

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

## **World Alliance for Breastfeeding Action**

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## **Breastfeeding Information and Support is Power to Mothers, Fathers and Families**

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**MOTHER SUPPORT TASK FORCE COMMENTS AND INFORMATION**

**1. Tools for the Breastfeeding Community: Rebecca Magalhães, Coordinator**

People who are carpenters have specific tools that they use to do their work, such as a hammer and nails. Other professions have items or products that they need to implement their work. Those of us who work with breastfeeding promotion, protection and support also have tools that can be helpful, useful and beneficial to us as we implement many different types of activities for the sake of breastfeeding. For example, to counsel a mother, a community breastfeeding counselor finds it very useful to have a book or manual that contains information about the prevention of sore nipples and possible solutions for sore nipples, if they occur. Such a book would be a tool for her work. Some "tools" that all of us can use and that can benefit our collective work are: The Innocenti Declaration 2005 <http://innocenti15.net/>; the World Bank Report on Nutrition (Summary by LLLI)

<http://www.lalecheleagueorg/cbi/journal.html> and a link to a Slide Show on the Report <http://digitalmedia.worldbank.org/slideshows/nutrition0306/index.php>; and the upcoming release on April 27 of the WHO Breastfeeding Growth Charts

<http://www.who.int/childgrowth/faqs/when/en/index.html> Information on other tools can be found in the articles below, such as the book written by Mary Kroegeer and Linda Smith. These tools can be used, promoted, and disseminated for the greater good of everyone! If you have a "tool" that you feel would be helpful to the breastfeeding community, please send the information to the Newsletter Editors for inclusion in a future issue.

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

Although what I am going to write about isn't really a Mother Support Task Force (MS TF) activity, I hope it is still interesting and useful. I would like to write about "endorsement." **First of all**, for those of you who are familiar with the WABA structure, you have already heard or read about "endorsing WABA." For those of you who aren't familiar with this piece of the WABA organizational structure, as Coordinator of the MS TF, I would like to encourage you to learn about being a WABA Endorser and become a WABA endorser yourself. WABA endorsers are individuals or organizations that sign the WABA Endorsement Form, which can be accessed by going to the WABA website [www.waba.org.my](http://www.waba.org.my) WABA endorsers receive the WABA Link (a newsletter publication) as well as other mailings that WABA sends out.

**Secondly**, when the Global Initiative for Mother Support (GIMS for Breastfeeding) was created in 2000, a request went out for people to endorse (support) this initiative. Endorsing GIMS is still possible by going to the MS link on the WABA website and accessing the form, available in English and Spanish and sending it to me at RMagalhaes@lilli.org. **Thirdly**, you may want to access the link to the Innocenti Declaration 2005 and join other endorsers by endorsing it yourself! So, please consider these three possible "endorsements" and act on one, two or all three of them! Thank you.

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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. Mother-to-Mother Support Forums in Spanish (For Spanish speakers)

A new forum for Spanish-speaking parents has opened on the LLL mother-to-mother support forums located at <http://www.lalecheleague.org/vbulletin>. The forum heading is Ayuda de madre-a-madre en Español. Translated: mother-to-mother support in Spanish. Parents are welcome to post their questions in one of two forum choices offered "Amamantando a tu bebé", which focuses on the newborn and infant stages or "Más allá del primer año", which focuses on nursing past one year of age.

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(From The OnLLLine Chronicle: News from La Leche League International Issue #43, March 2006)

### 4. Dreams Come True When People Care Enough: Janine Schooley and Linda Smith, USA

Mary Kroeger and Linda Smith coauthored a book **Impact of Birthing Practices on Breastfeeding**. Mary, who passed away in December, 2004, had a dying wish that caregivers around the world have access to the book and really use it to make an impact. Janine Schooley, one of Mary's close friends, tells us about it:

When a dear friend is dying, you feel helpless and hopeless, and like nothing you can say or do will really make a significant difference. I dreaded that feeling of inadequacy and futility when we asked Mary if there was anything we could do to help. She was clear (as she always was) in her opinion and her response. She gave us an idea, her dream, to share her book as widely as possible throughout the world, particularly with practitioners in the developing world with no access to such resources. Fortunately for her, for us and for all the people who have received her book and have participated in this dream, we didn't let her dream slip. A small team of us who had worked with Mary at Wellstart (International) years ago banded together with Mary's co-author, Linda Smith, to make sure that we would at least get the ball rolling in time for Mary to know that we actually did it, that we actually loved and respected her enough to fulfill her dream. We were so happy that we could report back to Mary before she passed away about the tremendous outpouring of affection and interest in this project. It really, really, really made her happy and for that I am truly thankful. I have been completely bowled over by the response. Not because I doubted for a second how much people cared for Mary or how important the topic of her book is, but because it is so rare for so many busy people to engage in such a spectacular and meaningful way, working together for a common purpose that is greater than each of us individually. Thank you Mary for reinforcing my faith in humanity and for giving us this opportunity to honor you!

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Janine Schooley, E-mail: [jschooley@projectconcern.org](mailto:jschooley@projectconcern.org)

To donate to this project please e-mail Ann B. & Janine :abrownlee@ucsd.edu and jschooley@projectconcern.org for further information.

### **Update - Mary Kroeger Book Donation Project as of Dec 31, 2005: Linda Smith, USA**

\$7,300.00 has been received from 45 individuals and organizations  
177 books have been purchased and shipped around the world (donations paid for postage and the cost of books)

*Recipients:* Ministers of health; faculty of medical and midwifery schools; leaders and trainers in midwifery, obstetrics, childbirth education, pediatrics, breastfeeding, and maternal-child health organizations and programs; researchers; individuals in positions to change maternity practices and/or policies; key decision-makers at UNICEF and WHO; selected others.

*Books* have been sent to 31 countries: Albania, Argentina, Australia, Bangladesh, Brazil, Cambodia, China, Costa Rica, Czech Republic, Guatemala, Hungary, India, Indonesia, Iran, Italy, Kenya, Malaysia, Netherlands, Nigeria, Philippines, Russia, South Africa, Taiwan, Thailand, Turkey, Uganda, United Arab Emirates, United Kingdom, Uruguay, USA

WHO and UNICEF have now also added an optional "Mother-Friendly" module to the BFHI Initiative.

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Linda J. Smith, BSE, FACCE, IBCLC – co-author, *Impact of Birthing Practices on Breastfeeding*  
Bright Future Lactation Resource Centre Ltd  
(6540 Cedarview Ct, Dayton OH 45459  
937-438-9458 / fax 937-438-3229) www.BFLRC.com  
E-mail:[lindaj@bflrc.com](mailto:lindaj@bflrc.com)

*Linda has lectured on these topics very frequently and presented at least 15 lectures on "Impact" in the past year including at the Innocenti +15 meeting in Florence, Italy in November 2005. <http://www.bflrc.info/ljs.htm>*

### **5. Breastfeeding Book: Dr. Francisco Passos and Pajuçara Marroquim, Brazil**

The book entitled ALEITAMENTO MATERNO (Breastfeeding) authored by Dr. Francisco Passos and Pajuçara Marroquim and published by Edufal/UFAL, was launched on October 22, 2005. The book is proof that it is possible to think of social practices integrated with health envisioning a wider action than simply isolated professional action. It is a publication that is very rich in its content, demonstrating much reflection, experience, dedication and both individual and joint effort, with representation from all of the state of Alagoas, Brazil in its various institutions of support and promotion of breastfeeding. To learn more about the book, please access:[www.edufal.ufal.br](http://www.edufal.ufal.br) and search for the title. There you will also learn how to purchase it.

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Pajuçara Marroquim  
LLLleader, Maceió, Brazil, Professor of Breastfeeding in the Nutrition Department, Federal University of Alagoas (UFAL).  
Email: [pmarroquim@ig.com.br](mailto:pmarroquim@ig.com.br)

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

#### **6. My Breastfeeding Story: Lara Werner, Brazil**

My daughter Ariadne, who is now one year old, was born on March 5, 2005, in the House of Maria, one of the Birth Houses in the city of Sao Paulo, Brazil. The house is supported by the State government with the goal of offering humanized attention to natural births with minimum interventions for mothers and babies. But even thus, I had problems initiating breastfeeding. I could only breastfeed my daughter for the first time almost half an hour after

birth. It felt as though my breasts were not producing enough and none of the people who worked there explained that the milk could take time to come in. My motherly instincts told me that all was well. I had a very strong image that I had milk and continued to breastfeed. Each time I thought of breastfeeding and felt the tingly sensation of my letdown or drops of milk coming, I imagined my breast producing pearls, truly natural jewels that nourish and support a life.

Upon arriving at home, I faced many crisis situations as we initially shared the house with my mother-in-law and later with my father. The first 3 weeks I slept always exhausted, praying that the next day would be better, that I would feel supported and that I would feel light and happy once more.

Never did I think that I would suffer so much. Time passed and nothing worked. I felt suffocated being in a house that was not mine and where I had no freedom and where my husband was not respected. I had to establish my self-esteem and fine tune my instincts. I realised that this was what I needed I started to look for information via the internet to learn how to proceed correctly. My baby was about a month old and each day that passed without being exclusively breastfed was one day more lived in an incomplete manner. Someone suggested contacting a breastfeeding consultant so I telephoned her and made an appointment. I took a bus and went for the consultation. It was very important that I undertook this journey by myself and using my own strength. I was searching for help and I was the only one who could breastfeed my daughter. We talked and the consultant was positive: "You have milk, you want to breastfeed, you have everything you need to succeed, you only lack support". It was what I needed to hear.

My husband told the relatives: "She is the mother, she knows what is best for our daughter and will succeed". And I succeeded, or better, we succeeded. At the end of the week, my daughter was breastfeeding exclusively as she should. I bought a baby sling that helped me be the mother that I wanted to be and give my daughter her needs: milk and affection.

Birth is a unique moment. But breastfeeding was a conquest for me , because of all the difficulties that I had to face. Breastfeeding allows mother and child to build their relationship day after day and this image is very strong and even redemptive. I think this is why breastfeeding suffers so many interferences, because it creates such a strong attachment and puts a seed of love in the hearts of people.

This is a troubled world and breastfeeding and attachment parenting can be the remedies that establish good human relations, which can literally start at the breast. Families that are united with women who live their maternity in a positive way, with children well loved and nursed, physically and spiritually, can show the new light.

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Lara Werner, mother to Ariadne, 1 year old, School secretary, member of the "Parto del Principio"(Birth from the Beginning) Movement which reclaims natural birth, helps mothers breastfeed with success and wishes to form a support group in São Paulo, Brazil.  
Email: [larawerner@ig.com.br](mailto:larawerner@ig.com.br)

**Editor's Note:** *I met Lara when I attended the Humanization of Birth Conference in Brazil. I shared a six hour bus trip with her and delighted in watching her wearing and nursing her baby all the time, like a second skin. I have seen many mothers wearing slings but I was amazed to see the way in which she naturally "wears" her baby. Pili*

## **7. A Story About TIRIL: As told by Mona Boge to Elin Sebjørnsen, both from Norway**

Tiril was born on a cold February day, 4 weeks early, 6 years ago. She was only 2.6 kg and 47 cm. long(5 lbs,12 oz.,19 in). Mona had pre-eclampsia. As her blood pressure started to

rise, the baby needed to be born immediately. Late at night, the little girl arrived. Despite her size, she was more than able to nurse from her mother's breast. And she did!

Of course Tiril was breastfed for a very long time. Only two weeks old, she went with her mother, then a student, to the teacher's academy. This was a stressful time for Mona, with two other children and little Tiril who breastfed every two hours. The family got up at 6.30 every morning. As Tiril grew older and bigger, she stayed with her grandmother while Mona continued with her studies, driving back and forth from her mother's every two to three hours. It was as though Mona was a taxi driver in the milk business!

After finishing her studies, Mona started to work as a teacher. She asked the principal for the Norwegian worker's rights, with time from work to breastfeed her baby. Mona started two hours later than her co-workers every day. The first six months were fine and Mona continued breastfeeding Tiril. When the little girl turned two years old, Mona asked her principal for shorter days, to breastfeed. He couldn't quite understand the need for this, but as this is a right she had, he could not deny her.

Tiril has now celebrated her third birthday and continues to breastfed but now without her mother asking the principal for extra time off. After Mona's experience, other women at this school have been able to get the same rights- without discussion.

Tiril is a busy, smiling girl, just because she, with that special start, was able to be breastfed for so long.

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Mona Boge is the mother of three girls. She is a member of "Ammehjelpen" (Mother-to-Mother Support Organization in Norway) and has been a breastfeeding consultant- helping other mothers- for about 15 years. She works as a music teacher.

Elin Sebjørnsen, mother to Mathias 11, Sunniva 6, Julius 4 and Vetle, in August 2005. Teacher, active in Ammehjelpen, 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](mailto:elinfant@online.no)

## **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 Father Support(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>*

## **8. Water, Breastfeeding Two and a Lot of Time: Alexandre A. Moreira, Brazil**

In trying to think of an image about supporting breastfeeding, I first thought of water. Many glasses, a lot of going up and down the stairs providing 1, 2, 3...4!! glasses of water all night long. I could sleep with the baby crying, since masculine inertia doesn't bother my partner so much...but to wake up with or without a smile, with eyes half open and to hesitate in getting water was not forgiven.

Besides all the challenges that a mother has in trying to be in tune with the baby, it is necessary to create a protective environment, whether it is shielding her against frivolous comments about breastfeeding that come mostly from close friends and family, or whether it is in relation to the daily routine, such as bringing water, making food or supporting the older child in his new role and need for love. It is necessary to be available, something that is not common for men who are always more focused on their own needs. The father has to do what he is used to having others do, to make it possible for the mother to provide what is needed for the baby **or babies**, as was our case.



Two babies. Two breastfeeding babies. This was a double challenge, with a double reward. I think having two being introduced into the family where the older child was the center of attention decreased the strangeness of a new person in the family. Because of prolonged breastfeeding, the older child didn't lose the close contact that had been created.

Breastfeeding for a long time. I am absolutely ecstatic when I see the magic that is in the eyes of an older child, who breastfeeds and is in touch with his mother in a spiritual, loving and playful way. There is also a closeness that grows within the family. A child has almost an immediate connection with his feelings. And I believe that there is a feeling of security in a breastfed child that is more apparent when one sees these children in relation to other children. I don't have statistics to prove this or even a known theory to support my idea, it's just what I feel. Living in an environment where this type of relationship is viewed with prejudice is one of the biggest challenges for a mother. We fathers have to constantly tell our companion how wonderful the breastfeeding relationship is and to be shields and filters that protect the mother and the baby.

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Alexandre A. Moreira,, father to Teo, 5 , Bruna, 2 and expecting a third child soon, Architect,  
Email: kivas@osite.com.br

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

**9. Campaign to Value Fatherhood in Brazil** (see article by Dr. Marcus Renato, Brazil in our newsletter Vol. 4 No. 1.) is into its 3<sup>rd</sup>. year. The campaign this year : **"Fatherhood – Enjoy It!"** will be celebrated from August 4 to 14<sup>th</sup> with a series of activities. For further information, contact Dr. Marcus Renato de Carvalho, marcus@aleitamento.com, www.aleitamento.com,

## **NEWS FROM THE BREASTFEEDING WORLD**

### **10. Meeting Elisabet Helsing, the Grand Lady of Ammehjelpen of Norway: Marit Olanders, Sweden**

*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- [Elisabet Helsing, Norway](#).*

This is the story of a Norwegian mother of two, who discovered a big problem and lack of information in the area of breastfeeding. With a talent for organization and with great courage, she made an effort for breastfeeding that has endured for many years. We would like you to meet the grand lady of Ammehjelpen - Elisabet Helsing.

Elisabet Helsing wrote the book "Boken om amming" (Book of breastfeeding), which has been translated into several languages and even after 35 years is still being reprinted. She also founded "Ammehjelpen" the Norwegian Mother Support Organization, which was the model for a Swedish mother support organization, and wrote the brochure, "How to Breastfeed Your Baby," which has been regularly updated since the 1960s.

Through an American friend, Elisabet was introduced to the publication "The Womanly Art of Breastfeeding". She says: this was the first book I read that explained with common sense how it all was. I had been suspicious of some of the advice I had received, such as, "if the baby breastfeeds, it will swallow air." Is that so? Why? "Nine months inside, nine months by the breast." Why? "Modern women can't breastfeed." Why? All the answers were in this book. The interest for breastfeeding was now alive in Elisabet and she started reading everything

she could find about the subject. Together with Eliheiberg, she wrote the brochure, "Why breastfeed the baby yourself."

Elisabet says, "I walked into the Ministry of Health and presented the brochure and said that I wanted it to be distributed throughout the country. I was met by a small, but very pregnant woman, expecting her 4<sup>th</sup> baby. She was a consultant at the ministry". That pregnant woman was Gro Harlem Brundtland who later described this meeting in her memoirs. Gro was a physician, recently home from the USA with a masters degree on breastfeeding, and her male colleagues had laughed at the idea of a brochure. She described the event as "awakening."

The brochure became a reality and over 40 million copies have been published. Containing examples, this brochure, which is more like a book with over 40 pages, has been revised recently for the 8<sup>th</sup> time. It has a special place in Elisabet's heart as it was written by two moms. " We knew what we wanted - answers about breastfeeding: problems and facts. We didn't say anything that couldn't be confirmed".

### **The birth of Ammehjelpen**

In 1968 Elisabet, in a newspaper interview said that she was interested in forming a Norwegian group of breastfeeding mothers. In autumn of 1968, the group had their first meeting at Elisabet's house in Oslo. The idea of an organization soon spread all over the country and groups were formed. From the beginning, it was inspired by feminism and the idea of taking control over your own body. In 1971 when the Princess (now Queen of Norway), Sonja, had her first child, a daughter, Elisabet sent her this book about breastfeeding. When the two women met many years later, the queen remembered this event. In 1973, the Swedish organization Amningshjelpen, was formed following the Norwegian model.

Elisabet continued her work and studied to be a nutritionist, receiving a doctorate degree. She moved to Copenhagen, Denmark to work at the WHO/Europe office. During this period she did not have much contact with Ammehjelpen. Later however, she began participating in yearly meetings and congresses of Ammehjelpen. She is an honoured member both of the Norwegian and the Swedish mother support organizations. In 2003 in a surprise ceremony with her family present, at the great feast of Ammehjelpen in Krisitiansand, she received the royal gold medal for her work.

Elisabet still works constantly for breastfeeding. What does she see as today's problems: "Breastfeeding is the right thing and everything that is right gets to be important. It is necessary to have respect and to be humble toward each other. I don't care how long women breastfeed as long as they do it because they want to and for as long as they want!"

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*The above article is based on an interview of Elisabet Helsing by Marit Olanders, at the Annual National Congress of the Norwegian "Ammehjelpen" in October, 2004, Ålesund, Norway. The original version in Swedish was translated and condensed by Elin Sebjørnsen.*

Marit Olanders, journalist, member of Amningshjelpen,

E-mail: marit.olandars@telia.com

Elin Sebjørnsen, mother to Mathias 11, Sunniva 6, Julius 4 and Vetle, in August 2005.

Teacher, active in Ammehjelpen, 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

**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.*



**11. Celebrating 10 Years of the Mother-Friendly Childbirth Initiative: Nicette Jukelevics, USA.**

CIMS \* celebrated the 10th Anniversary of its Mother Friendly Childbirth Initiative (MFCI) at the Radisson Hotel Boston USA, February 23-25. The Forum, entitled "Mother-Friendly Childbirth: Closing the Gap between Research and Practice" was followed by a reception that evening to celebrate CIMS 10th Anniversary. Overall, 200 people from over twenty countries attended the event.

Dr. Christiane Northrup, MD, a board-certified OB/GYN physician and a visionary pioneer in the field of women's health, gave the keynote address. Dr. Northrup is a best selling author and founder of the Center for Women's Empowerment , USA.

Forum participants heard a report from the CIMS International Committee and the Center for Women's Research at the University of North Carolina on the first Mother-Friendly Childbirth Global Survey that was sent around the world in September, 2005. A multidisciplinary team developed and evaluated the first and largest global survey of maternity care practices ever attempted. The survey results will be incorporated into the Global Mother Baby Friendly Initiative (GMFI).

The CIMS International Committee held a reception to welcome the International participants. The committee met throughout the five days to discuss the drafting of the Ten Steps of the GMFI and to plan for the Technical Advisory Group meeting to take place in June, 2006 in Geneva, Switzerland. Issues that the International Committee felt were important to include in the GMFI were choice of birthplace, human rights provisions, and cultural appropriateness. The full program of the CIMS Forum is posted on: [www.motherfriendly.org](http://www.motherfriendly.org)

\*CIMS is a coalition of individuals and organizations with concern for the care and well-being of mothers, babies, and families. Our mission is to promote a wellness model of maternity care that will improve birth outcomes and substantially reduce costs. For more information about CIMS, CIMS international maternity services survey, and/or the CIMS initiative, please visit the site: [www.motherfriendly.org](http://www.motherfriendly.org)

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Nicette Jukelevics, Chairman of CIMS, USA  
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**12. CIMS Survey on the Mother-Friendly Childbirth Initiative (MFCI): Maria Pili Peña – Revised by Nikki Mckoy and Debra Pascali- Bonarom, USA**

An International Survey on Maternity Practices is part of a research project being conducted by the Center for Women's Health Research (CWHR) at the University of North Carolina, Chapel Hill, North Carolina, USA in collaboration with CIMS. The survey, now in the final weeks of data gathering, was sent to registered national and regional organizations from around the world, and included questions about the organization's level of support for the Mother Friendly Childbirth Initiative.(MFCI)

There is still time to participate, as the dead line to complete the survey has been extended to May 1 and hearing your voice is very important!. Participation is encouraged to guide and develop a Global Mother Friendly Initiative (GMFI) and information of different perspectives and opinions on the steps is essential to continue developing the Steps for improving maternal and newborn services, which are intended to support, protect, and promote mother-friendly maternity services.

Participation is voluntary and the survey takes approximately 15 minutes to complete. About 1600 organizations have been asked to complete the survey. All the information received is

confidential and will be on password protected servers maintained by computer services at the Health Services Research at UNC

How to participate? The survey is done online and to participate you need to send a letter of interest to Nikki Mckoy, [nikki\\_mckoy@unc.edu](mailto:nikki_mckoy@unc.edu). You will receive a reply with the link to the website and password information to access the survey. To prevent the chances of the survey ending up in spam/bulk mail folder, please add [cims\\_survey@yahoo.com](mailto:cims_survey@yahoo.com) to your address book. Instructions on this will vary slightly according to the email program that you are using, but in general the procedures would be: First, Open address book, then Select add contact, and finally, Add [cims\\_survey@yahoo.com](mailto:cims_survey@yahoo.com) to address book

Please note that the survey is designed to receive responses from National and Regional Organizations only, (no individual or personal responses) from around the world, that work with Maternity Services.

By participating you are assisting CIMS to better understand the perspective of organizations that promote women and child-friendly health care. The responses from this survey will be combined with responses from other responding agencies, and a summary of this information will be generated by analysts at the Center for Women's Health Research. You will receive a copy of the summary and no individual agency names will be mentioned in the summary.

If you have questions about this survey or about the rights of participants in a research project, you may contact the UNC Institutional Review Board directly at [irb\\_questions@unc.edu](mailto:irb_questions@unc.edu) or write

J. Nikki Mckoy, Project Manager UNC Center for Women's Health Research,  
Email: [nikki\\_mckoy@unc.edu](mailto:nikki_mckoy@unc.edu)

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Maria Pili Peña – NGO Parhupar Coordinator, LLL leader, Mother of 5 children, 4 homebirths, all with extended breastfeeding. Email: [pilipv\\_64@hotmail.com](mailto:pilipv_64@hotmail.com)

Debra Pascali-Bonaro, B.Ed., LCCE, CD (DONA), PCD(DONA) is a mother of five, Lamaze International Development Chair, a Lamaze certified childbirth educator and teacher trainer with Passion for Birth Trainer. A DONA approved Doula, International chairperson for CIMS , Childbirth Connection Board of Directors. Teaches nursing, midwifery, and medical students at the University of Pennsylvania, Columbia University and NYU. Lamaze International Elizabeth Bing Award winner in 2002. Co-authored "Nurturing Beginnings: Mother Love's Guide to Postpartum Home Care for Doulas and Outreach Workers".

For information on CIMS, please visit the site: [www.motherfriendly.org](http://www.motherfriendly.org)

### **13. Impressions of My First CIMS conference: Maria Pili Peña , Paraguay**

As an international scholarship recipient representing an international NGO devoted to Prenatal and Postnatal Education from Paraguay, I attended the fifth CIMS\* Annual Mother-Friendly Childbirth Forum and Meeting.

The participants -, people from remote countries like Israel, Australia and Prague; exotic places, like Costa Rica, Uruguay and Paraguay, and from neighbouring countries like Canada and Mexico - mostly women, represented a variety of professions: doulas, nurses, health practitioners, NGO representatives, midwives, physicians, researchers, book and magazine editors and even movie makers. This vast diversity of people were there because of their deep interest in restoring the ancient womanly art of having babies, the natural way.

So many wonderful memories come to my mind when I remember the conference: memories of scientific based formal research presentations like the one by Dr. Michele Lauria; a very inspiring unfinished Video project from Debra Pascali- Bonaro related to Orgasmic Births, and

lively discussions from the International Committee exposing labor and birth conditions of countries like Israel, Portugal, South Africa, and the Philippines. And so much else, like exquisite meals and desserts, after hour chats sharing different situations related to the power of birthing from women everywhere and midnight gatherings of women sharing a healing circle, with Indian sounds, folk songs, holding hands and creating a fraternal life long bonding.

Those were some of the intense memories of my first, and I hope not my last, CIMS conference. My hope is that all of us who were at the CIMS Forum and Conference continue our lives in our different countries, in our birth centres, hospitals, support groups, homes, etc, still holding our hands around an invisible circle surrounding empowered women giving birth to healthy babies.

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Maria Pili Peña – NGO Parhupar Coordinator, LLL leader, Mother of 5 children, 4 homebirths, all with extended breastfeeding. Email: [pilipv\\_64@hotmail.com](mailto:pilipv_64@hotmail.com)

#### **14. Global Social Forum, Caracas, Venezuela, 2006 : Amigos do Peito, Brazil.**

From January. 24-29, people from all over came to Caracas Venezuela to attend the Global Social Forum. Delegations of labor unions, environmental groups, indigenous groups, various ethnic groups, women, scientists, artists, landless farmers, religious groups, non-governmental organizations and politicians, interacted with friendship and respect. The first Global Social Forum took place in Porto Alegre, Brasil in 2001. Breastfeeding was on the program at that time through the registration of Grupo ORIGEM, the WABA representative in Brasil. Because ORIGEM was unable to be at the Forum, the Amigas do Peito took over the coordination of activities at the 2001 Forum. Since then, Amigas do Peito have coordinated breastfeeding activities at this event and once more, in 2006, the Amigas accepted the coordinating role. They facilitated the preparations, contacting breastfeeding groups, and helped develop activities to take place during the Forum with representatives from IBFAN Venezuela, LLL/Venezuela and Milk and Honey, a breastfeeding clinic in Caracas. In spite of the inclement weather that caused some problems, everything happened in a climate of harmony and camaraderie. There was an exchange of addresses, music, classes, videos, panels...age wasn't a barrier to the establishment of contact between young people, adults and older persons. In general, the Forum had more positive than negative points. The contact of people from many different places, the breastfeeding conversations that took place with groups of young people and people from the countryside, labor unions and political parties that never thought of breastfeeding as a woman's right, ethnic groups that had opened their arms to "civilization" and lost their breastfeeding culture...the members of the Mothers Group of Caracas and local promotion through interviews, the official recognition of breastfeeding and local groups in Venezuela – everything was positive.

To read the Global Social Forum Report in its entirety, you can request a copy in Portuguese by emailing [amigasdopeito@amigasdopeito.org.br](mailto:amigasdopeito@amigasdopeito.org.br)

#### **15. World Breastfeeding Week 2006: WABA, Malaysia**

The 2006 World Breastfeeding Week theme is: **Code Watch : 25 Years of Protecting Breastfeeding**

The main issues are:

Improving breastfeeding practices could reduce infant and young child illness and death more than any other health strategy.

The continued unethical marketing of breastmilk substitutes undermine breastfeeding  
In 2006 we can celebrate success. Over 60 countries have legislated all or many provisions of the International Code of Marketing of Breastmilk Substitutes (the Code) which regulates this kind of marketing

But there is still much to do. Global companies invest millions in the promotion of infant feeding products.

We can raise awareness of the Code in our communities and create imaginative tactics to assist authorities to keep the commitments they made at the World Health Assemblies. Together we can make a difference and save thousands of infant lives.

For further information, please contact Julianna Lim Abdullah, WBW Coordinator World Alliance for Breastfeeding Action (WABA). Email: [waba@streamyx.com](mailto:waba@streamyx.com)

## **16. World Breastfeeding Week 2006 and the 32nd Anniversary of ÑuÑu Argentina: Dr. Jorge W. Díaz Walker, Argentina**

**ÑuÑu Grupo Femenino de Apoyo al Amamantamiento (ÑuÑu Female Breastfeeding Support Group)**, a non-profit civil association founded July 24, 1974, will celebrate its 32<sup>nd</sup> anniversary and Breastfeeding Week with the theme: "**25 years of the International Code of Marketing of Breastmilk Substitutes and 14 years of Effective Constitutional Protection of Consumers and Users**" during the week starting July 24, 2006 and continuing through World Breastfeeding Week (August 1-7).

In 1994, ÑuÑu participated in the drafting of the Argentinean Constitution where they were able to introduce into Art. 75 of Chapter IV Congress Attributions: "...Dictate a social security regimen that is special and integral to the protection of the child in case of abandonment from pregnancy to the end of the primary education period, and **of the mother during pregnancy and the breastfeeding period.**" Ñu Ñu also participated in the approval of the inclusion of the Convention of the Rights of the Child together with other rights from International Treaties, into the Constitution.

Ñu Ñu will continue to exercise and support the national constitutional articles for the protection of the Consumer and Users with ease and swiftness to reduce delay when irrecoverable damage violates the Culture of Breastfeeding.

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Dr. Jorge W. Díaz Walker , Pediatrician, Medical Psychologist, Doctor of the Year 2001, Co-founder of ÑuÑu Association of Maternal Help, 1974, Director of ÑuÑu House, Buenos Aires, Argentina. E-mail: [jdiazwalker@ciudad.com.ar](mailto:jdiazwalker@ciudad.com.ar) For information on ÑuÑu please email: [amamantar@arnet.com.ar](mailto:amamantar@arnet.com.ar)

## **17. Workshop - LAC\* Regional Strategy for the Reduction of Neonatal Mortality and Morbidity: Pushpa Panadam, Paraguay**

\*Latin America and Caribbean

La Leche League International (LLLI) was invited to submit the names of LLL Leaders in the LAC Region for attendance at a workshop on the LAC Regional Strategy for the Reduction of Neonatal Mortality and Morbidity held in Antigua, Guatemala from February 21 to 23, 2006. I was fortunate to be the Leader who was selected and funded to attend. More than 90 delegates from 15 countries participated in the workshop to revise and adapt the document on the LAC Neonatal Health Strategy to individual countries. PAHO/WHO, UNICEF, USAID, ACCESS, BASICS, CORE and Saving Newborn Lives (SNL)/Save the Children/USA and the Ministry of Health, Guatemala organized the event.

The strategy includes the epidemiological profile of neonatal death, the current neonatal health situation, health systems and delivery of care and selected experiences, and strategic priorities for action to orient national plans.

It has been shown that a significant reduction in neonatal mortality (around 50%) will lead to the achievement by 2015 of Goals #4 and #5 of the Millennium Development Goals (MDGs) related to under five child mortality. The neonatal mortality rate constitutes about 36% of

under five mortality. Of great concern are deaths in the first week of life. Strategies and interventions implemented to reduce maternal mortality will also decrease neonatal mortality, improving newborn health to a significant extent. Implementation of simple, low cost, evidence based health-care interventions will improve neonatal health.

Beginning breastfeeding early and practicing exclusive breastfeeding (EBF) are important key factors in newborn and infant health. As I discussed this topic with workshop participants, I realized that, as a LLL Leader and community breastfeeding counselor, the greatest challenge I see is how to translate all the information and expertise available on breastfeeding to ensure that EBF is established by mothers delivering babies at all health facilities and at home, by skilled and unskilled caretakers.

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Pushpa Panadam, LLL Paraguay represented LLLI at this workshop. Her trip was sponsored by BASICS( Basic Support for Institutionalizing Child Support). For further information on this workshop, or the draft documents available in Spanish and in English, please write to Naomi Brill: [nbrill@basics.com](mailto:nbrill@basics.com) or Pushpa Panadam: [ppanadam@telesurf.com.py](mailto:ppanadam@telesurf.com.py)

### **18. World Health Day Celebrations: LLLI, USA**

In celebration of World Health Day, April 7, 2006, La Leche League International (LLLI) has produced a document available in English and Spanish that demonstrates how a mother-to-mother breastfeeding support organization, can help to build healthy communities and alleviate the growing worldwide shortage of healthcare workers. "Working Together for Health" is the theme of World Health Day 2006. In recognizing the theme of working together for health, the paper (available for downloading and distribution in English at <http://www.lalecheleague.org/WorldHealthDay2006.pdf> and Spanish at [http://www.lalecheleague.org/Dia\\_Mundial\\_de\\_la\\_Salud\\_2006.pdf](http://www.lalecheleague.org/Dia_Mundial_de_la_Salud_2006.pdf) ) points out that the health of a community begins with a community of health. A community of health begins with the simple, time-tested, readily available, low-cost and largely untapped resource of human milk.

### **19. PDA Version of Breastfeeding Answer Book Pocket Guide**

Now available for Pocket PC or Palm devices!

THE BREASTFEEDING ANSWER BOOK: Pocket Guide Edition, powered by Skyscape by Nancy Mohrbacher, IBCLC, Retail Price: \$47.95

Access the complete text of the new Pocket Guide via handheld PDA, including appendices.

Read more about it at <http://www.lalecheleague.org/books/pocketBABpda.html> To order : <http://www.skyscape.com/p.asp?i=64214-01-1>

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From The OnLLLine Chronicle: News from La Leche League International, Issue #43, March 2006

### **20. Breastfeeding and the Law: Any Connection?**

The **Second Edition** of **The Code Handbook**, author: Ellen J. Sokol, published by IBFAN, is a guide for lawyers and lawmakers, health professionals, NGOs, governments and industry.

This 412-page Handbook puts the International Code in a public health perspective. For further information or questions, email \*IBFAN/ICDC: [ibfanpg@tm.net.my](mailto:ibfanpg@tm.net.my)

\*IBFAN: *International Baby Food Action Network*, ICDC: *International Code Documentation Center*

### **21. The Biannual Legal Update: IBFAN-ICDC**

The Biannual Legal Update, issue 7(April 2006) containing Code-related news from around the world is now available in the PDF format. For more information about this publication, email Raja Abdul Razak. Publications, IBFAN-ICDC [ibfanpg@tm.net.my](mailto:ibfanpg@tm.net.my)

## **22. MS TF E-Newsletter Survey: Need for Separate Language Email address**

Dear Readers,

We feel that it is a challenge for you to receive the MS TF E-Newsletter in many languages. If you are interested in receiving it ONLY in a certain language, please write to the Editors [ppanadam@telesurf.com.py](mailto:ppanadam@telesurf.com.py) or to [vapena@pla.net.py](mailto:vapena@pla.net.py). It would be helpful to us to know the number of readers who are interested in each specific language and to try to get separate email addresses for each language. Although this will be added work, we know that, in the end, it will be easier for all of us. We hope to extend this newsletter to more languages. The newsletter currently goes out in 4 languages: English, Spanish, French and Portuguese.

## **23. New Section in July-September issue: Children and Breastfeeding**

The Mother Support Task Force and the Newsletter Editors would like to include articles, stories and comments from children on breastfeeding in our newsletter. Many segments of society can support breastfeeding and we would like to begin including the support that is provided by children. For example, perhaps you know of a project on breastfeeding that a child has carried out? If you have anything of interest that your child or a child that you know (including your nephews, nieces, grandchildren.....)or a student has commented, discussed or done on breastfeeding, please share it with us.

## **NEWSLETTER INFORMATION**

### **24. Check out these Websites**

<http://www.lalecheleagueorg/LangEspanol.html>

[www.liebertpub.com](http://www.liebertpub.com) Breastfeeding Medicine, a new peer-reviewed journal written by physicians for physicians by Mary Ann Liebert, Inc. (in English only)

<http://www.internationalbreastfeedingjournal.com/> The International Breastfeeding Journal, free, only in English

<http://www.lacmat.org.ar/introcod.htm> International Code in Spanish

<http://www.lacmat.org..ar/formularioweb.htm> To denounce violations against the Code

[www.waba.org.my](http://www.waba.org.my) WABA calls for enabling women in all forms of decision-making 7 March 2006 (International Women's Day-Women and Decision Making)

Reducing the number of newborn babies dying in Brazil

<http://www.id21.org/health/h9fb2g1.html>

<http://www.themothermagazine.co.uk/extraordinarybreastfeeding.html>

[www.grupslactancia.org](http://www.grupslactancia.org) (Spanish) Information on competition for Illustrated Infant Stories where breastfeeding and natural upbringing are the norms

<http://www.sciamdigital.com/index.cfm?fa=Products.ViewIssuePreview&ARTICLEID> Decline in extended breastfeeding is cited as one of the reasons for obesity.



<http://www.who.int/childgrowth/standards/en/> Growth chart for breastfeeding babies and children to be released on April 27

<http://www.who.int/childgrowth/faqs/when/en/index.html>

## 25. Announcements

### Events during May, June, July, August and September 2006

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

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

**May 7-9:** Conference "Gender, Child Survival and HIV/AIDS": From Evidence to Policy, York University, Toronto, Canada – <http://www.waba.org.my/hiv/conference2006.htm>

**May 15.:** International Day for Families

<http://www.un.org/esa/socdev/family/IntObs/IDF/IDFframe.htm>

**May 21.:** 25th. Anniversary of the International Code of Marketing of Breastmilk Substitutes

**June 5:** World Environment Day

**June 21-23:** 14th International Symposium in HIV and Emerging Infections, Toulon, France

**June 21-25:** 6th CIVICUS- "World Assembly Acting Together for a Just World". Glasgow, Scotland. <http://www.eaea.org/events.php?aid=7471&%20d=2006->

All enquiries to [civicusassembly@scvo.org.uk](mailto:civicusassembly@scvo.org.uk) .

*The CIVICUS World Assembly is organized by CIVICUS: World Alliance for Citizen Participation, and SCVO, the Scottish Council for Voluntary Organizations, the representative body for voluntary activity in Scotland. For more information on CIVICUS, please visit [www.civicus.org](http://www.civicus.org) .*

**July 24-26:** LLLI 34th Physicians Seminar on Breastfeeding: "Breastfeeding: Research into Practice", San Diego, California USA. For more information, access

<http://lalecheleague.org/ed/PhysSem.html>

**August 1-7:** World Breastfeeding Week, **Code Watch : 25 Years of Protecting Breastfeeding**

**August 4-14 :** Campaign to Value Fatherhood, theme: **Fatherhood: Enjoy it!**

For further information, contact Dr. Marcus Renato de Carvalho, [marcus@aleitamento.com](mailto:marcus@aleitamento.com), [www.aleitamento.com](http://www.aleitamento.com),

**September 3-6:** IX National Breastfeeding Encounter: "Breastfeeding: Conquering Health, Protecting Life", Porto Alegre, Brazil. For further information please email: [enam2006@gmail](mailto:enam2006@gmail.com)

## 26. Readers Share:

Dear Rebecca,

I'm just finishing up my work on the WABA report for a donor. This gave me the opportunity to read through all four numbers of the 2005 newsletter. I thoroughly enjoyed it, and I found it quite impressive. Lots of different places, cultures, types of mother support, and a variety of ways of telling about it. It was easy to make it sound good for the report...because it IS good. Please pass my congratulations on to your collaborators.

*Chris Mulford, RN, IBCLC, LLL Leader Reserve, working for WIC in South Jersey (Eastern USA)  
Co-coordinator, Women & Work Task Force, WABA*

A thousand LLLthanks my dear Pushpa !!!

Each time there is more and better information in this newsletter. Excellent achievement !!!

*With affection to you and your team, Silvia Barco, Argentina*

## 27. 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 July/August/September 2006 issue is **June 10, 2006**.

If you submitted an article and it didn't appear in this issue, it is being reserved for a future issue. **Volume 4, Number 3**, will be sent on **July 10<sup>th</sup> 2006**

## **28. 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 (LLL), 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

E-mail: [waba@streamyx.com](mailto:waba@streamyx.com), Website: [www.waba.org.my](http://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 and are in the original or modified form.**

**Breastfeeding Information and Support is Power to  
Mothers, Fathers and Families**