

Mother Support Task Force (MS TF)

World Alliance for Breastfeeding Action

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Breastfeeding promotes the well-being and health of mothers and babies
Protecting Babies - Empowering Mothers

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MOTHER SUPPORT TASK FORCE COMMENTS AND INFORMATION

1. Thank you – Volunteers! : Rebecca Magalhães, Coordinator

I was born and raised in the United States and in this country, as in some other countries around the world, a day is set aside every year for families and friends to gather, share a special meal and give thanks. It's a very worthwhile activity and Thanksgiving Day in November is my favorite holiday. *Fifty-two family members were at my parents' farm in Illinois for Thanksgiving Day!* Along these same lines, December 5 is an international day that honors and thanks volunteers
<http://www.worldvolunteerweb.org/intl-volunteer-day.html>!

I would imagine that everyone who is reading this is either a volunteer who supports, promotes and protects breastfeeding or knows someone who volunteers. Those of us who are employed and work for breastfeeding also give extra (volunteer) hours for breastfeeding. As this newsletter completes 3 years of being in existence, in addition to **thanking all the volunteers around the world who support breastfeeding**, I would like to offer a special Thank You to specific people: Pushpa and Pili for their *hours* of work in producing the newsletter; Pili, Monica, Juanita, Herrade, Pajuçara and Analy who bring the newsletter to us in other languages; Lynn at the WABA Secretariat for her help and advice; WABA for supporting the newsletter, both financially and programmatically and particularly Sue Ann Kendall (Texas, USA) who has been so helpful, from providing a domain address to troubleshooting, solving situations and giving answers when needed. I have read that people who volunteer live longer and healthier lives! To ALL OF US – may we live many healthy years in the name of breastfeeding!

Rebecca Magalhães
Coordinator
WABA Mother Support Task Force
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2. MSTF Update: Rebecca Magalhães, Coordinator

Following the theme of my article (above) I would like to note the progress of this newsletter from its inaugural issue (October/November/December of 2003) when it went out in three languages (English, French and Spanish) to two years later in the Oct./Nov./Dec 2005 issue when Portuguese was added as a fourth language. Through the years, the readership has steadily increased and the newsletter has been shared through other networks. To continue the development of this newsletter, the decision was recently made to move the newsletter to a yahoo domain, and with the help of Lynn at the WABA Secretariat, the switch is being made. Along with this switch has come the ability of each reader to specify in which language he/she wants to receive the newsletter. It is very evident that this newsletter is the main activity of the WABA Mother Support Task Force, but we welcome any suggestions or ideas as to other activities that the MS TF can take on; activities that will bring everyone together and strengthen support for breastfeeding women. So, send us your ideas! But, more importantly, send us your articles!!

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

MOTHER SUPPORT FROM DIFFERENT SOURCES

3. Update on the Mozambique Youth/Young IBFANERS 2006 Program: Diogo Mboa, Mozambique

The objectives of the program are to reduce teenage pregnancy, abortion, baby abandonment, malnutrition due to bottle feeding and artificial feeding and the rate of infant death through Sexually transmitted Diseases/HIV/AIDS (Pediatric HIV), drug and alcohol abuse through peer education.

Through our program on the importance of exclusive breastfeeding, communities are helped to understand the advantages of breastfeeding for the baby, mother and family. Breastfeeding has all the requirements for the healthy growth of babies, protecting them from diseases. It improves bonding between mother and baby, reduces bleeding after delivery, is a child spacing method and prevents certain cancers. It is also economical and environmentally friendly. Information on healthy nutrition during pregnancy and breastfeeding for mothers in general is disseminated. Mothers who are HIV positive are encouraged to consult a health worker on infant feeding options to be able to make the optimum feeding choice for their baby.

Reencontro' youth have organized the following activities/events through the media, communities and other organizations:

- 25 Plays, mainly musicals, in different Districts/areas
- 72 Debates at schools
- 29 Educative films were shown and discussed
- 11 Marches against bottle-feeding
- 72 Home visits
- 100 + interpersonal conversations and
- 37 Theatre performances

Current needs of the group are stationary and training materials in Portuguese related to information, education and communication and materials in developing day-to-day activities, educational films, videos, and cameras to record field activities.

Diogo Mboa, married to Ermelinda Mboa and father to Dias Diogo Mboa, 5 years old and Dillon Diogo Mboa, 3 years old. Diogo is an English teacher, the Youth Coordinator and Program Assistant with REENCONTRO (The Mozambican Association for Support and Development of Orphaned Children whose parents have died from HIV/AIDS) and is actively involved with Young IBFANERS, Mozambique
E-mail: diogomboaa@hotmail.com

4. Extended Permission for Maternity Leave: Argentina

The Bill for extending permission for maternity leave from 3 to 7 months has now been passed by one of the chambers of the House of Representatives of the Buenos Aires Province of Argentina. The extension is recommended by the World Health Organization (WHO) to improve breastfeeding practices. There is a general consensus in favor of the idea, but it still needs to become law. This subject will be dealt with in the National House of Representatives soon.

To Mónica Tesone, of La Leche League, the extension of permission is fundamental: "Women must not be forced to choose between their work as a mother and that of employment. We have to recognize that mother's work is not only productive but also reproductive. The care of infants and children in general falls on women's shoulders. Only they can give birth and breastfeed, ensuring survival in the first months of life," she says, adding: "There is no recognition given by society for the feeding or caring for a child. Child rearing and breastfeeding are not seen as achievements."

Extract from the Argentinean newspaper Clarin <http://www.clarin.com/diario/2006/09/30/sociedad/s-04704.htm>

5. Breastfeeding Mothers Exempted from Working for the Election Board: Peru

On 31 October 2006, the Peruvian National Election Board signed and consented to an Exemption rule that breastfeeding mothers would not be obligated to respond to a call to be a "member of the table"* during elections.

This Exemption applied to the current election, as well as to all future elections.

All mothers who have breastfeeding babies NO MATTER WHAT AGE can request this Exemption. The baby can be younger than 6 months, breastfeeding exclusively or 1 or 2 years or older, breastfeeding with complementary foods (solids). A mother needs to present a document that says that the baby is breastfeeding.

An example of a document would be the birth record of the baby together with a statement of breastfeeding from the pediatrician, a breastfeeding allowance offered by the work place or participation in a breastfeeding support group like La Leche League (LLL) of Peru.

A breastfeeding mother who has been selected to be a "member of the table" does not need to go to the voting table but only needs to exercise her vote like any other citizen at a suitable time.

The Exemption is handled in the following way: the procedure occurs after the elections, not before at a cost of S/ 17.00. On the day after the elections, the mother has to go with the necessary document to the offices of the National Elections Board.

For more details please write to LLL of Peru directly.

Fanny Mora, LLL Leader of Peru,
Email: mora.fe@pucp.edu.pe

Editors' Note: "member of the table" are people at the different tables at the polling stations who control the names and IDs of voters. They work from the beginning to the end of the day the voting takes place.

6. The Muslim Breastfeeding Circle: Olivia Kompier, USA

The first time I cradled my daughter in my arms and put her to my breast, I had no idea that my breastfeeding relationship with her would grow beyond our cozy two-some. Yet today breastfeeding has become my life's passion, second only to my religion, Islam. Naturally, the two came together and the result of this union was the MuslimBreastfeedingCircle.

I was very blessed to be able to live near the La Leche League International headquarters, where I volunteered for a period of time. It was there that I learned about and completed the La Leche League Peer Counselor Program (PCP). The PCP was perfectly tailored to my dream of helping my own community of Muslim women. This is because the PCP training provided me with the skills and resources to combine the benefits of breastfeeding and La Leche League with the beliefs and instructions of Islam in order to form my own group.

After completing the PCP training I immediately created and launched the website for the MuslimBreastfeedingCircle. I circulated it among friends and family and from there news of its existence traveled. Initially I tried holding meetings in my own home, but I changed to an online format because most of the members were interested in an online meeting, due to both location and convenience. Now, I hold a meeting once a month on PalTalk. The online meetings are still in the developmental stage, and although numbers are small, I have faith that with time we will grow.

On the website I also include information about breastfeeding that I have written, as well as a monthly article about breastfeeding. In addition to the creation of the website, I have counseled many Muslim women who have contacted me with their concerns and queries. I have also been invited to Al Aqsa Islamic High School for girls in Bridgeview, Illinois to give a talk about breastfeeding to their health class.

Finally, I am in the process of completing a research paper under the guidance of my shaikh, or teacher, about the ruling of artificial infant feeding in Islamic law, which we plan on circulating amongst leading Muslim scholars in the Western and Muslim world. After the research has been completed I plan to author a book about breastfeeding for Muslim women.

Although my being a breastfeeding counselor and the MuslimBreastfeedingCircle are still in their beginning stages, I have great faith that both will expand and great things will come.

Olivia Kompier, 22 years old, married for 3 years, is the mother of 22 month old Amatullah, who continues to breastfeed. She is a stay at home mom and a full time student at Arees Institute (Islamic University studies), trained Breastfeeding Peer Counsellor (LLLI Peer Counsellor Programme), and Founder of the Muslim Breastfeeding Circle.

website: www.muslimbreastfeedingcircle.com, Email: liverella@gmail.com

7. News from Brazil: Pajuçara Marroquim

- **Training community-based breastfeeding counselors**

From 17-28 July, 2006, under the coordination of Pajuçara Marroquim, La Leche League Leader, La Leche League of Maceió (Brasil) implemented the project "*Assessment of the training of breastfeeding counselors in the community of Benedito Bentes, Maceió, Alagoas, Brasil.*" Through the project, funded by the Research Support Foundation of the State of Alagoas (FAPEAL), mothers in the community were trained to be facilitators of breastfeeding mother support groups. Utilizing the idea and methodology of LLL of Guatemala, the training was 35 hours long and included games, role plays and techniques in using the Cloth Posters developed by LLL Guatemala. The mothers who were trained fit the criteria of having breastfed exclusively for 6 months and until one year of age, with complementary feeding and the goal was to have three mother support groups operating in the LLL model. In the coming months, LLL of

Maceió will accompany these groups, providing support and orientation and after February, 2007, the project will evaluate the activities of these breastfeeding counselors and their role in the community.

- **A Breastfeeding Newsletter in Portuguese**

Since 1979, La Leche League of Maceió has been publishing the BoLLLetim Informativo on a bimonthly (every two months) basis, with experiences of breastfeeding mothers and articles on current information on breastfeeding. In 2005, the BoLLLetim Informativo became an electronic publication. If you are interested in receiving this newsletter, free of charge, please email Pajuçara Marroquim pmarroquim@ig.com.br. The BoLLLetim is only in Portuguese.

8. Discrimination in the Air: Jesse Rattan, USA

I am a public health nurse and the mother of a breastfeeding 11 month old daughter. I work for CARE USA (a private voluntary organization) and, as part of my work, I travel to developing countries.

So it is with dismay and frustration that, as I prepare for my next trip, I read the (revised) Transportation Security Administration (TSA) guidelines for carrying liquids on flights. I am allowed to carry things like hair gel, mascara and lip gloss on board with me (in three ounces or less), even a café latte (after passing through security) but I am *still not allowed to carry pumped breast milk unless my baby is with me*. This is difficult for me and thousands of other working mothers, because the very reason we pump breast milk *is because we are away from our babies*. Although we work, our babies still need our milk. I ask myself as I prepare for a ten day trip to India, how will I bring back this important, yet perishable food to my baby, who still receives at least 50% of her nutrition through my breast milk?

The USA Food and Drug Administration (FDA), Centers for Disease Control, and the Surgeon General all agree that breastfeeding is crucially important for babies under one year, and are taking steps to support this practice. But the staff at TSA are apparently unaware of this or lack understanding of the benefits of breast milk.

On the TSA web site there is a picture of what you can bring with you on your flight. Inside the quart sized bag is a tiny container of baby lotion. Through a petition, I, along with over 3,500 other mothers, fathers and others concerned with child health, are asking Kip Hawley, USA Assistant Secretary for Transportation, and his hard working team to allow me and other mothers, when we return from our travels, to be able to bring back bottles of our precious breast milk which is much more important than baby lotion.

Please consider adding your name to the petition at:

<http://www.thepetitionsite.com/takeaction/738223140>

Jesse Rattan, RN, MPH, Atlanta, Georgia USA, mother of Emerson, 11 month old breastfeeding daughter
Email: jrattan@care.org

MOTHER SUPPORT - BREASTFEEDING MOTHERS RELATE THEIR EXPERIENCES

9. Breastfeeding Success – the Third Time was a Charm: Maricela Schulz, Argentina

I live in the city of Bariloche, in the southern part of the beautiful country of Argentina and I am the mother of 3 children, 14, 8 and 3 years old.

My experience with breastfeeding with my first two children was neither the happiest nor the easiest. I faced many problems for which bottle feeding seemed to be the better solution. I "suffered" breastfeeding for two and a half months for each of my older children.

Deciding not to allow this to happen to me again, I listened to a friend and approached a breastfeeding group when I was expecting my third child. There I received a lot of advice that affirmed even more my

desire to breastfeed my baby with only my milk and my love (which is the same) without allowing any other opinion to affect us.

Today my third baby is three and a half years old and for nearly 9 months he only breastfed as he was not interested in solid food. Deciding to follow his lead, I did not force him to eat until he was ready. With him I learned that when a baby spits out food, he is probably showing us that he does not need it.

When he started to accept food, I gave him vegetable purees, soups and very few liquids like juice since he always sought the breast first. By accepting his timing for incorporating solids we were able to continue with the breast without any problems.

Today my son is a child who continues to share our unique bond no matter who looks at us or criticizes us "because he is so big"(I ask myself when is one sufficiently big to not need love), and this is what I see in his eyes when he tells me-"teta ma, te quedo mucho" (teta ma, I love you a lot) and he kisses me: these are moments that cannot be paid for since they have no price.

I wish with all my heart that every mother could have the gift of this experience with their baby because these moments are unique and are experienced in that moment. And like our milk and our love, we are irreplaceable in the lives of our children.

Maricela Schulz lives in Bariloche, the province of Rio Negro, Argentina, with her husband Damián and her 3 sons, Axel, 15 years, Exequiel, 9 years and Román, 4 years old. She continues to attend the Bariloche Breastfeeding Support Group Meeting and helps other mothers with her beautiful breastfeeding experience. Her son Román weaned naturally when he was 3 ½ years old.

Email : maryschulz2006@hotmail.com

Mónica Nadima Casís submitted this article. She lives in Bariloche, Argentina, with husband Daniel and their 4 children, Maxi, Nadia, Cecilia and Juan Ignacio. Ignacio was breastfed for 4 ½ years. She is an LLL Leader in Argentina, runs the Breastfeeding Support Group in Bariloche and is IBFAN Bariloche.

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10. Breastfeeding - A Precious Gift from Me to My Daughter: Alison Johansen Saw, Malaysia

Breastfeeding is one of the most precious things I have done for my daughter. I have a little girl named Eloise, who is now sixteen months old and I breastfed her for more than a year. To me breastfeeding was not something that I had thought long and hard about doing. It was something that came naturally. From the time I found out that I was expecting, breastfeeding was something that I wanted to do. I wanted to give my daughter the best possible start in life and from the very first time I breastfed her, I knew that I was doing the right thing for her.

I must admit it did take a little getting used to, to start with. Those nursings during the night did get a little tiring but once I got used to the routine, it did not seem so bad at all. Another problem that I faced was finding places where I could sit and breastfeed when I went out. Also, my daughter constantly went to sleep when placed on the breast. All things considered, though, the problems that I faced while breastfeeding worked out smoothly and were not really problems at all.

I did not realize until after my husband and I had attended the antenatal classes and sat in on a session on breastfeeding just how many mothers do breastfeed and sad how many do not. Several mothers and friends asked me when I was going to put my daughter on formula and stop breastfeeding. They of course were using formulas and thought that I should have stopped breastfeeding once my daughter was two months old. I did not give in to their criticism and with the support of my husband, my mum, and Dr Balkees at "Sirgim Women's and Children's Hospital" in Penang, Malaysia, I managed to successfully breastfeed my little girl for more than one year.

Currently, with the help of Dr Balkees and several other mothers, we have started a breastfeeding and mother support group in Penang Malaysia. If there are any mums who live close who are interested please feel free to join us.

I look forward to having another child so that I can give him or her the best possible start in life. To mums out there who are expecting, do not think twice when choosing to breastfeed. Just give it a go.

Alison Johansen-Saw, mother to her 16 month old breastfed daughter, Eloise, Penang, Malaysia
Email: aloujoh@yahoo.com

FATHER SUPPORT

11. A Broader View on Child Health would Improve Clinical Practices: Peter Breife, Sweden

The institutions that support mothers with small babies should not only focus on the medical aspects and matters that obviously concern the mother/child-relationship. It is also important to look at other aspects of their lives.

The most apparent is the family situation. The mother is influenced by the attitudes and supportive inclinations of other members of the family. For example, studies show that the father's attitude and knowledge concerning breastfeeding is very influential regarding the mother's own point of view and affects the duration of breastfeeding.

Also the economical conditions play an important role. A mother who can give her undivided attention to the needs of her baby, on account of paid maternity leave or other resources, is in a different position than a mother who must continue to provide for the family through employment. A third factor is the social network of the family and the diverse support that relatives and friends are able to offer.

Nowadays scientific analysis of child health incorporates relationships and other factors within the whole family system. Clinical practitioners should do the same. Sweden is considered to be one of the leading nations regarding child health and parental support, but even here health care institutions are being criticized for being old-fashioned. One example is the preparatory course, held by the maternity health care, in which every Swede who is about to become a parent for the first time can participate. Traditionally the education focuses on the medical aspects of pregnancy, delivery and the weeks after that. This is essential but, many others and I feel that this is not enough. During the last fifteen years a few maternity clinics and other organizations within the public sector have tried to broaden the preparatory course to involve a psycho-social perspective and give the fathers their own arena to discuss parenthood.

Peter Breife, Göteborg, Sweden, Father of 2 boys, 14 and 9 years old who were each breastfed for nearly 2 1/2 years, Musician and psychologist. Since 1994, he has been working in various organisations and activities supporting men and fathers, such as The Crisis & Emergency Activities of Gothenburg, The Regional Healthcare of Västra Götaland, The Social Services of Partille, and with the University of Gothenburg for research on aspects of parenthood.

E-mail: peter.breife@comhem.se

12. Dads Support Moms with Healing Food, Hands, Heads: The Philippines

"Tatay," is a father support group, composed of 12 male volunteers from Arugaan, a Non-governmental Organization (NGO) in the Philippines, focused on providing support for babies and toddlers and their mothers. Since its establishment in 1989, Arugaan promotes the proper care of children, particularly in

the critical first three years of life, overcoming many myths including the "conventional attitude" that Filipino fathers are not involved in their children's day-to-day needs.

Since January, Tatay members visit communities and train and counsel other fathers. According to Arugaan Founder, Ines Avellana Fernandez, "Taking care of children is a shared responsibility."

The task of child-rearing is not as daunting as many dads may think. Tatay Founder Jonathan Roxas, 29, an executive from Parañaque City, shares the load with his wife, a chemical engineer. It's the little things he does for their daughter, Jhey, that make the difference in the household. Ines says that this young father learned all this at Arugaan, where some 500 volunteers like himself educate couples across the country on three main points: "Healing food," "healing hands" and "healing heads." This involves parents preparing healthy food using ingredients available naturally in abundance in their communities, massage techniques to help mothers induce lactation and better communication between parents and their children. Tatay is overcoming misconceptions on breastfeeding, such as not all mothers can produce milk, lactation is dependent on breast size, or that infant formula is better. Only 16 percent of Filipino mothers exclusively breast-feed their children from birth up to six months.

A husband can play a crucial role by helping his wife understand the advantages of breastfeeding. A factory worker attended an Arugaan counseling session and helped his wife nurse their baby girl. Other fathers can do the same, when they start believing that child care is not purely a woman's domain.

Summarized from an article by Christian V. Esguerra, which appeared in the May 14, 2006 issue of the Philippine Daily Inquire. Ines Avellana Fernandez of Arugaan, magarao_sanjuan@yahoo.com submitted this article.

13. Fatherhood could be Good for Your Brain.... at least if You're a Monkey: New Scientist

It's already known that male primates, including men, experience dramatic hormone changes when they become fathers. Yevgenia Kozorovitskiy and her colleagues from Princeton University realized that certain parts of the brain contain receptors for these hormones. So they studied the brain structure of common marmosets (*Callithrix jacchus*) that had become fathers. The species is rare among mammals in that fathers share in caring for their offspring.

In both first-time and experienced fathers with dependent offspring, the team found structural changes in the prefrontal cortex, a region of the brain important for planning and memory. In these areas the neurons showed signs of enhancement, with a greater number of connections. They also had more receptor sites for the hormone vasopressin. The number decreases as the infant becomes older, dropping back to normal as the young become independent.

"Fatherhood produces changes in very high-cognitive-level areas," said Kozorovitskiy at a meeting of the Forum of European Neurosciences in Vienna, Austria. The nerve enhancements may reflect changes in the reward system, she suggests, encouraging the father to bond and care for the infant. It could be the neural basis of parenting, she says.

From issue 2561 of New Scientist magazine, 25 July 2006, from the website

<http://www.newscientist.com/channel/life/mg19125615.400.html>

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; Arun Kumar Thakur arun_thakur@rediffmail.com or go to <http://www.waba.org.my/fathers/index.html>

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

14. Meet the Founders of La Leche League International: Judy Torgus, USA

Many individuals around the world are working faithfully and with dedication to support mothers in their breastfeeding experiences. In this issue, the Editors and the MS TF would like to highlight [the Seven Founders of La Leche League International](#)

In the summer of 1956, seven women realized that breastfeeding mothers needed support from other mothers. Marian Tompson, one of the original seven Founders of La Leche League International, said recently in a television interview, "It just didn't seem fair to us that mothers were not able to breastfeed their babies even though they wanted to do it."

Marian, along with the six other Founders – Mary White, Viola Lennon, Mary Ann Cahill, Mary Ann Kerwin, Betty Wagner, and Edwina Froehlich--did not plan to establish a worldwide organization. But they responded to the need and stepped up to the challenge. Remarkably, after 50 years, all seven of them are still active in the organization and they are enjoying the events and festivities surrounding the 50th Anniversary celebration.

What began at a church picnic in Elmhurst, Illinois, USA, is now an organization spread all over the world with information in multiple languages and recognition from medical associations and government agencies as the world's foremost authority on breastfeeding.

It started with a simple dream—to help mothers who wanted to give their babies the very best start in life. None of the seven women imagined that their dream would travel around the world and affect the lives of millions of mothers and babies.

The rapid spread of the organization happened because so many mothers agree with Marian's observation. Once mothers discover the simple facts about how to breastfeed successfully, they are eager to share this information far and wide, especially with other mothers.

To honor the Founders, celebrations of the LLLI 50th Anniversary are being held in locations all over the world where local LLL families are joining together in a variety of events. In August, a 50th Anniversary Picnic was held in Wilder Park, where Marian and Mary first discussed the idea of helping other mothers breastfeed. More than 300 adults and children attended the picnic, including many of the Founders' children, grandchildren, and great grandchildren.

A more formal celebration was held in October. One hundred and seventy people joined the Founders and their families at the 50th Anniversary Gala Dinner. The culmination of the Anniversary Celebration will be in July 2007, when the LLLI 50th Anniversary Conference will be held in Chicago, Illinois, USA. For more information, see www.llli.org.

Whenever the Founders are asked to reflect on their achievements, each one gives credit to their families. They point out that the support and encouragement of their families enabled them to continue their involvement in La Leche League for all these years.

When La Leche League began in 1956, all seven Founders were stay at home mothers. Their family size ranged from 2 to 6 children. One husband was an accountant, another was a doctor, and two were lawyers. Only three of the Founders had college degrees. As the organization grew, so did their families. Mary White eventually had 11 children, and Viola Lennon had 10, including a set of twins. Mary Ann Cahill and Mary Ann Kerwin had 9 children each, Betty Wagner and Marian Tompson had 7 each, and

Edwina Froehlich had 3 sons. Yet they found a way to fit La Leche League into their busy lives because they were committed to the importance of the work they were doing. Even after 50 years, they all still share one dream—that every mother everywhere will have a chance to learn about breastfeeding and share in its joys.

The Founders of La Leche League hold a very special place in my heart. I have been involved with the organization and with the Founders for most of my life. I attended my first LLL meeting as an expectant first time mother, still in my teens, wanting to breastfeed my baby. And they taught me all that I needed to know. Over the years, I have been involved in various aspects of the organization and I have spent 30 years as a part of the LLLI Publications Department. I am proud to offer this tribute to the LLLI Founders, and to thank them for all they have given me and all they have given to the world. And I extend my thanks to all of you who are carrying on the message of the importance of breastfeeding to mothers and babies all over the world. You are helping to make the Founders' dream come true.

Judy Torgus, Publications Director, La Leche League International, River Grove, Illinois, USA,
Mother of 4 grown children, grandmother of 7 and LLL Leader since 1962

15. Robbie Davis Floyd Visits Paraguay: Pili Peña, Paraguay

In February of this year, I won a scholarship representing Parhupar*, to participate in the CIMS (Coalition to Improve the Maternity Services) Conference in Boston, USA. There I met Dr. Robbie Davis Floyd. Robbie is a well-known international conference speaker, researcher and Professor at the University of Texas, specialist in anthropology of reproduction and author of several books related to birth and traditional midwifery.

I had the opportunity to talk to her about her coming to Paraguay. In August of this year, after securing sponsorship from the Cultural Center of American-Paraguay of Asuncion, and with the support of Parhupar, we were able to finalize the details of her visit. During her short stay she gave one main conference, entitled: "The Art of Birth in Diversity in the New Century: Actual Birth Paradigms." The conference took place in the prestigious cultural center and was open to all interested parties.

Two meetings were also held at the School of Nursing of the Catholic University of Asuncion and the School of Midwifery of the National University of Asuncion. In these talks she spoke to more than one hundred people, among them students, qualified midwives, teachers and health professionals.

On the last day of Robbie's visit, we visited the Maternal Infant Center of the National University of Asuncion. Here we could visualize the direct application of one of the models explained by Robbie, that of technocratic medicine, coupled with the humanistic medicinal approach. During the visits to the maternity wards, the warmth and the predisposition of the professionals who were present, offered certain hope of what could be achieved in the future: important changes, visualizing and applying the model explained by Robbie on holistic medicine.

I had the opportunity of spending time with Robbie and others interested in her work and it was a very gratifying experience listening to her opinion and ideas, sharing the diversity and noting the differences in the existing cultures with respect to the needs of pregnant women. We hope to be able to count on such a distinguished presence again in the near future. Thank you, Robbie!

*Parhupar: is a non-profit NGO founded on the vision of being an organization known for its work on improving the conditions of the attention of the mother and small child in the area of health, nutrition, growth and development. For further information please contact Pili Peña: vapena@pla.net.py

16. Government of Puerto Rico Promotes Breastfeeding

Although only 65% of the women in Puerto Rico breastfed their babies in 2004, this percentage is on the increase, according to Governor Aníbal Acevedo Vilá. He signed the project into law to increase to an hour daily for working women to breastfeed or express milk, from 30 minutes. This hour can be divided into 2 or 3 sessions.

According to the Department of Health, in 2004 93% showed interest in doing so. "Since the 1960s until now, the lives of Puerto Rican women changed because of their entrance into the labour force. And this (caring and feeding her baby) is one of the greatest difficulties encountered by working mothers," stated Acevedo Vilá.

According to data from 1990 to 1996, 62% of women breastfed their children for 3 weeks. Before 1960, mothers nursed their children for 7 months. María Dolores Fernós, Attorney for Women's Rights said that due to insufficient information, there had been problems in making the law effective.

Fernós expressed that so far there have been no complaints or petitions to monitor the law to prohibit formula feeding babies in the hospitals. "It is clear that the Health Department is distributing informative materials in these hospitals", said Fernós. She emphasized however that neither private employers nor the government fulfill the need of having a breastfeeding room that is adequate.

The Governor urged that there be more promotion of the law for the benefit of women and employers and to educate them.

"This law defends the right of the working mother to have a hygienic and comfortable space and sufficient time to carry out the most beautiful act of nature: nurse their children. It also defends the rights of children to receive nutrition and the love of their mother through the special bonding that breastfeeding brings." Affirms Acevedo Vilá.

The Associated Press. Submitted by Carmen Cabrer, LLL Leader Puerto Rico to the Spanish LLL Listserv.

17. A Call to All Spanish Speaking Women who Work and Breastfeed! - María Castells-Arrosa

Share your story and photo for a publication in Spanish that will serve as an inspiration and guide to many who want to work and breastfeed their babies.

La Leche League International is collaborating with the World Alliance for Breastfeeding Action (WABA) to create a document in Spanish, on mothers from around the world who simultaneously work and breastfeed (exclusive breastfeeding for the first 6 months) their children for at least a year. In the year 2010, it is estimated that 70% of the mothers in the world will be mothers who are employed! The combination of work and breastfeeding can be difficult due to a lack of information and family support. However it is crucial that women and children continue to enjoy the physical and emotional benefits of breastfeeding. From Spain to Bolivia, Chile to Mexico, many mothers have found various creative ways to combine work with breastfeeding.

No matter where you live, if your mother tongue is Spanish, please send your story of breastfeeding and working. Please include a digital photo of you and your child. The photo should be in JPEG. The story should be about 2-3 pages. The deadline for submitting a story is the 8th of January, 2007. Please contact María Castells-Arrosa to send in your photos and stories via email and for further information - marialigaleche@lomasdetzununa.com

18. Code Monitoring Course on the Marketing of Breastmilk Substitutes: Sandra Recalde, Paraguay

A Code Monitoring Course on the Marketing of Breastmilk Substitutes took place in Asunción, Paraguay on 27-28 July, 2006. Florencia Cerruti, IBFAN Uruguay, conducted the course held at the auditorium of the Ministry of Health. About 60 people, representatives from different departments of the Ministry of Health, Secretariat for Childhood, Secretariat for Women, Medical Professional Societies, Training Schools, civil societies like CONADIPI, CONIN, Baby Friendly Hospitals, Red Cross Paraguay, National Institution for Alimentation and Nutrition, (INAN), Programs for Alimentation and Nutritional Assistance (PROAN) participated.

The event was possible thanks to the Regional IBFAN (International Baby Food Action Network) for Latin America and the Caribbean, UNICEF Paraguay and PAHO (Pan-American Health Organization).

The course covered:

- the scope and content of the Marketing code and later resolutions,
- the inappropriate marketing practices of breastmilk substitutes with regard to breastfeeding,
- how to recognise violations of the Marketing Code
- how to analyse the national scenario for the implementation of the Code

The challenge is to work through the Ministry of Health to promote and protect breastfeeding by consolidating working groups for the formation of a national commission, a breastfeeding executive committee and regulations for an effective law.

More activities are being planned and proposed for the near future.

Sandra Elizabeth Recalde Espinola , Coordinator for Breastfeeding, Ministry of Health and Welfare, Asuncion, Paraguay.

Email: srecaldeespinola@yahoo.com

19. Hope Spreads Faster than AIDS: Liew Mun Tip, Malaysia

The XVI International AIDS Conference (AIDS 2006) was held in Toronto, Canada 13-18 August 2006. The theme of AIDS 2006 – *Time to Deliver* – underscored the need for accountability and action, 25 years after AIDS was first reported. A record 24,000 participants attended the conference. The Global Village, which was a free venue for everyone, provided active networking zones for groups including women, youth, members of the gay community and faith based and regional groups.

WABA and breastfeeding advocates actively participated and distributed popular-based materials at various conference sessions and in the Global Village, particularly at the Women's Networking Zone.

The highlights were:

- WABA worked with its Core Partners and other women's organisations namely the Athena Network, Blueprint for Action, Voices of Positive Women, and the International Community of Women Living with HIV/AIDS, to produce banners and flags.
- WABA joined the *Women and Girls' Rally and March* on 14 August, after which Louise Binder, a Canadian woman and AIDS activist, mentioned the importance of breastfeeding at the first plenary.
- The *Joint Statement on Gender, Child Survival and HIV&AIDS: From Evidence to Policy* (document produced at the WABA/York Conference in May 2006) was distributed to participants at strategic venues and workshops.
- All 3,500 *Red Ribbon and the Golden Bow*, a pin that carries the message of breastfeeding and HIV, were snapped up at the conference. The pin was presented to Stephen Lewis, UN Special Envoy to Africa for AIDS. There was only one session that focused on HIV and infant feeding. Obviously, more awareness and interest on this issue needs to be generated.

- AnotherLook's poster presentation *Breastfeeding in the context of HIV/AIDS: where is the evidence base supporting policy recommendations?* was accepted and stimulated interest among viewers.

Rappetour Reports and summaries are available at www.aids2006.org

WABA thanks all volunteers and breastfeeding advocates for their support and presence.

Liew Mun Tip, Deputy Director, WABA, Email: waba@streamyx.com

20. WABA, LLLI and Breastfeeding on an Internet Radio Show: Rebecca Magalhaes, USA

A little over a month ago, the WABA Secretariat received an email from Kemi Ingram, the host of a globally syndicated internet radio broadcast, devoted to addressing issues of interest to socially conscious mothers. WABA forwarded the request to Rebecca Magalhães, as Regional Focal Point for North America. After emails between Rebecca and Kemi, the date was set for an on-air interview to take place, discussing WABA, LLLI and breastfeeding. If you would like to hear the final interview, please go to <http://www.theradiomom.com/4.html>

The Radio Mom Show airs weekly and, if you are interested, you can subscribe to hear it (in English) on a regular basis. Other guests have included Dr. Elliott Barker of the Canadian Society for the Prevention of Cruelty to Children and Dr. Nancy Massotto, Founder and Executive Director of the Holistic Moms Network. The Radio Mom Show is part of the new iThink Radio Network.

21. Call for Abstracts for Global Sessions and Poster Sessions at the LLLI 50th Anniversary Conference - 2007

The 20th international conference of La Leche League International (LLLI) will celebrate the power of breastfeeding and the organization's 50th Anniversary. The LLLI Founders believed in the power of breastfeeding and felt that if women had support and practical information they would be able to breastfeed their babies. To join LLLI in this celebration, program managers, project directors, non-governmental organizations, researchers, LLL Leaders, Peer Counselors, and health professionals are encouraged to submit abstracts for Global Sessions and/or poster sessions:

< <http://lalecheleague.org/07conf/abstracts.html> >

Please forward this message to others who may be interested in submitting an abstract.

Note: LLLI fully supports the WHO International Code of Marketing of Breast-milk Substitutes and subsequent World Health Assembly resolutions relevant to the International Code, passed before October 2006 – LLLI Board of Directors

22. A New Home for LLLI in 2007: Rebecca Magalhaes, USA

La Leche League International (LLLI) will be moving to a new home in 2007. The address is 957 North Plum Grove Road, Schaumburg Illinois 60173 and the move is expected to take place in January. Specific details will be disseminated closer to the date.

BREASTFEEDING RESOURCES

23. New Resource for Birth and Lactation Professionals: Dia L. Michels, USA

Mother Support Task Force Newsletter readers can receive a 20% discount on a wonderful new video/DVD. Mark-It Television, from Bristol, England, has produced a new video/DVD, " *The Benefits of Bedsharing.*" This 12-minute program was meticulously researched at the Mother-Baby Sleep Laboratory at the University of Durham. Written by three experts in co sleeping, breastfeeding, and midwifery, it is based on the latest research. James J. McKenna, PhD, Director of the Mother-Infant Behavioral Sleep

Laboratory at the University of Notre Dame, USA says, " *The Benefits of Bedsharing* is an accurate, scientifically-based presentation of how to bedshare safely with baby. With excellent narration and graphical representations, it summarizes the worldwide research findings, revealing distinct advantages for breastfeeding mothers who bedshare, and includes specific descriptions and pictures of what is safe and what is not. Talk about Evidenced-Based Medicine, it doesn't get any better than this!" Jan Tritten, Founder and Editor of *Midwifery Today*, says, "Finally, a video that provides clear information on the benefits of bedsharing with our children. This has been the way of raising children for thousands of years, and now, we get to choose it, too!" *The Benefits of Bedsharing* is available in North America, for both retail and wholesale purchase, from Platypus Media, www.PlatypusMedia.com, or toll free at 1-877-PLATYPS (or 1-202-546-1674). Simply enter "BedS20" on the order form as the coupon code to receive the 20% discount. Outside North America, copies are available from Mark-It Television, www.MarkItTelevision.com or 011-44-117-939-1117. Reference "MITV code 333" and the price will be adjusted accordingly.

Dia is a founder and president of Platypus Media, an independent press created to promote the concepts and practice of attachment parenting. An internationally published science and parenting writer, she has authored or co-authored over a dozen books, including *If My Mom Were a Platypus: Mammal Babies and Their Mothers*; *Breastfeeding At A Glance: Facts, Figures and Trivia about Lactation*; and *Milk, Money & Madness: The Culture and Politics of Breastfeeding*. She speaks on mammal reproduction, breastfeeding and literacy at conferences in the USA. Dia lives in Washington, DC with her husband, Tony Gualtieri, and their three children: Akaela (17), Zaydek (14) and Mira (7). She can be reached at Dia@PlatypusMedia.com.

24. Subscribe to Nuevo Comienzo, a magazine that supports breastfeeding mothers in Spanish: Maria Cristina Sáenz, Columbia

Mother to mother support is now possible through Nuevo Comienzo, a magazine on breastfeeding (available only in Spanish). It carries information and stories of mothers that reaffirm a mother's creativity and perseverance to strengthen this unique relationship with her babies.

A year's subscription is US\$16 and can be paid with Visa, American Express or Credential credit card. Please write to María Cristina Sáenz: nuevocomienzollcol@yahoo.com

25. The International Code of Marketing of Breast-Milk Substitutes-Frequently Asked Questions

Member States of the World Health Organization adopted the International Code of Marketing of Breast-milk Substitutes twenty-five years ago with the aim to protect, promote and support appropriate infant and young child feeding practices. The adoption of the Code was a key milestone in global efforts to improve breastfeeding, and countries have taken action to implement and monitor the Code and subsequent relevant Health Assembly resolutions. This booklet of Frequently Asked Questions aims to increase awareness and understanding of how the Code can help to ensure that mothers and caregivers are able to make fully-informed choices of how best to feed their infants, free of commercial interest.

ISBN 92 4 159429 2

http://www.who.int/child-adolescent-health/publications/NUTRITION/ISBN_92_4_159429_2.htm

CHILDREN AND BREASTFEEDING

26. International Children's Conference on Environment: Lisa Gayatri Velazquez Panadam, Paraguay

UNEP(United Nations Environmental Programme) and YAWA(Malaysian Children’s Heritage Foundation) organized the International Children’s Conference on Environment in Kuala Lumpur, Malaysia from the 26th. to 30th. August, 2006. About 250 children, 10-14 years of age, from about 60 countries participated. I won a scholarship and attended the conference with my father, Manuel and brother Jiva, 11 years old.

We had to present a project and based on it, we were selected. My project was on “Breastfeeding is Environmentally Friendly”. This means that when babies are breastfed, we do not waste energy preparing formula. There is no need to cut down trees for cows to have a pasture so there is less deforestation. The mother and baby are always together and there is a lot of love between them.

The main theme of the conference was “Save a tree; save our lungs”. When babies are breastfed, we save trees. Every day the conference had different themes. We were in different groups according to the name of the tree we had on our nametag. The Junior Board, a group of children selected in the previous conference, organized this conference.

WABA sponsored breastfeeding materials which I distributed: golden pins to everybody at the conference, explaining to them what it means, breastfeeding coloring books, comic books and other information. I had a corner where anybody could come to color breastfeeding drawings and the artwork was pinned up in my exhibition area.

UNEP promotes these conferences for children so that they can be aware of the environmental problems that we are facing because of man. Through children’s environmental projects we are making our planet a better place for all of us.

UNEP also has other activities apart from the conferences: painting competitions (climate change, deadline: 31 December 2006), photograph competitions, the Volvo Adventure and many others. If you are a child you too can participate. Please check out these activities at www.unep.org and enter into children.

Every conference participant made a promise: when we return, we would plant native trees in our communities, share information on our activities and be environmentally friendly. This summer, I want to plant trees and produce a newsletter.

Lisa Gayatri Velazquez Panadam, 13 years old, 8th Grade, Asunción, Paraguay
Email: ppanadam@telesurf.com.py

27. Jena's Gems: What Jena Jordan, USA, had to say about Breast milk and Breastfeeding when she was Breastfeeding! Submitted by her Grandmother

About 2 - 2 ½: Jena said to her mother "I can switch to the other side and you won't have to move a muscle!"

About 3 or 4: Being very serious and loving, she told her mother: ""Everybody, EVERYBODY should have mommy milk!"

About 4 - 4 ½: She and her mother were talking about how she was going to stop nursing when she turned 5 so trying to talk her Mom out of it, she said: "I'm going to stop mommy milk permanently when I'm a teenager."

At one point in her nursing, Jena tried to talk her Mom into letting her nurse one more time and said: "Mommy milk makes you healthy and you want me to be healthy don't you?"

General comments from Jena: She always described her mother’s milk as delicious and tasting like melted ice-cream. In looking through books and seeing animals getting mommy milk or if she sees a baby breastfeeding she comments on how “LUCKY they are!”

Geneva Carnahan, Jena's Grandmother, Retired LLL Leader, Ohio, USA, submitted these comments. Jena's parents have always written down her comments and there are many more!

NEWSLETTER INFORMATION

28. Check out these Websites

What did countries around the world do for World Breastfeeding Week this year? Find out in <http://worldbreastfeedingweek.org>

<http://muslimbreastfeedingcircle.com/>

<http://enabling-breastfeeding.blogspot.com> English (article on Mother/Child Dyad: Infant and Young Child Feeding)

[http://www.nacerlatinoamericano.org/ Archivos/ Menu-principal/07_Nuevas%20noticias/01_Novedades/00.htm](http://www.nacerlatinoamericano.org/Archivos/Menu-principal/07_Nuevas%20noticias/01_Novedades/00.htm) in Spanish

http://www.who.int/nutrition/media_page/en/ (available in many languages)

http://www.who.int/childgrowth/standards/chart_catalogue/en/index.html

http://www.thelancet.com/collections/neonatal_survival/2006 Collection of articles published by *The Lancet* since January 2003 relating to newborn, child, and maternal survival (English)

<http://birthpsychology.com/apppah/index.html#cong> English

<http://thechronicleherald.ca/Search/540297.html> Breastfeeding miracle story (in English)

<http://waba.org.my/> Press Release by the World Alliance for Breastfeeding Action (WABA) in conjunction with World AIDS Day on 1 December 2006, entitled: *Increasing babies' HIV-free survival, Is formula-feeding the solution?* Available in PDF format.

29. Announcements

Events during October, November, December 2006, January and February 2007

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

ibreastfeeding.com

17th. October 2006: 50th anniversary of the first mother support group meeting, La Leche League International

26 February – 9 March 2007: A Regional Outreach Course by the Infant Feeding Consortium, From the Institute of Child Health, London and WABA. This course is specially designed for doctors and other senior health professionals. For further information please contact WABA at waba@streamyx.com

To Remember: Cristina de Carles, La Leche League Leader, Panama

On the 30th of September, 2006, Cristina de Carles, Leader of La Leche of Panama, passed away.

She was the only LLL Leader in Panama and I was fortunate to have met her at a workshop held in Puerto Rico. A mother of 5 children, she became a Leader in 1994. She was working with 2 Leader applicants and had trained 10 (breastfeeding) community counsellors. It is a great loss.

Yanet Olivares de Saiz , LLL leader of Dominican Republic

....one cannot know the sadness that I feel on learning of Cristina's death. I had the opportunity of meeting Cristina first when I was the ACL (Area Coordinator for Leaders) for Central America and the Caribbean, from 2000 to 2003 and later at a workshop in Puerto Rico in 2000. For those who had not met her, Cristina was an excellent person. Her eagerness was always to have more Leaders in her country. She always identified applicants but her dream did not materialise. However she always kept active and never gave in to defeat. Cristina was a beautiful person both inside and out. Perhaps she was not the most extroverted among us but she had a charisma where we could have a conversation for hours without being bored. We have lost a mother, friend, companion and a Leader.

Carmen Cabrer, LLL Leader of Puerto Rico

30. Readers Share:

Dear Pushpa and Pili,

Thank you for the wonderful newsletter to start the Celebrations for World Breastfeeding Week!! The variety of articles and topics covered is remarkable.

It is an inspiration to read international news that is upbeat!! I was encouraged by the story of the women in Harrisburg who stood up for the rights of mothers and babies in their community. I am grateful for the dedication and time that you both give to the newsletter, which is such a valuable tool for the "value added" work of WABA.

Thank you.

Beth Styer, Chairperson, WABA Steering Committee

"Thanks for writing the Mother Support Task Force Newsletter each quarter. I love the newsletter and read every word of every issue! I especially enjoy that activists around the globe all read it and use it as a vehicle for change. Keep up the good work!"

Dia L Michels, Platypus Media, Washington , DC

Dear Friends,

I want to thank you for the effort that you put in to compiling all the material that you present to us in the newsletter.

The World Breastfeeding Week is about to start and we have many activities on TV, radio and the press and what I have read, I have shared with the mothers in my group and also with other (LLLL) leaders.

Thanks ☺ *Mariana Petersen, LLLLeader, Guatemala*

My dear colleagues, Pili, Pushpa, Rebecca and Nair and all those who are part of the Global Initiative for Mother Support – how marvelous it is to receive this great work of yours! I was especially pleased in the last issue with the article by Salem Hamilton, Costa Rica, activist in natural birth, describing her courageous act; the works of Dr. Kaleen Gribble, Australia on breastfeeding past the first year; and the sensational story of the birth of Kohai, written by Paula Meyer, Tahiti. CONGRATULATIONS! And Thanks for all the beautiful articles.

Pajuçara Marroquim, Brazil

31. 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 2007 issue is **January 31st, 2007**.

If you submitted an article and it didn't appear in this issue, it is being reserved for a future issue.

Volume 5, Number 1, will be sent on **February 28th, 2007**.

32. How to Subscribe/ Unsubscribe to the Newsletter

If you would like to receive this newsletter:

Please send an email to gims_gifs@yahoo.com

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 and Pili Peña vapena@pla.net.py

The opinions and information expressed in the articles of this issue do not necessarily reflect the views and policies of WABA, the Mother Support Task Force and the Newsletter Editors. For further information or topic discussion, please email the authors directly.

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).

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Website: www.waba.org.my

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

*Breastfeeding promotes the well-being and health of mothers and babies
Protecting Babies - Empowering Mothers*