

Mother Support Task Force (MS TF)

World Alliance for Breastfeeding Action

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IN THIS ISSUE

MOTHER SUPPORT TASK FORCE COMMENTS AND INFORMATION

1. Moving on.....: Rebecca Magalhães, Coordinator
2. MS TF Update: Welcome Paulina!: Rebecca Magalhães, Coordinator

MOTHER SUPPORT FROM DIFFERENT SOURCES

3. The New LactSpeak Speakers Bureau: Cynthia Good Mojab, USA
4. Breastfeeding and Dental Cavities: Pajuçara Marroquim, Brazil
5. Update: Web Petition - Discrimination in the Air
6. Malta Breastfeeding Foundation: Christine Borg, Malta
7. Center for Infant and Young Child Feeding and Care Celebrates its First Birthday! Miriam Labbok, USA
8. Mothers get heart risk off their chest: New Scientist

MOTHER SUPPORT - BREASTFEEDING MOTHERS RELATE THEIR EXPERIENCES

9. Happy Breastfeeding with perseverance and support: Jessica Ilizarbe Hermoza, Peru

FATHER SUPPORT

10. Update on the WABA Men's Working Group: Peter Briefe, Sweden
11. The Birth of Arlo Blackman-McGrew – Wonder and Magic!: Dale John McGrew and Alissa Blackman, USA
12. Fathers' Initiative Improves Breastfeeding in Ramnagar: A.M.M.Samsad, Bangladesh
13. The Role of the Breastfeeding Father and De pa a pa: Maria del Mar Mazza, USA

NEWS FROM THE BREASTFEEDING WORLD

14. Meet Michael Latham - A Breastfeeding Icon
15. Tribute to Judy Torgus, LLL Leader and former Director of LLLI Publications Department: MSTF Coordinator and MSTF Newsletter Editors
16. Award of Achievement to Sarah Amin and Susan Siew: LLLI Board of Directors
17. LLLI Founders Receive Award: Barbara Emanuel, USA
18. World Breastfeeding Week 2007: Liew Mun Tip, WABA, Malaysia
19. World Respected Childbirth Week: CIMS (The Coalition for Improving Maternity Services) Digest
20. WHO Photo and Video contest "Images of Health and Disability": Hecanet Newsletter
21. Attending and Participating in the LLLI Conference: Rebecca Magalhães, USA

BREASTFEEDING RESOURCES

22. The Problem with Breastfeeding: A personal reflection: Hale Publishing House
23. ICDC Legal Update for 2006: Raja Abdul Razak, Malaysia
24. Photos of Mothers and Babies in a New Light - France
25. Book on Extended Breastfeeding: Ann Sinnott, United Kingdom

CHILDREN AND BREASTFEEDING

- 26. The Mouse and the Breastfeeding Tooth: Mariana Petersen, Guatemala
- 27. Arantzazu's Sausage: Miriam Navarro de Vega, Mexico

NEWSLETTER INFORMATION

- 28. Check out these Websites
- 29. Announcements
- 30. Submission of Articles and Next Issue
- 31. How to Subscribe/ Unsubscribe

MOTHER SUPPORT TASK FORCE COMMENTS AND INFORMATION

1. Moving on..... : Rebecca Magalhães, Coordinator

It was January, 1973 when I went to my first La Leche League Group meeting. I had no idea how my life would be affected and enriched by that simple action, inspired by the need for breastfeeding help! A lot has happened in the past 34 years – some things for which I wasn't prepared or couldn't control and other things that were offered to me and on which I made a decision. One decision I made in 1992 was to say "yes" to Beth Styer (who was coordinator of the mother support groups task force) when she asked if I could travel to Penang Malaysia in her place to take part in a WABA meeting. It was at this WABA meeting that I first met Anwar, Michelle, Annelies, Michael and Penny Van Esterik, among others – people I now consider good friends. I also remember that it was during this meeting when it was proposed that Sarah Amin work in the WABA office! (As it turned out, that was a very good decision!!) Since then, I have participated in various WABA activities and have been involved in different ways, most recently as the Coordinator of the Mother Support Task Force, an activity which I have always enjoyed. However, as one saying goes "Life happens!" and what is happening now is that, after this issue, Paulina Smith will take on the role of Coordinator of the MS TF (more about this in the MS TF Update article) and I will join Pushpa and Pili as an editor of the newsletter. I will, however, continue as a co-coordinator along with Dr. Prashant Gangal. In the final analysis, life is really all about people and as long as I still have a connection to all the wonderful people in the WABA network, anything can "happen"☺))

Rebecca Magalhães
Coordinator
WABA Mother Support Task Force
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Note: Although no longer a co-coordinator of the MS TF, Nair Carrasco will continue to work with breastfeeding. Thank you, Nair, for your many years of support to the MS TF!

2. MSTF Update: Welcome – Paulina Smith! Rebecca Magalhães, Coordinator

I asked the WABA Secretariat if I could announce Paulina's appointment as the new MS TF Coordinator and they agreed. You may wonder why I wanted to do this. It's because one of the things that "happened" to me in my life was meeting Paulina and I wanted to be the one to announce this good news. It was in 1982, in Montego Bay, Jamaica at a mother support conference that Paulina and I met. She was representing Mexico at the conference and I can still remember her enthusiasm, her energy and her good ideas. It has been 25 years and she is still energetic and full of ideas☺! Since then, Paulina has done many things, including a seven year term on the LLLI Board of Directors, being the Executive Director of La Leche League International for four years and then studying to get a bachelor's and a master's degree. Just recently, one of her three daughters blessed her with a second grandchild (a little boy), while another has gotten her doctoral degree and the third received a master's degree in public health. In these past 25 years, though, her interest in breastfeeding promotion and support has remained constant and she is eager to take on the position of MS TF Coordinator. I know she will do an excellent job and she is already discussing and planning, with the WABA Secretariat,

the activities that will take place this coming summer/2007. If you would like to send her a "welcome message" her email address is smithhpc@att.net.mx I know she would love to hear from you!

If you are interested in being a country contact for GIMS and the MS TF, please email Paulina Smith smithhpc@att.net.mx, Rebecca RMagalhaes@lilli.org, or Prashant psgangel@hotmail.com

MOTHER SUPPORT FROM DIFFERENT SOURCES

3. The New LactSpeak Speakers Bureau: Cynthia Good Mojab, USA

LactSpeak is a new online speakers bureau (www.lactspeak.com) founded by Diana West, USA that enables conference and event planners around the world to find professional speakers specialized in the field of lactation. All speakers listed on the site have professional presentation experience and are respected among their peers for their clinical and/or academic expertise. LactSpeak offers a user-friendly, online interface that connects event planners with lactation specialists who speak on a variety of aspects of breastfeeding and human lactation, from assessment of the dyad and breastfeeding management to ethics, culture, and lactational psychology. Event organizers can search LactSpeak for speakers by name, region, and topic. Each speaker manages his or her own page within the website using a customized, automated database-driven interface.

Participating speakers with profiles now on, or soon to be added to, the LactSpeak website include Diana West, Lisa Marasco, Nancy Mohrbacher, Kathleen Kendall-Tackett, Karen Gromada, Marian Tompson, Cynthia Good Mojab, Teresa Pitman, Catherine Watson Genna, Diane Wiessinger, Jan Barger, Dr. Christina Smillie, Kathleen Bruce, Elizabeth Brooks, and Nancy Williams.

According to Diana West, "Our innovative interface makes LactSpeak uniquely positioned to help event organizers find the highest quality speakers for their events by providing extensive information about the speakers' professional services, including biographical information, session topics, upcoming conferences, downloadable speaking brochures, and fees. The website also offers event organizers free access to event planning tools, such as forms and timelines." Professional speakers can apply for membership in LactSpeak by filling out an online application that is accessible from a link in the lower left hand corner of the main page of LactSpeak. The website is currently in English only; the addition of other languages will be considered in the future. For more information, please contact Diana West at dwest@bfar.org

Cynthia Good Mojab, MS clinical psychology, IBCLC, RLC, CATSM
Director, LifeCircle Counseling and Consulting, LLC

Cynthia is a clinical counselor and IBCLC in private practice, a private researcher, the author of numerous publications, and an educator focusing on issues related to culture, psychology, and the family. As one of a small group of mental health practitioners in the world who are also IBCLCs, Cynthia has a strong interest in lactational psychology. She is the founder and moderator of LactPsych, an international email discussion group for dual professionals whose work significantly addresses lactational psychology. She is a member of the American Academy of Experts in Traumatic Stress, is certified in acute traumatic stress management, and is a member of the Ask the Experts panel on *Mothering* magazine's website.

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4. Breastfeeding and Dental Cavities: Pajuçara Marroquim, Brazil

In Brazil, much debate still exists about breastfeeding and cavities, principally as this relates to children older than one year of age and who breastfeed during the night. My daughter, *Olívia Maria, 24 years of age, university student in orthodontics and who breastfed for 2 years whenever she wanted, was surprised at the lack of information at the university about this subject. She developed a study "*Breast milk: Protection against cavities and not cavity*

producing." Her study was approved for oral presentation at the XIV International Congress of Orthodontics, 27-31 October 2006, in Salvador, Bahia, Brazil. Following is an abstract of the study:

Many people associate breast milk with the outbreak of dental cavities in breastfed children. Following this line of thinking, there is research that shows that some children develop dental cavities not because they were breastfed, but in spite of being breastfed. Through a review of the literature, the objective of this study was to look at the role of breast milk as a food that protects against cavities and is non-cavity producing. Recent studies demonstrate that the composition of human milk favors dental structure formation and the unique carbohydrate (lactose) in human milk, when it ferments, turns the mouth environment a little acidic, which protects against the development of cavities. In breastfed children, the manner of sucking the breast and swallowing the milk, reinforces the milk's characteristic of being non-cavity producing. Currently, many authors emphasize good oral hygiene habits in conjunction with a healthy diet as a prevention of cavities, agreeing that it is not necessary to improve on age-old breastfeeding practices, but to offer foods that are more appropriate for his/her needs to the child who is no longer exclusively breastfeeding. A mother can continue to offer affection through breastfeeding to her child of 1 to 3 years old, at night, if the child wishes to breastfeed, but she should continue to be careful of what the child eats or drinks during the day.

*Olívia Maria is the daughter of Pajuçara Marroquim, LLL Leader, LLL Maceió, Brazil.
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5. Update: Web Petition - Discrimination in the Air

If you haven't done so already, please access this link

<<http://www.thepetitionsite.com/takeaction/738223140>> and sign the petition for allowing breastfeeding mothers who are traveling without their babies, to bring expressed breast milk on to the plane.

For the full story, see MS TF E-Newsletter, Vol.4 No.4, No. 8 - Discrimination in the Air: Jesse Rattan, USA

6. Malta Breastfeeding Foundation: Christine Borg, Malta

The Malta Breastfeeding Foundation (MBF), a Non-Governmental Organization, is guided by a set of principles that all members are expected to endorse while they are MBF members. While most of the principles are understood and agreed with at first glance, the 2nd and 6th principles tend to require some explanation:

2. MBF members promote breastfeeding primarily and breastmilk feeding secondly.
6. MBF members do not accept funding from individuals, organizations and companies that trade in any product which, when used by mothers, may be deemed to interfere with healthy breastfeeding unless scientific evidence is found to indicate otherwise.

The MBF, believing that breastfeeding is much more than a source of nourishment, promotes putting the baby to the breast as optimal behaviour prior to less beneficial alternatives including breastmilk feeding.

With decreasing governmental financial support for breastfeeding work, receiving sponsorships and gifts is becoming more attractive. One of the measures MBF takes to safeguard from succumbing to the temptations of the funds offered by industry is to see that anyone who provides regular service to MBF is paid. This way we give value to the work that Breastfeeding Counsellors and Advocates do, resulting in continuous and regular service which in turn earns increased respect for such workers. MBF also welcomes volunteers who are able to help in other areas within the organisation. The MBF makes use of sponsorships but never from companies that deal in infant feeding products or medicinal products that are advertised as good for the breastfeeding mother but have no independent research to support their claims.

MBF is also involved in community projects such as appearing on local TV and radio stations to talk about breastfeeding, participating in local discussions related to family/work/life balance on policy and grassroots levels, working on initiatives to promote breastfeeding with schoolchildren and other sectors of society as well as promoting breastfeeding in public and encouraging public entities to welcome breastfeeding mothers. The MBF is affiliated to the Malta Confederation of Women's Organisations (MCWO) which represents Malta in the European Women's Lobby (EWL), an NGO that is highly influential in the higher European institutions.

Christine Borg, Founder and Director of the Malta Breastfeeding Foundation (MBF), facilitates a Breastfeeding Course for pregnant women and new mothers of breastfeeding babies. This course is complemented by and given continuity through postnatal home visits and one-on-one coaching according to the needs of the respective family.

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website: www.ldprojects.org

7. Center for Infant and Young Child Feeding and Care Celebrates its First Birthday! Miriam Labbok, USA

The Center for Infant and Young Child Feeding and Care celebrated its first year on January 3, 2007. The Center remains dedicated to creating an environment in which each woman is enabled to choose and succeed in breastfeeding. Therefore, we will continue to approach this need comprehensively: as a women's issue, a family issue, a health issue, and a socio-political issue.

Last year much of our work was on creating the evidence-base for effective advocacy for change. This year we provided the North Carolina (USA) State Child Mortality Task Force with analyses of the impact breastfeeding could have on the health and survival of our children. Our change-relevant research project includes studying:

- The impact of BFHI (Baby Friendly Hospital Initiative) on national levels of exclusive breastfeeding;
- Breastfeeding support in the workplace and employee perceptions;
- The services provided by the Women, Infant and Children (WIC) Program across North Carolina;
- The potential of the new growth charts as a tool to support exclusive breastfeeding;
- Barriers to exclusive breastfeeding; attitudes in a faith-based organization and its partner community

Other activities in 2006 included action in support of the following: a regional meeting in Nicaragua on BFHI; an international mother/baby friendly approach; finalization of the Innocenti report on the 2005 Innocenti Declaration; and continuing efforts to bring the data together on breastfeeding and HIV. In addition, we continue an active teaching program at the University of North Carolina. Our work was recognized this year by fellow breastfeeding action groups, including the International Breast Milk Project and The Healthy Children Project, and we conferred the first Center scholarship to Ms. Sheryl Abrahams. In addition, the Center will be co-sponsoring the third UNC-wide symposium on breastfeeding and feminism, to be held 24-25 September 2007 in North Carolina, USA. The theme will be "Breastfeeding, Feminism and Reproductive Rights."

So, friends and colleagues, let's continue our efforts to make the world a better place, and may 2007 be witness to ever increasing health, happiness and peace, and the best start in life for every child!

Miriam H Labbok, MD, MPH, FACPM, IBCLC, FABM, Professor of the Practice of Public Health, Director, Center for Infant and Young Child Feeding and Care, Department of Maternal and Child Health School of Public Health, The University of North Carolina at Chapel Hill

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(associated blog - <http://enabling-breastfeeding.blogspot.com>)

8. Mothers get heart risk off their chest: New Scientist

Breastfeeding is well known to boost an infant's health, and now it seems it may be good for the mother as well.

In a study of 96,648 nurses who gave birth between 1986 and 2002, those who had spent at least two years of their lives breastfeeding were 19 per cent less likely to suffer a heart attack than those who hadn't breastfed at all. The difference was independent of any of the usual risk factors for heart disease, such as family history, diet or exercise levels.

One possible explanation, says study leader Alison Steube of Harvard Medical School, is that nursing a newborn may help a mother's metabolism switch from pregnancy mode back to normal. "Pregnancy is associated with a number of things that you normally wouldn't want to happen to your body," Steube says, including storing more fat and having higher than normal levels of fatty acids circulating in the blood. By breastfeeding, mothers can convert those energy reserves into nutrition for their infants.

"Breastfeeding isn't just good for babies, it's good for mothers, too," says Steube, who presented her findings at a meeting of the Society for Maternal-Fetal Medicine in San Francisco.

From issue 2591 of New Scientist magazine, 15 February 2007, page 17

<http://www.newscientist.com/article/mg19325916.400-mothers-get-heart-risk-off-their-chest.html>

MOTHER SUPPORT - BREASTFEEDING MOTHERS RELATE THEIR EXPERIENCES

9. Happy Breastfeeding with perseverance and support: Jessica Ilizarbe Hermoza, Peru

Breastfeeding my daughter is the most wonderful stage that I have ever enjoyed. I live in Lima, Peru, and have a daughter Fernanda, 2 years and 1 month. The beginning of breastfeeding was difficult and even more so because I gave birth in a private clinic where they did not help me initiate breastfeeding. It was an environment where mixed or artificial feeding was the norm.

The baby was finally handed to me 5 hours after delivery. She slept in the nursery and they brought her to me only at certain hours. In the early morning, she did not sleep with me and when I wanted to breastfeed her, all she wanted to do was to sleep. Upon leaving the clinic, the doctor told me that if the baby was not satisfied, to give her formula and prescribed the 'best'. At home, the obstacles became greater and my family would tell me that I should give her formula as my daughter was "dying of hunger." However my maternal instinct told me that it was not possible that I would not be able to feed my daughter, that something was not right. Luckily I had the support of Walter, the father of my daughter and that encouraged me to keep persisting. We decided to wait for the monthly consultation with the pediatrician to see how the baby was growing. I also decided to attend a La Leche League (LLL) meeting to clear my doubts. I believe that if I had not done that, my breastfeeding would have been a failure not only due to the surrounding pressure but also due to ignorance.

I left the LLL meeting completely confident and forgot about the formula. Many times, my family members told me that it was not okay that the baby was at the breast practically the whole day. But I knew that it was not rare, that it was a stage, and that the baby would slowly establish her hours which happened at about 3 months. I decided to start to explore the topic of breastfeeding, to be informed, to pay attention to those who were knowledgeable about the subject and to be guided by correct information, not by myths, beliefs or by "I did it like this!"

I returned to work when Fernanda was 4 months old. I expressed my milk 4 times a day, and in my absence, she was given my milk in a bottle. I was home for lunch and would breastfeed Fernanda at that time. I also breastfed her in the evenings when I returned from work and during weekends. It was breastfeeding on demand. I expressed milk for 1 year and 4 months at which time Fernanda decided to drink directly from the original container (my breasts) as she did not want the bottle or the cup.

I continue to attend the LLL meetings and keep up to date on breastfeeding. I am the coordinator of the Mother Support Group- Gotitas de Leche (Drops of Milk) in Lima specializing in mothers who work and/or study outside their homes. The meetings take place on the first Sunday of every month as it is a day that mothers who work outside their homes can attend.

Fernanda still breastfeeds a lot. Now there are people who are saying that she is too big to keep on taking the breast but I want her to wean naturally at an age when she is prepared and we hope that it will happen this way. Also it is so beautiful to hear her say, "amo a mish dosh tetitas, shon mias, as quiero"("I love my two breasts, they are mine and I love them"). I feel that my milk is one of the best gifts that I can give to my daughter.

Jessica Ilizarbe Hermoza, 28 years, lives in Lima, Peru, with Walter the father of Fernanda, 2 years 1 month and still breastfeeding. Jessica is a secretary and works outside the home. She attends the LLL Peru meetings and coordinates the MSG Gotitas de Leche.

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FATHER SUPPORT

10. Update on the WABA Men's Working Group: Peter Briefe, Sweden

During the WABA Gender Training Workshop in Penang, Malaysia in October 2006, members of the Father Support Group met and reviewed past and current work on Global Initiative for Father Support (GIFS). With important contributions made by the men in the WABA Youth Group who participated fully in the discussions, we formulated the vision, mission and goals for an upgraded section of WABA, namely the Men's Working Group. One important issue was to broaden the scope of father support to include men's and not just father's involvement in support of breastfeeding.

The mission of the group is: "To create an enabling environment where men, particularly fathers, participate actively and share responsibilities with women in optimum caring for their infants and young children, through advocacy, education and capacity building."

For further information on the Men's Initiative, please see:

<http://www.waba.org.my/men/index.htm>

Watch this space for further information on developments concerning the Men's Working Group.

Peter Breife, Member of WABA Men's Working Group, 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.

Email: peter.breife@comhem.se

11. The Birth of Arlo Blackman-McGrew – Wonder and Magic!: Dale John McGrew and Alissa Blackman, USA

It was Sunday night, December 3, 2006, one week past the due date. We had a wonderful meal of Indian food prepared by Alissa's mother and went to bed early. Just before midnight, contractions about twelve minutes apart began but Alissa thought "This could be another trial run--I'll believe it when I see it."

Within a few hours the contractions were every five minutes. The labor we'd been awaiting had begun in earnest. Through the darkness we worked--Alissa opening her body to the pain, and Dale filling the birthing tub with hot water, lighting candles, and making decisions to call our midwife and birth team.

What stood out for us was how important our connection felt throughout the labor. It was hard for Dale to watch Alissa in pain and he wished that she could've somehow "plugged into" him.

Alissa feels that she did "plug in" to Dale's support. With each contraction, for comfort and to contain the pain, she reached out for his hands.

Although inherently alone with the sensations, Alissa felt so blessed to have her needs met so quickly and responsively by our amazing birth team. We were so grateful to have the birthing tub and different places in our home for Alissa to labor. She knew what the pain felt like in a particular place or position: bed, tub, shower, birthing ball. One of Dale's favorite moments came when Alissa, urged by the midwife to try a new birthing position, sloshed out of the tub and shoved past him, saying "Outta my way" like a heavyweight contender.

At 10 am the second midwife, Erin, was called. Erin would be responsible for the baby at birth, for it seemed the baby would come at any moment. In the end, Alissa's body was ready before Arlo was ready. Alissa was 9cm dilated but Arlo's head had still not fully engaged in her pelvis. It would eventually take five hours of pushing to bring him down. Both of us thought of the labor pains as coming in waves. We couldn't know when the next wave would arrive, just that they would keep coming until the end. The speedy dilation had shifted to hours of excruciating pushing. Alissa's face was red, her eyes swollen nearly shut, and her consciousness was no longer in this world. With each exhausting hour we maintained our determination.

By 4pm, there was concern--Arlo's heart tones, strong throughout the labor, had dropped suddenly. After seeing some blood, the midwife said Alissa had three more pushes to get the baby out or we had to transfer to the hospital. Sinking briefly into hopelessness, Alissa imagined dressing, getting into an ambulance, hospital admittance, and probable C-section. She said, "I want to have this baby at home," and pushed with new ferocity. In a new position, Arlo's heart tones resumed their characteristic strength and the bleeding stopped as suddenly as it had appeared.

An hour-and-a-half later a small circle of Arlo's head emerged and disappeared many times. Then finally his head continued to surge forward. Our baby was crowning! With a few more pushes his entire body flooded out. We'd intended a water birth for Arlo, a gentler transition into the world outside, but as it turned out Alissa gave birth on the family bed.

The midwives surged into action, unwinding the cord from Arlo's neck, rubbing him vigorously with towels. He must have felt overwhelmed by the sudden change of environment and activity, after being held and comforted within Alissa. He cried with apparent indignation while reaching around with his arms and his color pinked up. Within ten minutes he latched onto Alissa's breast and began sucking vigorously.

We feel so blessed and lucky for Arlo's health, his mellowness, his vigor, and yes, his good looks. We are enjoying every moment of his young life. He has Dale's ears, Alissa's lips, and his very own milk-drunken sweetness alternating with a comically suspicious squint. He is very communicative, and quick to be soothed.

Dale John McGrew – Community Network Engineer

& Alissa Blackman – Marriage & Family Therapist

Email: dale.mcgreg@golightly.com

Photos: <http://www.golightly.com/profile.htm?mode=pvb&pid=2>

12. Fathers' Initiative Improves Breastfeeding in Ramnagar: A.M.M.Samsad, Bangladesh

In October 2005, I visited a Community Nutrition Center (CNC) in Ramanagar, a remote, poverty stricken area in Bangladesh. The Center is run by the National Nutrition Program (NNP) under the Ministry of Health and Family Welfare, and BRAC,* a Non-Governmental Organization. At CNC, there were about 20 members, mainly breastfeeding and pregnant mothers, discussing various aspects in their daily lives.

When I introduced myself as a breastfeeding activist, they began to share their breastfeeding experiences. Rahima said, "My (newborn) daughter keeps me awake the whole night." I realized that these women, due to the multiple roles they play, paid scant attention to breastfeeding. They have to work (sometimes forced) inside and outside their homes. Thanks to CNC, they are now aware of the importance of breastfeeding. Many women admitted that they get no help or encouragement from the family members. One mother told me, "I feed my daughter mainly in the kitchen, in one hand my baby, cooking rice with the other." They are busy with housework and are indifferent to their own health needs. They also have no right in any major decisions taken in the family, including how to feed the child. The mother-in-law, sister-in-law and the husband generally are the decision makers.

I was told that the center is promoting a father support group for breastfeeding, as support from the father is crucial in sustaining breastfeeding. Fathers are being motivated to support their partners to breastfeed their babies frequently and in comfort. A local school teacher said that the situation is changing gradually due to the intervention of the NGOs in the community. This teacher said, "Unlike previously, the men now consider their wives' (economic) contribution to the family." A spouse confessed his guilt in not supporting his wife in breastfeeding. He said "I now understand the value of breastfeeding and I think all of us should help the women breastfeed."

I helped them understand that breastfeeding is an act of love and affection to the child. It fosters bonding and nurtures a warm relationship. Breastfeeding creates a relationship between the child and family as well as the society. In most South Asian countries, the care and nurture of a child is the shared responsibility of parents and others concerned. Both parents have to ensure the child's security. In an enabling environment for optimal feeding, both father and mother can participate in breastfeeding and complementary feeding.

As I was advocating this, passers-by joined in the discussion. At the end of the session, all were motivated and pledged to support breastfeeding. Many assured me that they would breastfeed their newborns.

About a year later, I returned to Ramnagar and was encouraged to find that 87% of the babies were breastfeeding and all of these babies were exclusively breastfed. I held discussions with some members of the village including the schoolteacher, women members, Club leader, CNC and college students. All agreed that this had been possible because in every culture, a breastfeeding culture needs to be established. Behind this unique success, lies a man (father). Fathers are now more supportive in breastfeeding promotion in this region. They also value their wives' contributions.

I am happy and encouraged by this success. I also observed three-mothers-in-law and other family members being more supportive of breastfeeding because of the Father. This change is positive not only in breastfeeding, but also in other fields, decreasing gradually the mother's vulnerability.

A.M.M.Samsad, Training and BFHI (Baby Friendly Hospital Initiative) Coordinator, Bangladesh Breastfeeding Foundation

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*BRAC: Bangladesh Rural Advancement Committee, <http://www.gdrc.org/icm/brac.html>

13. The Role of the Breastfeeding Father and De pa a pa: Maria del Mar Mazza, USA

La Leche League International (LLLI) is pleased to be able to communicate that a new document in Spanish called "The Role of the Breastfeeding Father" has been developed by LLLI through a GIFS Seedgrant awarded by the World Alliance for Breastfeeding Action (WABA). The PDF document is available at http://llli.org/docs/fathers_support07.pdf. A secondary and not expected outcome from the same project is an electronic magazine (a blog). The name of the

blog is "De pa a pa" which in English means "Daddy to Daddy", <http://depaapa.blogspot.com/>. The PDF document and the blog are available only in Spanish.

Maria del Mar Mazza, Liaison/Global Hispanic Community, La Leche League International
Email: mdelmarmazza@lilli.org

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 Michael Latham - A Breastfeeding Icon

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 [Michael Latham, USA](#).

Michael Latham has touched so many of us in so many wonderful ways, blazing the trail that all breastfeeding researchers and advocates have been privileged to follow. Five of Michael's friends and colleagues have shared what Michael means to each of them.

From Ted Greiner, PhD, Senior Nutritionist, PATH, Washington DC, USA:

One of Michael's first more detailed writings on the topic of breastfeeding was actually a forward to one of my Cornell International Nutrition Monographs in the mid 1970s.

Michael was truly one of the first people to notice and to start bringing to the attention of the world the harm being caused by infant formula companies. I believe he included information about this in a formal presentation at an IUNS (International Union of Nutritional Sciences) meeting in Hamburg, possibly as early as 1966. He participated in a series of United Nations sponsored meetings of international experts and baby food companies that took place from 1969 to 1974.

Ever since then, Michael is the only academician I know of who has continued to stand steadfast, loudly opposing industry influence in all contexts and never worrying if the majority of others are not supporting his position. At one IUNS meeting in the mid 1970s he was part of a demonstration against Nestle which created quite a stir. At Cornell University, New York, USA at faculty meetings, he actively and openly opposed colleagues who took industry money, including the head of his department.

While Michael often did not win these battles, the fact that he took this position again and again over the years forced various academic or professional organizations to think seriously about what they were doing rather than just continuing to mindlessly line up to "feed" at the baby food industry trough. This is a man with a truly unique brand of courage and fortitude.

He was an advisor for students whose research and ultimate work contributed much to breastfeeding, such as Micheline Beadry, Stina Almroth, Abdulrahman Musaiger, Barry Popkin, Peggy Koniz-Booher, and myself. He also brought Penny van Esterik to Cornell for some years and inspired much of her work on breastfeeding.

When I developed the protection, support and promotion framework in 1980-81, Michael was the one who spread awareness and acceptance of this concept, by USAID and throughout the UN system.

In the early 1980s, he was a major actor in an important USAID-funded four-country study on breastfeeding that helped us better understand the role of the commercial forces, health sector, and women's work.

He has of course been a major "guru" and guiding force for WABA in various functions/positions.

From Elisabet Helsing, Founder of the Norwegian Mother Support Group, Ammehjelpen:

Michael has touched so many lives in so many wonderful ways. I knew Michael Latham by name long before I had the pleasure of meeting him in person. I saw the famous professor on several occasions in international meetings around the world, before we started to meet more regularly in the WABA steering committee meetings. Apart from being a prolific writer, he is a fearless talker. I have vivid recollections from several occasions of his saying what others merely thought, about the atrocious behaviour of the infant formula industry. In Montreal, in Adelaide, and more privately, trying to convince people to change their behaviour.... There were occasions when the normally soft-spoken, English-mannered and professorial Latham could become a fuming, high-pitched preacher. For all I know, he still has this ability.

From Professor Penny Van Esterik, Department of Anthropology, York University, Ontario, Canada:

WABA is sending me to Mumbai, India to attend a conference on sexual and reproductive health and HIV/AIDS – a conference where breastfeeding was all but absent. My flight to Mumbai was delayed out of Toronto, Canada which meant I missed my flight to Mumbai and ended up in Delhi which gave me lots of time in airports to think about Michael. So here I sit with overstuffed luggage, filled with WABA banners, pins and folders, contemplating why breastfeeding is so easily left out of such discussions, and hoping to be able to act as a bridge to link these issues and encourage new allies. But I would not be sitting here at 2 am in a Delhi airport were it not for Michael's inspiration and support over the years.

After I lost an academic position partly because of my over-zealous anti-industry actions, Michael hired me for the four country study on infant feeding in developing countries, trusting that an anthropologist (which I am) could shed some light on the cultural complexity of breastfeeding, women's work and gender. I learned so much from Michael and his students – how to deal with the subtle and not so subtle influence of the infant formula industry in research; how to speak with both an academic and an advocacy voice; how to write without jargon so that people understand you; how to speak to the heart of the matter.

Michael speaks and writes to the heart, from the heart. His generosity of spirit energizes WABA and all breastfeeding advocates. They should be calling my flight to Mumbai soon. Any possible regrets about spending the odd night in airports quickly disappears when I think of Michael and what he has contributed to this movement. He has blazed the trail that all breastfeeding researchers and advocates are privileged to follow.

From Beth Styer, Chairperson of the WABA Advocacy Task Force and past chairperson of the WABA Steering committee:

Michael has been with WABA from the very beginning and has faithfully and willingly been involved in its work, first as the coordinator of the Research Task Force, then as a member of the Steering Committee, and now as a co-chair of the International Advisory Council. Michael has always been available to represent WABA at various international meetings and has been a source of great support and encouragement for the WABA Secretariat.

"Michael is an icon and deserves global attention" says Miriam Labbok, Professor of the Practice of Public Health, and Director, Center for Infant and Young Child Feeding and Care Department of Maternal and Child Health, The University of North Carolina at Chapel Hill, USA

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.*

15. Tribute to Judy Torgus, LLL Leader and former Director of LLLI Publications Department: MSTF Coordinator and MSTF Newsletter Editors

We would like to pay tribute to someone who has been an instrumental force in producing breastfeeding information for mothers, fathers and health professionals for the past 30 years. Judy Torgus, writer, editor, publications director, LLL Leader, mother and grandmother, retired from her LLLI position in January 2007.

Many of us around the world have benefited from Judy's work at LLLI. Judy became involved in LLL as a young mother looking for breastfeeding information and support and went on to have a vital role in the production of books like THE WOMANLY ART OF BREASTFEEDING and the Breastfeeding Answer Book. Her editing skills and her work with all aspects of the publishing business opened a world of information to parents, health care providers, government agencies and others. Judy Torgus has truly touched the lives of everyone in La Leche League and many others around the world. Judy will continue to work with breastfeeding and publishing, but within the framework of retirement. We wish her all the best in this new phase of her life.

16. Award of Achievement to Sarah Amin and Susan Siew: LLLI Board of Directors

Susan Siew and Sarah Amin, Co-Directors, WABA, have been selected by the La Leche League International (LLLI) Board of Directors to receive the 2007 LLLI Award of Achievement. The Award of Achievement is for those whose actions have initiated significant change in promoting and protecting breastfeeding. With this award, the LLLI Board of Directors affirms that Susan and Sarah's work with WABA has had a profound impact on the promotion and protection of breastfeeding. The award will be presented to Susan and Sarah on Sunday, July 22, 2007 at the Gala Awards Night at the 50th Anniversary LLLI International Conference in Chicago, Illinois, USA.

Congratulations, Susan and Sarah from the MS TF and the MS TF E-Newsletter!

17. LLLI Founders Receive Award: Barbara Emanuel, USA

La Leche League International is thrilled to announce that the Founders of La Leche League have received an award from Health for Humanity, an international health related not-for-profit organization based in Wilmette, Illinois, USA. The award has been presented to the seven Founders for their demonstration of commitment to the principles of the unity and nobility of humanity and the equality of men and women. The Founders will receive this prestigious award on March 31, 2007. For more details, the press release in English can be found at this link <http://www.healthforhumanity.org/news%5Fevents/> and in Spanish at this link < <http://llli.org/Release/foundersawardsp.html>> Please share this news with anyone you think may be interested.

Barbara Emanuel, Executive Director, La Leche League International
Email: bemanuel@llli.org

18. World Breastfeeding Week 2007: Liew Mun Tip, Malaysia

The theme for WBW 2007 is "Breastfeeding: The 1st Hour - Save ONE million babies!"

Initiation of breastfeeding within the 1st hour of birth is the first and most vital step towards reducing infant and under-five mortality, by reducing the overwhelmingly high neonatal mortality rate. Save ONE million babies – beginning with one action, one hour support and one message: beginning breastfeeding within the 1st hour of birth! You can download WBW 2007 materials from www.worldbreastfeedingweek.org

WBW 2007 photo contest

WABA is launching for the first time a global breastfeeding photography contest for WBW 2007. Feature your breastfeeding photos in this year's Action Folder! 10 winning photos will be selected, and contributors whose photos are featured in the Action Folders will be awarded US\$100 for each published photo. Send your photos by 15 March 2007. Tell YOUR story through your photos - Grab your camera and start clicking away! Visit http://worldbreastfeedingweek.org/wbw_2007_photo_contest.htm for more info.

Liew Mun Tip, WBW 2007 Coordinator, Malaysia
Email: waba@streamyx.com

19. World Respected Childbirth Week: CIMS (The Coalition for Improving Maternity Services) Digest

The theme for the World Respected Childbirth Week May 7-13, 2007 is: 'RESPECTED CHILDBIRTH'

See: <http://www.smar.info/article-4960710.html>

The following are links to translations of the World Respected Childbirth Week (WRCW) 2007 statement reflecting the situation of maternity services in France. We urge groups taking part in this event to send us announcements adapted to the countries in which they wish to organise meetings and public interventions. All languages are accepted on this site!

See announcement in French: <http://www.smar.info/article-4517311.html>

See announcement in Spanish: <http://www.smar.info/article-4640080.html>

See announcement in Czech: <http://www.smar.info/article-4476711.html>

The objective of Respected Childbirth is to pay credit to people and promote places that are respectful of mothers, fathers and their babies.

The WRCW will be an occasion to reaffirm publicly that human reproduction is a SOCIAL FACT. The medical point of view should not be the sole reference when 80% of deliveries do not require medical intervention. WRCW 2007 will therefore be an opportunity to discuss ongoing projects of BIRTHING CENTRES and issues pertaining to HOMEBIRTH, the safety of which has been confirmed in numerous studies.

Please do not hesitate to send proposals, news and links that we will put on this website!

(<http://www.smar.info/article-4960710.html>)

CIMS (The Coalition for Improving Maternity Services) International Digest Number 255

20. World Health Organization Photo and Video Contest, "Images of Health and Disability"

The WHO 2007 photo and video contest, "Images of Health and Disability" will focus on Health and Environment. The contest will close on 9 March, 2007. It is co-organized by the Department on Public Health and Environment (PHE). Please see the details at the PHE web site http://www.who.int/mediacentre/events/2007/photo_video_contest/en/index.html

French: http://www.who.int/mediacentre/events/2007/photo_video_contest/fr/index.html

Spanish: http://www.who.int/mediacentre/events/2007/photo_video_contest/es/index.html

"A Portuguese link is not available."

Available in Chinese:

http://www.who.int/mediacentre/events/2007/photo_video_contest/zh/index.html

Arabic:

http://www.who.int/mediacentre/events/2007/photo_video_contest/ar/index.html

Russian:

http://www.who.int/mediacentre/events/2007/photo_video_contest/ru/index.html

The aim is to obtain a creative collection of high quality images to promote a better understanding of the positive and negative aspects of health and environment, their relevance to especially vulnerable population groups and promote excellence through competitive spirit.

HECANET Newsletter, Email: HECANET@who.int

Note: Breastfeeding photos will demonstrate the connection between health and the environment

21. Attending and Participating in the LLLI Conference: Rebecca Magalhaes, USA

Many exciting sessions and activities are being planned for the LLLI 50th Anniversary International Conference July 20-23 2007 in Chicago IL. If you have already attended an LLLI International Conference, you know how inspiring and informative it can be....and how much fun! If you haven't yet attended, you will want to explore doing just that. It is a unique and one-of-a-kind conference. You can learn more about it at <http://llli.org/07conf/07conf.html> One of the ways you can participate is by **submitting an abstract** for a conference Global Session The submission deadline is March 15th, so please read about this wonderful opportunity at <http://llli.org/07conf/Globalsessions.html>; <http://llli.org/07conf/globalsessionsSpanish.html>; <http://llli.org/07conf/globalsessionsPortuguese.html>; <http://llli.org/07conf/Globalsessionsfrench.html>

If you have questions or need more information, email RMagalhaes@llli.org Also, although the deadline for submitting an abstract for a Poster Session has passed, if you are interested in exploring this option, please email RMagalhaes@llli.org.

BREASTFEEDING RESOURCES

22. The Problem with Breastfeeding: A personal reflection: Hale Publishing House

What indeed is the problem with breastfeeding and who's responsible for solving it? As both observer and actor on the international development scene for four decades, this is the ultimate question the author poses in reflecting on that defining characteristic of our species, the nurturing and nutritional strategy called breastfeeding, which he describes as "an elemental act of allegiance to ourselves and to our children." In his view, the highest hurdles to more and longer breastfeeding are not scientific or epidemiological but political, sociocultural, economic and organizational; and he's convinced that embracing breastfeeding automatically places us on the right side of history. He challenges us to deconstruct infant formula by removing it from its unjustified nutritional pedestal in the kitchen pantry and returning it to the medicine cabinet, where it got its start, for emergency use only.

Originally published in July 2006, the book was reprinted in October 2006. Reader reviews available at Amazon: http://www.amazon.com/Problem-Breastfeeding-Personal-Reflection/dp/0977226840/sr=8-1/qid=1159270877/ref=pd_bbs_1/102-9122529-5183342?ie=UTF8&s=books

The book is dedicated to the seven LLLI Founders and there is a possibility that the book will be translated to French and Spanish in the future.

For more information, contact the author: James Akre, Geneva, Switzerland
Email: akrej@yahoo.com

23. ICDC Legal Update for 2006: Raja Abdul Razak, Malaysia

Issue 8 (Dec 2006) of the Legal Update for 2006 contains as usual Code-related news from the second half of 2006. The highlight of this issue is the **Code Story** which we hope would inject some humor and satire into the otherwise staid and serious atmosphere of the International Code.

The document is available at:

http://www.ibfan.org/site2005/abm/paginas/articles/arch_art/299-10.pdf in PDF format and can be read using an Acrobat Reader. If you do not have Acrobat Reader, you can download a free copy of the reader at <http://www.adobe.com>

To receive a hard copy of the Legal Update, please send us your mailing address.

We are always gathering information on Code activities, so if you have any exciting news drop us a note.

Raja Abdul Razak, Publications, IBFAN-ICDC (International Baby Food Action Network-International Code Documentation Centre)

Email: ibfanpg@tm.net.my website: <http://www.ibfan.org>

24. Photos of Mothers and Babies in a New Light - France

The book *Tendresses Lactées* presents a collection of beautiful photos showing motherhood from a natural perspective rarely encountered in photographs of mothers and babies. The photographer has succeeded in capturing intimate emotions with truthfulness. All the pictures give a feeling of complete happiness surrounding the mothers and their children, with the photographer as a non-intrusive presence.

Despite the fact that the scenes are not posed, the photos show a high sense of composition and framing. The photos are enriched by the personal stories of twelve young mothers, pulled together by the author with sensitivity and skill at allowing emotions to rise from the unspoken realm of the close physical and spiritual relationship between mother and child and crystallized into words.

To our knowledge, this is the only book in France to demonstrate the esthetic aspect of breastfeeding and motherhood. It creates a modern link with the traditional pictorial representations of mother and child in paintings throughout the history of art.

Different things happened for this book to come to life! In the first place, after the birth of her children, the author felt certainty and was confident that the milk flowing from her breasts would fulfill her children's needs for nourishment and love during their first months of life. Next, the author met Danièle Bruguères, president of a breastfeeding advocacy group in Montpellier, France, *Horizons Lactés*, who contacted her in the spring of 2006 for a photo exhibition for World Breastfeeding Week.

But more than anything else, the book is the result of her meeting with twelve young mothers who each had her own story and all had listened to their bodies as they brought a new life into the world.

The book is a meeting of words and images, of fresh and spontaneous views of intimate, joyous moments shared between mother and child, gathered by the photographer in the homes of these families, using natural light so as to be closer to the subjects, and to render her presence behind the lens nearly invisible.

The text is in French – but the photos speak for themselves!

To order the book on-line, please visit the website and click on *Bon de souscription*. For orders outside of France, please contact the author by email for details.

<http://www.susanneklein-portfolio.com/>

Email: susanneklein@wanadoo.fr

Susanne Klein is a freelance photographer and graphic artist. Born in Vienna, Austria, she lives with her two daughters in Montpellier, France.

25. Book on Extended Breastfeeding: Ann Sinnott, United Kingdom

Dear Mothers

I am writing a book to be published by Free Association (FA) Books (www.fabooks.com) on extended breastfeeding.

Although my background is journalism - not social science - I plan to draw on scientific research findings, especially in relation to the beneficial health properties of human milk and the breastfeeding process. The book will be written to have a broad appeal and appeal to mothers as well as health professionals. The deadline for the book is December 2007.

As a mother who practiced extended breastfeeding (my now 14 yr old daughter self-weaned when she was six and a half), my aim in writing the book is to challenge the ignorance, prejudice and fear that surrounds the natural and essentially healthy practice of extended breastfeeding.

I invite as many mothers as possible to join me in this endeavour and share their experiences by completing a questionnaire. So far, women from the Netherlands, Guatemala, Hong Kong, USA, South Africa, Croatia and Canada, as well as Ireland, Scotland, Wales and England, have completed questionnaires.

Because I want to present a broad spectrum of experience, not everyone will be interviewed/ followed-up or quoted directly but each and every completed questionnaire will be vitally important in demonstrating that it's not just a few strange women taking this mothering route. I hope this book will make a difference, influence opinion and change attitudes, but it will only do so if it represents a large enough number of mothers. I believe there *are* a large number! Please stand up and be counted! I would appreciate it if you would share this with other mothers.

Confidentiality will be maintained and anonymity assured if desired.

Ann Sinnott, mother to a 14 year old breastfed daughter, Cambridge, UK, administrator of a research project, Cambridge University, author

Email: ann.sinnott@gmail.com

CHILDREN AND BREASTFEEDING

26. *The Mouse and the Breastfeeding Tooth: Mariana Petersen, LLL Leader, Guatemala*

When my older daughter's first tooth fell out, we told her about the "Mouse" that left money when it carried away a tooth. She immediately said " ah.....but this is a breastfeeding tooth and so the mouse has to leave double the amount."

So, this is what happens to the mouse for having children immersed in a breastfeeding culture!

27. *Arantzazu's Sausage: Miriam Navarro de Vega, LLL Leader Culiacan, Sinaloa, Mexico, mother of 3 breastfed children:*

My youngest daughter, now 3 years and 10 months, is a happy breastfed child.

About 2 years ago, we went to a wedding in a city near Culiacan, called Mazatlan. Since many of us were from out of town, we stayed at different hotels. My mother, who stayed with me, decided that she and her sisters would visit in our hotel room to take care of my children so I could enjoy the celebrations a little longer.

When I returned from the celebration after 1:00 am, I found my daughter crying in a "sea of tears", inconsolable because she wanted her "sausage" (My daughter, ever since she was very young, called the breast "sausage"). Just before I arrived, my daughter woke up and began to scream, "I want my sausage" but my mother and my aunts did not understand her. They insisted that she repeat what she said and she kept screaming, "I want my sausage"! After a while, they realized that my daughter was asking for her "sausage" but my mother found it strange that my daughter was asking for sausage (as I did not give my children cold meat). My mother's sisters all together said that if Arantzazu wants her sausage then where should they buy it? My mother then remembered that what Arantaza really wanted was the "sausage of my breast." Even nowadays Arantzazu asks for her "sausage" when she wants to nurse.

NEWSLETTER INFORMATION

28. Check out these Websites

<http://www.cozybebe.org> (Spanish) attachment and respectful parenting, information on breastfeeding

<http://www.internationalbreastfeedingjournal.com/content/1/1/19>

http://www.lifecirclecc.com/files/Mental_Health_Care_Breastfeeding_PPD.pdf

<http://www.lifecirclecc.com/lactpsych.html>

http://news.bbc.co.uk/2/hi/uk_news/england/merseyside/6338819.stm knitted breasts as teaching aids

<http://www.austinchronicle.com/gyrobase/Issue/column?oid=oid%3A449491> Jennifer and the Pork Board

<http://depaapa.blogspot.com/>

29. Announcements

Events during February, March, April 2007 and other upcoming events

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

ibreastfeeding.com

8 March 2007: International Women's Day <http://www.internationalwomensday.com>
Breastfeeding in the context of 'ending impunity for violence against women and girls'
Discrimination and violence against women and the girl child can affect breastfeeding at various points in the life of a female from infancy to old age. Recognizing the inconsistencies and violence that the girl child and women face every day, World Alliance for Breastfeeding Action (WABA) supports and endorses the International Women's Day theme of 'Ending impunity for violence against Women and Girls.'

Press Release: http://www.waba.org.my/pdf/IWD2007_PressRelease.pdf

9 March 2007: Deadline for the WHO photo and video contest "Images of Health and Disability" co-organized by the Department on Public Health and Environment (PHE), with a focus on Health and Environment. Details available on: www.who.int/phe or on the WHO home page.

9 - 11 May 2007: International Conference: Towards Sustainable Global Health, Bonn, Germany <URL: <http://www.gemini.de/global-health/>>. The conference is organized by the following representatives and partners of the United Nations: UNESCO/UNEVOC, UNU-EHS, ILO, IHDP and the University of Bonn, Institute for Hygiene and Public Health (WHO CC). For further details please contact Mr. Christian Massman: globalhealth@ukb.uni-bonn.de

9-11 May 2007: 1st International Conference of the journal Public Health, Journal of the Royal Institute for Public Health entitle: *Social, Cultural and Economic Determinants of Health: International Perspectives for Global Action*. The conference will be in Lisbon, Portugal.
<http://www.publichealth.elsevier.com/>

23-27 May 2007: 7th CIVICUS World Assembly
CIVICUS is inviting all members of civil society, donors, government, business and media to register to attend the 7th CIVICUS World Assembly to be held in Glasgow, Scotland. The overall theme of the CIVICUS World Assembly is 'Acting Together for a Just World' and this will be explored through the focus theme of 'Accountability: Delivering Results'. For more information, see www.civicus.org/new/media/CIVICUS-World-Assembly-Release-12January2007.doc

20-23 July, 2007: LLLI conference in Hilton Chicago, Illinois, USA, to celebrate LLLI 50th. Anniversary
<http://www.lalecheleague.org/07conf/07conf.html>

24-25 September, 2007: The Third Annual Breastfeeding And Feminism Symposium: BREASTFEEDING, FEMINISM, AND REPRODUCTIVE RIGHTS, The William and Ida Friday Center for Continuing Education in Chapel Hill, North Carolina. For further information, contact Emily Taylor: tvemily@email.unc.edu

17 October 2007: International Day for the Eradication of Poverty
The United Nations Department of Economic and Social Affairs (DESA) will mark this event with an art competition for Children to design a stamp on the theme: *We can end poverty*. The aim is to raise awareness about poverty and inequality in the world in particular among children. The rules of the competition are available in English, French, Spanish, Russian, Chinese and Arabic, see <http://www.un.org/esa/socdev/poverty/>, and in <http://www.un.org/cyberschoolbus>
For further information please contact: Renata Kaczmarek: kaczmarek@un.org

18-20 October, 2007: The Women Deliver conference will be held in London, UK. It is a major global event bringing together the development and health community on the one goal that is common to them all: **improved women's health, safe pregnancy and childbirth**. For additional information, visit the conference web site www.womendeliver.org or email info@womendeliver.org

30. 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 **May/June/July/August 2007** issue is **April 15th. 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 2**, will be sent on **June 1st. 2007.**

31. How to Subscribe/ Unsubscribe to the Newsletter

Please share this newsletter with your friends and colleagues. If they would like to receive the newsletter, please ask them to email: gims_gifs@yahoo.com and specify the language (English, Spanish, French, and Portuguese) in which they would like to receive the newsletter.

For further information, please write to the Editors: Pushpa Panadam ppanadam@telesurf.com.py and Pili Peña yapena@pla.net.py

Support Breastfeeding –Support the MS TF E-Newsletter: MSTF Coordinator and Editors

The first issue of the MSTF E-Newsletter was sent out in the last quarter of 2003 and the newsletter is beginning its 4th full year.

The first 8 issues of the newsletter were published in 3 languages: English, Spanish and French. The Portuguese version of the newsletter appeared in Vol. 3 No 4 in 2005. The newsletter is a means of communication that reaches out to breastfeeding mothers, fathers, organizations and supporters sharing stories and information. The newsletter helps all of us who work in breastfeeding to feel supported and appreciated in what we do and to improve how we help mothers, fathers, families and communities in breastfeeding.

However, our newsletter needs support too. You can help by disseminating each issue of the newsletter and letting us know:

1. how many are receiving it directly from the newsletter editors
2. how many are downloading it from the WABA website
3. how many are receiving it through you, a subscriber
4. how many are reading the newsletter through printed copies from your organization when there is no easy access to internet.

We thank you for promoting the newsletter and supporting breastfeeding.

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

The World Alliance for Breastfeeding Action (WABA) is a global network of individuals and organizations concerned with the protection, promotion and support of breastfeeding worldwide based on the Innocenti Declaration, the Ten Links for Nurturing the Future and the WHO/UNICEF Global Strategy for Infant and Young Child Feeding. Its core partners are International Baby Food Action Network (IBFAN), La Leche League International (LLLI), International Lactation Consultant Association (ILCA), Wellstart International, Academy of Breastfeeding Medicine (ABM) and LINKAGES.

WABA is in consultative status with UNICEF and an NGO in Special Consultative Status with the Economic and Social Council of the United Nations (ECOSOC).

WABA, PO Box 1200, 10850 Penang, Malaysia

Tel: 604-658 4816

Fax: 604-657 2655

E-mail: waba@streamyx.com,

Website: www.waba.org.my

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