessions and workshops. The Assembly culminated in a march for social justice and a final celebration where participants heard an inspiring speech by Aleida Guevara, a Cuban pediatrician. A concrete outcome of the PHA2 is the Cuenca Declaration, which can be found on the PHA2 website [http://phmovement.org/pha2/papers/cuenca\\_dec.php](http://phmovement.org/pha2/papers/cuenca_dec.php).

PHA2 explored deeply the causes of ill health and ways to work together in addressing the problems in order to achieve health for all. The social determinants for health are more than just accessibility to healthcare. The Assembly asked: What good does it do to treat people's illnesses, only to send them back to the conditions that made them sick? Poverty and inequality are prevalent causes of ill health, and participants spoke against the perpetuation of neoliberal economic policies imposed by the rich and powerful elite minority that puts profits first, instead of people.

Dr. Michael Latham and Liew Mun Tip of WABA were among advocates who represented the breastfeeding movement at PHA2. Breastfeeding banners were quickly picked up. Several interventions were also made to bring forth the role of breastfeeding as the first determinant of health for people i.e. as a human's first food, first vaccination and form of care. Though the PHA2 participants were generally aware of the importance of breastfeeding and the implication of unethical marketing of breast milk substitutes, breastfeeding was not seen as a grave and urgent issue. What was lacking was data on the situation of breastfeeding in their respective countries or communities as they tend to think that the culture of breastfeeding is not threatened in their country.

All in all, the issues discussed at PHA2 are interconnected and affect one another. We can open up to learn more about those issues and at the same time, continue letting other People's Health Movement (PHM) activists know that breastfeeding is an issue that is very much linked with poverty and inequality, and that the culture of breastfeeding is indeed under threat.

How can individuals become involved in the follow-up to the PHA2? The PHM is organised into community, country, regional and thematic circles. PHM typically works through specific global campaigns toward social justice. You are welcome to become part of the PHM by endorsing the People's Health Charter at [www.phmovement.org/charter/endorse.html](http://www.phmovement.org/charter/endorse.html). For PHM in USA, please write to [phm@hesperian.org](mailto:phm@hesperian.org).

"Health is a Marker of How Well Policies Meet Human and Social Needs"

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Liew Mun Tip, Deputy Director, WABA  
E-mail: [waba@streamyx.com](mailto:waba@streamyx.com)

## **17. News from Amigas do Peito, Brazil**

\* The commemoration of 25 years of Amigas do Peito, held at the Museum of the Republic on 27 August was a great success! There were many activities throughout the day: support groups, playing with children, breastfeeding photos, exhibition of patchwork blankets with the history of the Amigas, in addition to conversations and entertainment, of course. Several generations of Amigas do Peito met there, in addition to fathers, mothers, babies, grandfathers, grandmothers, friends and children. It was good to meet again with old friends, their children already grown up and to confirm our motto: Mother's breast is good for life!

\* August was the month of the 2005 World Breastfeeding Week. Amigas do Peito participated in the opening of WBW in Rio de Janeiro and also in the Vth Argentine Congress of Breastfeeding, in Buenos Aires, Argentina. Furthermore, in Brasilia, the Amigas received an award from the Ministry of Health in recognition of our 25 years of work supporting breastfeeding. Completing this picture, we also collaborated in a number of interviews and press notes, as you can see on our website.

A great thank you to the Museum of the Republic, which supported us, to the institutions that honored us and to all those women and men who joined in the celebrations!

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The above was taken from Peito Aberto Ano 18, Número 52 - Setembro de 2005 (Amigas do Peito Newsletter)

Translated into English and submitted by Jean Pierre Allain, Bangkok, Thailand

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## **18. Educational Project of the Amigas do Peito in Niteroi, Rio de Janeiro : Maria Lúcia Futuro Mühlbaue Brazil**

This is a summary of a project that the Amigas do Peito are resuming with the Municipality of the city of Niteroi of Rio de Janeiro.

In collaboration with the Municipal Education Foundation, the Amigas do Peito are planning to reinstate a project in Child Education that was implemented in the 1990s and involved education of children. The project was introduced in 1994 in a low income childcare center. In 1994 and 1995 the Amigas met with and sensitized the teachers and staff and in the following years, every six months, they made presentations at the school on updates on breastfeeding and lactation management, that they learned at conferences or meetings that the Amigas do Peito had participated in.

That first experience resulted in this new partnership with the Municipal Education Foundation and was made possible through an invitation from one of the teachers who had been indirectly involved in the project in 1999. She realized the importance of a project such as this one. She is currently working as coordinator of Child Education in the city and has proposed, with the Amigas do Peito, a project that would be implemented in all schools attended by children 6 years old or younger.

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Maria Lúcia Futuro Mühlbaue

Amigas do Peito – Mothers Group

E-mail: [amigasdopeito@amigasdopeito.org.br](mailto:amigasdopeito@amigasdopeito.org.br) Website: [www.amigasdopeito.org.br](http://www.amigasdopeito.org.br)

## **19. Cuzco Declares Breastfeeding Promotion as No. 1 Priority for the Region: Peru**

The Regional Government of Cuzco, Peru, declared the no. 1 priority for the region to be the promotion and protection of exclusive breastfeeding in infants less than 6 months and complementary feeding of local foods as the base of nutrition plus breastfeeding from 6 months to 2 years of age.

As indicated by The Executive Regional Resolution (Regional la Resolución Ejecutiva Regional) N° 621-2005-GR-CUSCO-PR, which states that the Health Region of Cuzco will implement the Regional Policy which protects the health of the pregnant mother, the breastfeeding mother and the child.

According to Ministry of Health (Minsa) specialists, the importance of this norm is that no substitute or artificial substitute exists that equals the quality of human milk or that can replace its properties. Likewise the essential nutrients which breastmilk contains such as proteins, vitamins and fat, cannot be found in any other type of food be it of animal or plant origin. On the other hand, it has been confirmed that the nutrients in breastmilk allows for the complete development of the human brain, almost completely for the first 2 years of life.

It has been recommended that pregnant women breastfeed their babies exclusively for 6 months, followed by complementary food with continued breastfeeding from 6 months to 2 years of age.

Breastmilk helps babies develop their immunological systems, and these babies are better prepared to confront diarrhea and respiratory diseases than those who are not breastfed.

**MailScanner ha detectado un posible intento de fraude desde**  
**"[wow.telesurf.com.py:8000](http://wow.telesurf.com.py:8000)" [www.minsa.gob.pe/portal/ogcminsa/spv-notas.asp?np\\_codigo=2860](http://www.minsa.gob.pe/portal/ogcminsa/spv-notas.asp?np_codigo=2860) : Breastfeeding: Intelligent and Healthy children)**

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Nair Carrasco Sanz- IBCLC

Executive Director, CEPREN / Peruvian Breastfeeding Network

Email: [cepren@amauta.rcp.net.pe](mailto:cepren@amauta.rcp.net.pe) Website: [www.lactared.com.pe](http://www.lactared.com.pe)

## **20. Breastfeeding Course in Paraguay: Pushpa Panadam**

The Paraguayan Pediatric Society's Breastfeeding Committee has been busy. During World Breastfeeding Week, talks on breastfeeding were organized for the members and health professionals. On the 7th. and 8th. October, midwives, pediatricians, nutritionists, nurses, medical and nursing students, NGOs and LLL Paraguay were invited for a breastfeeding course. Juan Ilabaca, a nutrition specialist from the National Institute of Technology and Nutrition, Chile and national specialists Dr. Claudio Di Martino, Dra. Elvira Mendieta Peña and Dr. Jose Luis Delgadillo spoke on the situation of breastfeeding in both countries. The course was well attended by more than 50 persons who braved the heavy rainfall on Saturday morning to listen and share their experiences (mothers, fathers, aunts, community leaders) during the question and answer period and also during the workshop sessions.

In this encounter the need for continuous breastfeeding training for all involved with mothers and babies, pregnant women and families, even the gatekeeper was stressed repeatedly. It was also pointed out that, despite the certification of 18 hospitals in Paraguay as Baby Friendly, very few actually comply with all the 10 steps. The most challenging Step was found to be the 10th. Step: Support groups. The role for support groups like LLLParaguay was emphasized.

Congratulations to the Paraguayan Pediatric Society's Breastfeeding Committee for renewing its commitment to promoting, protecting and supporting breastfeeding at every level.

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Pushpa Panadam, Mother to Lisa Gayatri, 12 and Jiva José, 10 years old, LLLLeader Paraguay

## **NEWSLETTER INFORMATION**

### **21. Check out these Websites**

<http://www.gineconet.com/noticias/expand.asp?id=608> Article in Spanish on Aerobic Exercise and Breastfeeding\_ Its Benefits and its contraindication

<http://www.aguainfant.com/arte/lm.htm> An exhibition on Art and Breastfeeding on the web.

[http://www.nzherald.co.nz/section/story.cfm?c\\_id=5&ObjectID=10345723](http://www.nzherald.co.nz/section/story.cfm?c_id=5&ObjectID=10345723) New Zealand Herald: Mother's Milk Richer after One Year.

<http://www.kangaroomothercare.com/natway02.htm> Dr. Nils Bergman, English. Explanation with photos on Kangaroo Mother Care.

[http://www.daol.info/clubdelateta///app\\_know/know\\_detalle.php?id=101](http://www.daol.info/clubdelateta///app_know/know_detalle.php?id=101) in Spanish, with all information and contacts of breastfeeding support groups in Spain and Latin American countries.

### **22. Announcements**

Events during **October, November, December 2005 and January 2006**

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

[ibreastfeeding.com](http://ibreastfeeding.com)

**20 October, 2005** : Award Ceremony for the Bibi Vogel Award. The 1st Bibi Vogel Award process was launched by the Brazilian Ministry of Health on 7 April, 2005, on the first anniversary of the passing of Bibi, the founder of Amigas do Peito. The theme for the award this year was "The Municipality that Promotes Breastfeeding Promotes Health", encouraging local initiatives to present creative and extensive breastfeeding related work. The award ceremony will be on the 20<sup>th</sup>. October, 2005 in Fortaleza, Ceará, Brazil.

### **CIVICUS 2006 World Assembly: Call for Proposals for Workshops and Presentations**

Application Deadline: **30 October 2005**

CIVICUS is currently calling for proposals for workshops and presentations for its 6th CIVICUS World Assembly to be held in Glasgow, Scotland from 21-25 June 2006. Past Assemblies have shown the creativity and dynamism that civil society can bring to issues of justice and equity.

The deadline for proposal submissions is 30 October 2005. For more details on the conference and to view the complete call for proposals, visit [www.civicus.org/new/content/civicusworldassembly.htm](http://www.civicus.org/new/content/civicusworldassembly.htm)

**17-19 November 2005:** La Leche League of the Basque Country is organising its 2nd International Breastfeeding Symposium, "Kangaroo Mother Care (Breastfeeding and Skin to Skin Contact) - Neonatal Intensive Care Practices are Changing", in Bilbao, Spain. Sessions will be offered in English and Spanish with simultaneous translation. For information about the program, speakers, registration and reservations : [www.laligadelaleche.org](http://www.laligadelaleche.org)  
For additional information please contact: [simposio@laligadelaleche.org](mailto:simposio@laligadelaleche.org)

**21 and 22 November, 2005:** 15<sup>th</sup> Anniversary of the adoption of the Innocenti Declaration on the Protection, Promotion and Support of Breastfeeding. Florence, Italy. The UNICEF Innocenti Research Centre and the Regional Authority of Tuscany will be joined by a wide partnership that includes WHO, UNICEF, the Italian National Committee for UNICEF, USAID, WABA, IBFAN, LLLI, ILCA and other invitees in Florence Italy to mark the 15<sup>th</sup> Anniversary of the Innocenti Declaration. The 2 day event will provide an opportunity not only to celebrate the progress that has been made in implementing the Innocenti Declaration, but also to participate in discussions on the means to further improve infant and young child feeding practices around the world.

**30 November-3 December 2005:** 2nd. International Conference on Humanization of Childbirth and Delivery, Rio de Janeiro, Brazil. The event is organized by the National Network of Childbirth and Delivery (Rehuna) and the Rio De Janeiro prefecture supported by diverse groups including Amigas do Peito. More information: <http://www.congressorehuna.org.br/>

**2-6 January 2006:** World Congress on the Family, "Restore Family Life and Sustain World Peace", Chennai, India, Organised by the Service and Research Foundation of Asia on Family and Culture (SERFAC), Chennai, India – an NGO in SPECIAL Consultative Status with ECOSOC of The United Nations, New York. Website: [www.serfacasia.com](http://www.serfacasia.com) Please contact: Director – World Congress SERFAC, E-mail: [serfac@md4.vsnl.net.in](mailto:serfac@md4.vsnl.net.in)  
*SERFAC has over twenty eight years of experience of working with families in various parts of India, Asia and several countries of the world. SERFAC is an Academic Centre for Study and Research on the Family as well as a Service Centre for Training and Direct Services to Families.*

**20-24 February 2006: International Forum on the Social Science - Policy Nexus** UNESCO, Argentina and Uruguay. While the challenges of global society far exceed social science, without social science they simply cannot be met. In partnership with the Governments of Argentina and Uruguay, and with the support of a wide range of academic, policy, and NGO partners, UNESCO proposes this forum as an innovative format to build a bridge between academic social science and policy communities. For more information, visit [http://portal.unesco.org/shs/en/ev.php-URL\\_ID=7071&URL\\_DO=DO\\_TOPIC&URL\\_SECTION=201.html](http://portal.unesco.org/shs/en/ev.php-URL_ID=7071&URL_DO=DO_TOPIC&URL_SECTION=201.html)

**24 - 28 April 2006:** The 1st International Conference on Childcare in Islam, Kuala Lumpur, Malaysia. Please take note of the changes and check the website: [www.susuibu.net.my](http://www.susuibu.net.my) for further information.

**La Leche League International** is having a contest for the development of a logo for its **50<sup>th</sup> Anniversary**. To enter the contest and find out how to submit a logo, go to [www.lalecheleague.org/fiftieth.html](http://www.lalecheleague.org/fiftieth.html)

**23. Our Readers Share:**

**Dear Pushpa, Rebecca and all....a truly informative, readable and very useful issue...I learnt a lot-..and thanks for the father support. warm regards.....Anwar(Anwar Fazal)**

Good work on this issue! The inclusion of father support makes the whole newsletter more complete! I have also learnt about other important events from the Announcements section. Please note that the 1st International Conference on Childcare in Islam (Kuala Lumpur, Malaysia) has been postponed to 24 - 28 April 2006. Kah Ling, WABA Editors: *Thank you Kah Ling for the information.*

#### **24. 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 2006 issue is **December 10, 2005.**

If you submitted an article and it didn't appear in this issue, it is being reserved for a future issue. **Volume 4, Number 1**, will be sent on **January 31st, 2006**

#### **25. 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](mailto: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](mailto: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](mailto:ppanadam@telesurf.com.py) or Pili [vapena@pla.net.py](mailto: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](mailto:ppanadam@telesurf.com.py) , Pili Peña, [vapena@pla.net.py](mailto: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.*

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).

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**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.**

*Care for mothers and babies = Care for  
the community, the country and the  
world!!*