

Mother Support Task Force (MSTF)

World Alliance for Breastfeeding Action



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“Children are the key when pursuing a future of equity and social justice. Mothers are the key to the lives of their children and to the building of healthy families and populations. The most sustainable investment we can make in healthy populations is to take proper care of our children’s health.”

- Kofi Annan, UN Secretary-General (January 1 1997-January 1 2007)

IN THIS ISSUE

MOTHER SUPPORT TASK FORCE COMMENTS AND INFORMATION

1. The WABA/LLLI Mother Support Summit - Inspiring and Revitalizing: Paulina Smith, Coordinator, MSTF
2. MSTF Update: Paulina Smith, Coordinator, MSTF

MOTHER SUPPORT FROM DIFFERENT SOURCES

3. Mand Breastfeeding Club: Lois Englberger, Federated States of Micronesia
4. Peer Counsellor, LLL Leader and Peer Counsellor Trainer: Dilshaad Sungay, South Africa
5. Susu Mamas- A support group for women: Colleen Westaway, Papua New Guinea

MOTHER SUPPORT - BREASTFEEDING MOTHERS RELATE THEIR EXPERIENCES

6. My Waterbirth Experience: Velvet Escario Roxas, The Philippines
7. From Belgrade to the USA - The Model who Breastfed: Ljiljana Naprta, USA

FATHER SUPPORT

8. Surprised at the Hundreds of Men: Jose Luis Quirós Ab, Costa Rica
9. Promoting Men’s Involvement in Care and Support: James Achanyi-Fontem, Cameroon
10. How Fathers can participate in Breastfeeding: Amigas do Peito, Brazil

NEWS FROM THE BREASTFEEDING WORLD

11. Meet Felicity Savage - The Breastfeeding Guru: Dr. Prashant Gangal and Dr. Raj Anand, India

12. The Code of Marketing Breastmilk Substitutes and the Law No. 1478: Maria Pili Peña, Paraguay
13. World Breastfeeding Week 2007: K.Gounasegar, India
14. World Breastfeeding Week 2008 - Theme is MOTHER SUPPORT: Paulina Smith, Mexico
15. Explore the new Mother Support Task Force section: Paulina Smith, Mexico
16. E-dialogue Summaries: Paulina Smith, Mexico

BREASTFEEDING RESOURCES

17. The New book on Raising Children with Love, Attachment Parenting and Breastfeeding (in Spanish): Mariana Petersen, Guatemala
18. Las Hijas de Hirkani (in Spanish): Maria del Mar Mazza, USA
19. ICDC Legal Update July 2007: Raja Abdul Razak, Malaysia

CHILDREN AND BREASTFEEDING

20. How do older children feel about breastfeeding? Three mothers from the USA share their stories:
- Sara Dodder Furr - Norma Ritter - Cathy Liles

NEWSLETTER INFORMATION

21. Check out these Websites
22. Announcements
 - Past and Future Events
 - To Remember: Dr. Nativid Relucio – Clavano (A Filipino breastfeeding-warrior doctor)
23. Readers Share
24. Submission of Articles and Next Issue
25. How to Subscribe/ Unsubscribe

MOTHER SUPPORT TASK FORCE COMMENTS AND INFORMATION

1. The WABA/LLLI Mother Support Summit - Inspiring and Revitalizing: Paulina Smith, Coordinator, MSTF

The Summit was such an important event for me personally as well as for the Mother Support Task Force that I would like to take advantage of this space to share my thoughts and emotions. First and foremost, it was a gathering of enthusiastic persons from around the globe who have their hearts in the right place ... in Mother Support. After being out of the breastfeeding arena for six years, it was wonderful for me to be updated on this important subject matter and to re-energize my mind and soul to accomplish the many tasks ahead for the WABA Mother Support Task Force. I feel completely motivated and ready. The Summit was an inspiring and revitalizing meeting. Participants summed up the two-day Summit by saying: "This Mother Support Summit brought together passionate, creative people from many different countries and circumstances. The struggles, achievements and aspirations shared are inspirational." "Thank you for many touching moments. Many seeds are sown - - - let's help them grow!" "If we could replicate or repeat this group and these two days in its diversity, knowledge, experience and passion, a million times all over the world, our mission would be accomplished." "In many ways, what we are doing is reshaping the future of humanity." "Somewhere babies are thanking us!" As you can see, these words speak for themselves. If you were not able to attend, I am sure you will get a sense of what took place through the words of the participants.

Also, to see the Youth Group in action was exhilarating! They are bursting with positive energy, great ideas and creative thoughts. Their strong desire to advocate for breastfeeding among young people touched me deeply. They deserve a round of applause for the work they have done and for what they are planning to implement in the near future. Do visit the WABA website <http://www.waba.org.my/youth/index.htm> to read about their activities.

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Paulina Smith, Coordinator
WABA Mother Support Task Force
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2. MSTF Update: Paulina Smith, Coordinator, MSTF

Following what I wrote in the last e-Newsletter, I want to share with you that ***The State of the Art of Mother Support Summit*** was a total success. It was productive and enriching for the participants and even more, there was final consensus on actions to be implemented in the coming months and years. La Leche League International (LLLI) and WABA will keep the breastfeeding community informed on details and activities relating to these actions.

The Summit, attended by 49 participants from 23 countries, took place July 18-19 in the Hilton Chicago, USA. Participants were privileged to hear Edwina Froehlich, LLLI co-founder, deliver the Opening Keynote Address. WABA and LLLI felt that having an event devoted entirely to showcasing the value and the need for supporting breastfeeding mothers was a perfect way to honor the LLLI Founders in the 50th Anniversary of LLLI and all other mother support organizations around the world. It was even more wonderful to have people dedicated to this cause from all over the world join together to discuss and plan how to increase the visibility of the value and need for mother support.

The overall purpose of the Summit was to consolidate what the participants shared into actions that will be implemented to support the breastfeeding mother. The sharing was facilitated through an e-dialogue that took place prior to the Summit that focused on ****four questions related to support:**

- * What element or component has the most effective and positive influence on supporting the breastfeeding mother?
- * What are the obstacles that hinder or impede a positive breastfeeding experience?
- * What is the single most effective action worldwide for improving/increasing support for the breastfeeding mother(baby)? and
- * In what way could we collaborate in order to get international recognition for the need for mother support?

The summaries** from the replies to these 4 questions were brought to the Summit for further discussion, resulting in the actions.

How I wish that all of you could have been present and joined with those of us who were there to demonstrate how far the simple dream of the LLLI Founders has come and the depth of the level of support their dream has around the world!!

If you are interested in being a country contact for GIMS and the MSTF, please email Paulina smithpc@att.net.mx, Rebecca RMagalhaes@Illi.org, or Prashant psgangal@hotmail.com

****Editors' Note:** Please find the E-Dialogue Summaries in No. 16

MOTHER SUPPORT FROM DIFFERENT SOURCES

3. Mand Breastfeeding Club: Lois Englberger, Federated States of Micronesia

On October 9, 2006, the Mand Breastfeeding Club held its first session. The club, initiated by the Island Food Community of Pohnpei (IFCP) is part of the project "Traditional Pohnpei Food for Health" based in Pohnpei, Federated States of Micronesia of the Pacific Islands. It is one of 12 case studies in a global health project, led by the Centre for Indigenous Peoples' Nutrition and Environment (CINE).



The Mand Breastfeeding Club

IFCP focuses on breastfeeding as a way to improve health in this rural village where vitamin A deficiency among children and overweight and diabetes among adults are serious health problems. Eighteen mothers, 15 to 30 years old, have joined the club that has monthly informal meetings. The club's purpose is to encourage young mothers to breastfeed for its many benefits and to provide a forum to discuss challenges and questions about breastfeeding. Mothers have learned about breastfeeding benefits (both for child and mom), exclusive breastfeeding, and how to increase the supply of breast milk, based on recommendations of the World Alliance for Breastfeeding Action (WABA) and international agencies.

New members receive club t-shirts and photographs of mom/child. Sessions start with short quizzes, followed by prize-giving for correct answers. Activities include information-sharing, fun yoga exercises, healthy snacks, and weight-measuring for infants and mothers. A highlight in 2007 was a picnic/field trip with a talk on breastfeeding by a guest speaker. Other highlights have included acknowledging mothers for their breastfeeding efforts by including them in local newspaper articles, radio items, and video filming. Facilitators include members from IFCP, College of the Micronesia-FSM, and the Pohnpei Department of Health. The club activities were recently evaluated, with mothers clearly showing that they now possess breastfeeding knowledge. One mother speaking for the group said "We have learned a lot, have had fun and we hope that the club can continue!"

We would like to thank *Judy Mieger and the La Leche League Group of Cottage Grove, Oregon, USA for information materials on breastfeeding and the Global Environmental Facility Small Grant Program and Sight and Life for funding support.

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***Editors' Note:** *Judy Mieger, resident of Cottage Grove, has been a LLL Leader for more than 20 years. During the 2 years (in the 1990s) her family was in Micronesia, she started a mother-to-mother support network modeled after LLL. Since her return she has been in contact with Lois Englberger of Pohnpei.*

4. Peer Counsellor, LLL Leader and Peer Counsellor Trainer: Dilhshaad Sungay, South Africa

I became a La Leche League (LLL) Peer counselor (PC) in 1996 when my daughters were 2 and 1 year old. The PC course had a profound impact on my entire life, although right from the start, I was sure about one thing: I was going to breastfeed my babies for which I am very thankful.

The PC course taught me a lot. I learned about mothering through breastfeeding as until then I was focused on giving my children the best nutrition and doing what I thought and what was expected when it came to mothering and parenting. Thankfully I have a wonderfully supportive husband who has stood by me as we both started experiencing our roles as parents.

Soon after becoming a PC and still very eager to get more involved with breastfeeding, I became a LLL Leader. At this point, I must say that the 2 women who have really been a positive influence in my life are long-term LLL Leaders, Rosemary Gauld and Elaine Dawson. I regularly attended LLL meetings and encouraged mothers from my community*to attend the meetings.

In January 1998 I gave birth to a baby boy. I continued attending LLL meetings which kept me up to date and occasionally was able to take a mother with me. I also started volunteering to counsel mothers when they called on the telephone.

In November 2000 we had our fourth child, another boy. The homebirth I had with him made me wish to have my children all over again. I continued doing breastfeeding support, attending regular Baby Friendly Hospital Initiative (BFHI) meetings until my children started school.

Then, one-and-a-half years ago I was asked to join the PC program, funded by the Department of Health. As all my children were at school, and with the work being in the mornings, everything fell into place. My colleague and I oversee 24 PCs and their activities.

We train these wonderful ladies, introduce them to their various facilities, visit them in their workplace and meet every 2 weeks to share about their work. These women are very special. They work in their respective communities often giving much more of themselves than is required. This is because the places where they work are poor and crime-stricken with domestic violence. For many women these PCs provide a shoulder for the women to cry on, or are someone who listens to them. Usually, clinic and hospital staff do not have the time for individual counseling, so these PCs are valuable to the mothers. Since they undergo regular training sessions and are always up-to-date with accurate breastfeeding information, PCs are also valuable to the nursing staff, giving information to mothers on breastfeeding and helping a mother once she has given birth. PCs also do follow-up and encourage mothers to exclusively breastfeed their babies. "PCs are trained in mother-to-mother support to treat all mothers with respect and dignity.

PCs get paid very little and often accept better paying jobs and leave so we need to find new candidates to train. However we see this as being positive. Working as a PC has opened doors or been a stepping-stone for moving on in life for many PCs.

Oh yes, I am pregnant again. It was a welcome surprise and I hope and pray that all goes well with my homebirth. After having had the opportunity to attend the LLLI-WABA Mother Support Summit and LLLI Conference in Chicago in July 2007, I am really looking forward to the whole experience with all that I've learned!



Dilshaad Sungay, Peer Counsellor, LLL Leader Cape Town, South Africa, Peer Counsellor Trainer, mother to 4 breastfed children, 14, 12, 9, 6. She holds a B. Com in Accounting and has taught exercise classes for 14 years in her community.

** Community: Dilshaad refers to her predominantly South African Indian Muslim community which is quite conservative and where the one to one approach works better.*



Raula and Lilian who received the Medical Medal of the Order Logohu for their service to the community and Colleen received the Medal of the Order of the Logohu for her services to early childhood and the community. Logohu is bird of paradise in Motu, which is a local language

5. Susu Mamas- A support group for women: Colleen Westaway, Papua New Guinea

Susu Mamas Incorporated was originally known as "Nursing Mothers of Australia" and has existed for 32 years. In 1975, with the Independence of Papua New Guinea (PNG), the organization became Susu Mamas, meaning, "milk bi-long mother." It is comprised of a dedicated committee, fundraising to improve the services and health of children and mothers in PNG.

The original group was made up of mothers from many different countries, including large numbers of Papua New Guinean families. The main focus then was a support network for all mothers and families who chose to breastfeed, those who were expecting a child or had had children and of those who were new to PNG and had no family support.

Like many organizations, our group has evolved over the years. However, the main focus has never changed, i.e. babies, children and mothers of PNG.

When it became difficult for the local women to attend meetings due to prohibitive bus fares, it was decided that the Susu Mamas' nurses needed to get information and support out to the members and into the community. Thus began the clinical programmes. Fifteen clinics per week as well as Port Moresby General Hospital: Antenatal Clinic, Ward 10, Ward 11, Labour Ward, Special Care Nursery and several of the Children's wards are under the programme. With representation on several Health care projects and in association with WHO and UNICEF, we have

been able to provide a uniformed and united front to battle many health care issues (BFHI-Baby Friendly Hospital Initiative and Child Survival Project) and provide care and support to a minority who would otherwise not receive any support.

In 2006, rooms became available in the Port Moresby General Hospital for the use of Susu Mamas. Through community/company funding, we were able to renovate, establish and open clinical rooms and a drop-in centre. Here 550 or more women each month receive counselling, support and referrals. With a staff of four dedicated and trained nurses, an office administrator and a driver/security person, Susu Mamas has become a well known, respected and supported Non-Governmental Organization (NGO) in Port Moresby and throughout PNG.



Left to right: Mavis, Raula, Margaret and Lilian

The main daily work includes education and counselling in six main areas: General Child Care, Breastfeeding and Nutrition, Hygiene, Antenatal and Postnatal care, Immunisation, Family Planning, HIV/Aids counselling, rapid testing facilities and advice on infant feeding.

The Annual Susu Mamas' Ball is the organization's major fundraising event which is well attended, contributing towards our annual budget. To date, since no funding from the Government is received, community sponsorship and support is very important.

Susu Mamas has a board of supportive and educated women who work tirelessly to assist the group to grow and nurture all those in need. The organisation is now more essential than ever as PNG has one of the **highest infant and maternal mortality rates in the world**. As small as we are, we saw over 29,000 women in 2006 – 29,000 women who otherwise would have been less informed and less supported.

Colleen Westaway, teacher of early childhood, Co-Founder and volunteer of Susu Mamas.
Email: susumamaspom@daltron.com.pg



Velvet breastfeeding her newborn baby right after birth

MOTHER SUPPORT - BREASTFEEDING MOTHERS RELATE THEIR EXPERIENCES

6. My Water birth Experience: Velvet Escario Roxas, The Philippines

I would like to share my wonderful experience in the hope that it will inspire other women to experience water birth - another natural way of giving birth.

Birth is beautiful and challenging. While there may be women who fear the birthing process, I feel excitement, as well as anxiety. It is a process to which I have always looked forward. I am a strong woman and I feel the ability to give birth.

A lot of my friends and relatives have asked me why I opted for water birth. My answer has always been "the water called to me." It is very difficult to explain this feeling. But ever since I got pregnant, I knew that I would be able to successfully give birth in water.

Perhaps there are women who choose water birth as a pain relief measure or for gentle birthing. However, for me, I feel it was a sense of inner calling. I simply wanted to experience birthing without violence. That is why I prepared for this birth during my pregnancy. I read books, researched, psyched myself, exercised and had acupuncture sessions... psychological, physical, spiritual, emotional...

I believe that birthing should be between the mother and the baby. When the baby is due and ready to be born, the person it really needs is its mother. Water birthing empowered me and gave me a sense of power and control. According to the news, this was the first ever recorded successful hospital-based water birth in the Philippines.

My husband and I decided to have water birth in a hospital setting because we needed a safety net should complications arise. It helped to have a doctor who believed in my ability to give birth in water and having a supportive but non-invasive doctor with me during my labor and delivery heightened my confidence. She allowed me and the birth

process to unfold at my own time and pace. My husband, who acted as my labor coach, was also important during my childbirth. He was with me – loving me – and holding my hand especially during the critical stage of pushing.

My water birthing experience was an amazing journey of self-discovery. I felt that there was something very spiritual about birthing in water. I was able to listen to my inner self and feel my inner being. “Relax, breathe and feel the water”- these were my thoughts as I gave birth in awareness. I focused on me and my baby instead of the labor pains or on other persons in the room. The water served as my bubble from the outside forces. There is no greater satisfaction than knowing that I was able to give birth with very minimal medical intervention.

I feel that water birth is giving birth without violence and is the gentlest of all gentle birthing methods. It provides a gentle, kind and loving entry for the baby into this world. Now that I’ve experienced water birth, I think that there is no other way to give birth but in the water.

Cheers to all the mothers and the soon-to-be-mothers and of course the fathers!!!

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Velvet Escario Roxas, 30 years old is married to Jonathan Adam Roxas. She is mother to 5 year old Jehielle, breastfed and self weaned at 3 years and 2 months and to baby Voegelle whose birth story Velvet has described above. Velvet is very active with Arugaan.
E-mail: velvethere@yahoo.com

7. From Belgrade to the USA – A Model who Breastfed: Ljiljana Naprta, USA

I was born in Belgrade, Serbia, the former Yugoslavia. I started my career as a model while studying at a college in Serbia. The modeling career helped pay for my living expenses and also allowed me to experience life in the modeling industry. However I had always dreamt about having children and a big family.

From the beginning I found out how difficult it is to be a model, as I faced pressure from TV, publicity, newspapers, etc. My mother played an important role in my youth as I had practically no experience in dealing with this industry. As a young girl I attended church and learned the reason we live and how to prepare to be a woman.

That is why when I graduated from college, moved to the USA in 1994, got married and became pregnant, I decided to dedicate my life to my family. Breastfeeding was introduced through the prenatal classes where I learned everything about the mother and the baby. However, I felt that what was missing from the classes were that one could not be selfish nor worry too much about the changes happening to our body during pregnancy. I feel that there are changes, but they are all for the better.

I learned from my mother that she was the tenth child in her family and my grandmother had breastfed all of her children. My grandmother always looked good and had a smile on her face.

My mother who had breastfed my brother, sister and me, gave us a sense of faith and my faith helped me understand the way a mother has her baby and how to breastfeed her newborn. It was good for me to bond with my baby and I knew that all the necessary and sufficient nutrients for my baby are in my milk. I love being a mother! As soon as my baby was born, the doctor asked me whether I was going to breastfeed and I said yes of course!

I breastfed my oldest daughter for a year and my youngest for 2 years. I continue to be a model. Breastfeeding has actually made me look 10 years younger.

I feel that women have been given a gift. My message to future young mothers is that they should not worry about their bodies or feel that their husbands will love them less because they have had a baby or gained weight. I feel our breasts have been given to us for our babies and for that I am very thankful.

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Ljiljana (Lilly) Naprta, 39 years old, is mother to Tanja, 10 and Maya 7. Ljiljana loves to cook and do gardening. She lives in Orland Park, Illinois, USA.
E-mail: Indiamond777@sbcglobal.net

Editors’ Note: *Pili and Pushpa met Lilly in July 2007, as she was waiting with her 2 beautiful girls at the O’Hare airport in Chicago on her way to Yugoslavia. She was excited to know we supported and promoted breastfeeding. She is a beautiful and elegant lady who is a model and wanted to share her story with us.*

Editors' Note: *If you have breastfed your baby or are breastfeeding your baby or know of someone who is breastfeeding their baby, please share with us your/their experience.*

FATHER SUPPORT

8. Surprised at the Hundreds of Men: Jose Luis Quirós Ab, Costa Rica

The La Leche League International Conference is very much family oriented in the same way that many of our countries are family oriented. It was impressive to see a great number of men not only accompanying their partners but actually modelling the work of the father and the role that fathers have in the growth of their babies. It was lovely to watch how these hundreds of fathers carried their babies, whether the mother was or was not by their side. In the elevator during one of those days at the conference, I encountered a father carrying his son while his wife was at one of the conference sessions. I loved the idea and thought that here is a model father, the behaviour which we want to encourage in each of our countries.

In my experience, I have come to realize that a great majority of the youth - those who are single and without children - can have a great impact by expressing their opinion on the best form of infant feeding and in the development of the family and home. They can thus show that it is not necessary to become a father to start being familiar about the theme of support for the men and for the father.

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Lic. Jose Luis Quirós Ab, IBFAN LAC Regional Coordinating Office, RUMBA, Costa Rica
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9. Promoting Men's Involvement in Care and Support: James Achanyi-Fontem Cameroon

In most African countries including Cameroon, men fear they will lose respect from their peers if they are seen doing "women's work" due to gender inequality. Too often providing care and support is carried out disproportionately by women and girls.

To overcome this attitude, it is important that men begin to share care and support for children where and when it is currently taken care of primarily by women. This requires that we understand men's attitudes towards care and support as a first step to engaging them in taking action.

Protection, support and promotion of Breastfeeding involves more than caring for mothers and children. The right to breastmilk is a basic human right that should be recognised. Breastfeeding affects child spacing and early child development and contributes to a better environment.

If men are to play an increased role in providing care and support, it is important to highlight the areas on which we want men to focus:

- Men need to be presented as potential partners capable of playing a positive role in the health and well being of their partners, families and communities.
- Men should be encouraged to play an active role in the prevention of pediatric HIV and sexual reproductive care services should be used as an intervention point for men.
- Partnerships should be built with treatment, advocacy and social justice organizations.
- Activities across the spectrum of prevention should be promoted.

Through the Men's Working Group in Cameroon, we would like to involve men in care and support through:

- Strengthening individual knowledge and skills
- Promoting community education
- Educating providers
- Fostering coalition and networks
- Community social mobilization
- Changing organizational practices
- Influencing policy legislation by improving the national WHO/UNICEF Code on monitoring by including sanctions for violations.

The Cameroon Link, as an activist and advocacy group, will continue other activities such as:

- Challenge trade laws that prioritize profit over access to lifesaving possibilities.
- Create leadership training opportunities within local communities and promote community ownership through the establishment of or collaboration with local health area councils and related health taskforces.

- Educate funding organizations and service providers about the importance of increasing men's involvement in care and support activities.
- Promote social norm change campaigns through publications and fostering relationships with media and well recognized male celebrities.
- Intensify the promotion of BFHI in Cameroon.
- Participate in the preparation, organization and execution of WBW activities.

James Achanyi-Fontem, National Coordinator, IBFAN Cameroon Link Group
 E-mail: camlink2001@yahoo.com

10. How Fathers can participate in Breastfeeding: Amigas do Peito, Brazil

How can a father help in breastfeeding? In the early weeks of breastfeeding, emotional support of the father for his wife who is breastfeeding is essential. In this decisive phase, many times the woman feels uncertain and has a lot of questions such as: Will there be enough milk? and Will the baby be well fed? Thus the support of the father is fundamental. He must give this support not because he is being appreciative and loves his wife but because he understands that breastfeeding is the best option for his child.

Apart from this emotional support, he must also give this support in a more concrete form. It is not sufficient that he wants the woman to breastfeed but yet be a father who does not want to get up at night, does not want to miss a football game or postpone an outing to drink beer with his friends and even more, be a father who comes home and expects the wife to have the meal warm and ready. This is not the way!

The father can be a great help in the domestic chores, lightening the load and relieving his wife of some tasks. He can for example, carry the baby in the middle of the night to his wife to be breastfed in bed, which is a comfortable position to breastfeed during the night hours.

Another phase where the participation of the father is essential is when the baby is no longer exclusively breastfeeding and new foods are introduced. Partial weaning and later total weaning are very important phases for the father who wishes to assume a participative role. The baby during these periods is very attached to the mother's breast especially during feeding times or sleeping which usually is the last nursing of the day. The father can help out a lot here with feeding or putting baby to sleep.

The above article was written by Celso Castro, father to Antonio (6) and Alice (1).
 For the complete text in Portuguese, check: http://www.amigasdopeito.com.br/ama_depoimentos.asp?id=7
 Extract taken from Boletim Peito Aberto Ano 20, Numero 58, Julho 2007

The Global Initiative for Father Support (GIFS) was launched at the Global Forum II, Arusha Tanzania, 2002 to support Fathers of breastfeeding children.
*In October 2006, in Penang, Malaysia, the WABA's Men's Initiative was born. To learn more about how you can be involved, please contact the Co-coordinators of the Men's Working Group (MWG) Per Gunnar Engblom pergunnar.engblom@vipappor.se, Ray Maseko rmaseko@realnet.co.sz or the Regional Focal Persons:
 Europe - Per Gunnar Engblom pergunnar.engblom@vipappor.se
 Africa - Ray Maseko maseko@realnet.co.sz
 South Asia - Qamar Naseem bveins@hotmail.com
 Latin America & Caribbean Arturo Arteaga Villaroel arturoa36@hotmail.com
 You can also go to the website: <http://www.waba.org.my/men/index.htm>*

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

NEWS FROM THE BREASTFEEDING WORLD

11. Meet Felicity Savage - The Breastfeeding Guru: Dr. Prashant Gangal and Dr. Raj Anand, India

*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 MSTF would like to highlight **Felicity Savage, United Kingdom***

It is a tradition in India that a teacher remembers his/her own teacher ('Guru' in local language) while imparting to his students the knowledge learned from that teacher. This not only serves the purpose of paying respect but also states the source from where the knowledge has come and establishes the lineage. In India we are very fortunate to have had two world renowned experts in 'Human Lactation Management' as common 'Gurus' of virtually all breastfeeding advocates and trainers in our country. These 'Gurus' are Dr. Felicity Savage and Helen Armstrong. This article is devoted to Felicity.

Felicity is a paediatrician from the United Kingdom (UK), who has lived in Zambia, Indonesia and Kenya, specialising in community-based work, particularly nutrition. Since the Innocenti Declaration in 1990 and the launch of the Baby Friendly Hospital Initiative (BFHI) Felicity has specialised in breastfeeding, working with the World Health Organization (WHO) in Geneva Switzerland from 1993 to 2001 and from there traveling to other countries. She authored a book "Helping Mothers to Breastfeed", which was translated into a number of languages, adapted for use in India by Dr. Raj Anand and produced by ACASH (Association for Consumers Action on Safety and Health). It was also translated into Marathi, which is the main language spoken in Maharashtra (a state in western India) where we live.

Felicity made several visits to India from 1989 to 2003. Almost all her visits lasted over 3 weeks. Incidentally the 'training venue' in most of the tours was in Maharashtra. Three different times the training venue was 'Leslie Sawhny Center' at Nasik, a place that Felicity loves to visit. No wonder she developed a special bond for the trainers in Maharashtra! In fact her last visit in 2003 was solely to train these trainers in the 'WHO/UNICEF Breastfeeding Counseling: A Training Course' which she developed with WHO. Such was her devotion and zest to conduct this course for us that she agreed to come to India even though we could only promise her traveling expenses due to sponsorship problems. In spite of her busy schedule, she is always available to us when we need her most. This was amply evident when she reviewed the 'Breast Crawl Dossier' very recently giving not just technical inputs but also correcting the grammar. We were glad to have her "British" English.

Felicity has not reached her enviable position as a world renowned trainer easily. She has traveled across the world several times a year, staying in inhospitable environments, using difficult transportation at times and training individuals with many different cultures and languages. However, we have seen her transformed from a stern British teacher to a friendly global trainer. During trainings she is always very thorough, enthusiastic and has a quick sense of humour which makes the sessions very lively. It is fun to watch her tracking birds with binoculars in the early morning hours or trying to keep pace with her during evening walks. She is always good company with her ability to converse and lighten the discussion with witty comments.

Her inputs in India have created a revolution. Many of her "disciples" have carried the torch of knowledge to different parts of India and have continued to create trainers in Lactation Management. They in turn have worked tirelessly for Protection, Promotion and Support of breastfeeding. Our training has enabled us to initiate an ambitious project to train over one hundred thousand government health care providers in Maharashtra with UNICEF support.

Felicity was a part of the group which helped to establish WABA in 1991. She continues her mission of creating trainers as Co-Director of a 3-week Masters Level course at the Institute of Child Health in London and through a shorter regional outreach course introduced last year in Penang, Malaysia. The latter course is a collaborative activity between the Infant Feeding Consortium from the Institute of Child Health and WABA. She is presently Chairperson of the WABA Steering Committee.

We would like to see her continue her good work for many more years to come.



Dr. Raj Anand, Head, Department of Pediatrics & Neonatology, Jaslok Hospital & Research Centre, Mumbai, India.
Founder/President, ACASH (Association for Consumers Action on Safety & Health).
Advisor, BPNI (Breastfeeding Promotion Network of India),
Co-chair, WABA Steering Committee
Email: ishanand@rediffmail.com

Prashant Gangal, MD, DCH, Practicing Pediatrician, Mumbai, India, Mother Support & Training Coordinator, BPNI Maharashtra. Key Role in this capacity for: Establishing Mother Support Group in Mumbai, Traditional Massage Women Training Project, Project to train Maharashtra Government Health Care Providers in IYCF in collaboration with UNICEF, Breast Crawl Project (Video & Dossier); Co-coordinator, Mother Support Task Force, WABA (2004-05, 2006-07)

Contributed to the lead story, cover page photo and title of the book 'Hirkani's Daughters' published by LLLI.
Email: psgangal@hotmail.com

Editors' Note: *If you know of a breastfeeding advocate **who works with mother support** that you would like to see featured in this newsletter, please submit an article describing the person and his/her work.*

12. The Code of Marketing Breastmilk Substitutes and the Law No. 1478: Maria Pili Peña, Paraguay

Paraguay is one of the countries in Latin America that has a judicial framework in relation to the protection of breastfeeding and the marketing of breastmilk substitutes. In 1999, the law No. 1478 was proclaimed. "The Marketing of Breastmilk Substitutes" was drawn up with a total of 13 chapters.

This law was drawn up with the objective of guaranteeing safe and appropriate nutrition for infants, protecting breastfeeding by regulating the marketing of infant food which includes breastmilk substitutes, bottles, teats, pacifiers, nipple protectors and other products that can affect the psycho-physiology of breastfeeding.

On August 8, 2007, Maria Pili Peña, Pamela Sanchez and Marina Yambay, postgraduate students of the Public Health Programme of the School of Nursing, Catholic University, Asunción, Paraguay, presented the final thesis of their specialization, entitled: Scope of the Law 1478 "The Marketing of the Breastmilk Substitutes" in the practice of Breastfeeding. Their research analyzed the application of chapters VI and IX of the Law 1478 in a Health Centre certified as BMFH (Baby and Mother Friendly Hospital), in an urban centre in Asunción.

According to the investigation, the non fulfilment of the law 1478 related especially to the articles in Chapter VI "Information and Education on Infant Feeding" and Chapter IX of the law "Labels of the designated products" has a negative influence in the practice of breastfeeding at this health centre. This basically refers to the quality of breastfeeding practice and the decisions and options offered to consumers in the use of breastmilk substitutes.

The final recommendation of this thesis will be a plan of action to promote the fulfilment of the law and its regulation.

- In relation to the BMFH the recommendation is to seek the recertification of the hospital in fulfilling the 10 steps of the BFHI (Baby Friendly Hospital Initiative).
- In relation to the Ministry of Public Health and Social Welfare, it is recommended that the Ministry reactivate the National Committee on Breastfeeding and take a lead role in coordinating this Committee for the public health of Paraguay.

For a complete copy of this report in Spanish, please write to: Pili Peña, vapena@pla.net.py or to Pamela Sanchez, pamelanahy@hotmail.com

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Maria Pili Peña, mother of 5 breastfed children; 19, 16, 12, 7 and 6. LLL Leader, Public Health specialist, Parhupar Co-Founder and coordinator and MSTF e-newsletter co-editor.

13. World Breastfeeding Week 2007: K.Gounasegar, India

During the past 16 years Tamizhosai Radio Youth and Science Forum (TRYSF) has carried out several programmes to celebrate World Breastfeeding Week. This year the Forum organized programmes that reached a large number of breastfeeding mothers, nursing students and students of other disciplines in schools and colleges. The complete programme was recorded live by the State owned Doordarshan Kendra, Television Network and Telecast on the air.

The programmes that took place from August 1st. to August 7th included a "Face to Face" at the Loyola Teacher Training Institute, Koodapakkam; Women's Awareness at the Primary Health Centre, Alakuppam, a village near Auroville; Breastfeeding Awareness Meet at the Primary Health Centre in Mudarlipet and a Breastfeeding Quiz at the Mother Theresa Institute of Health Sciences, Puducherry. The talks covered a range of topics including the importance of breastfeeding, the role of breastfeeding, the need for breastfeeding awareness and the legal implication of breastfeeding.

For more information on these WBW programmes, please contact K. Gounasegar, at the email address below.

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14. World Breastfeeding Week 2008 - Theme is MOTHER SUPPORT: Paulina Smith, Mexico

Having recently participated in the Global Breastfeeding Partners Meeting VI in Penang, Malaysia, it is with excitement and pleasure that I share with you that the theme for the 2008 World Breastfeeding Week (WBW) will be **Mother Support**. Participants at The State of the Art of Mother Support Summit held in Chicago in July brought this forward as an Action to be implemented and it will be! We know you will be as pleased as we are with this news. The slogan for the 2008 WBW theme is: **Mother Support -- Going for the Gold**. The idea links this theme with the Olympic Games to be held in August, 2008 in Beijing, China.

For updated information on WBW 2008 please visit www.worldbreastfeedingweek.org regularly.

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15. Explore the new Mother Support Task Force section: Paulina Smith, Mexico

We would like to invite you to visit the WABA website and explore the revised and updated Mother Support Task Force Section. You will find updates, summaries, announcements and lovely photos of mothers being supported while they live their breastfeeding experiences. If you have mother support photos to share and post on the MSTF Section, please send them to WABA waba@streamyx.com

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16. E-dialogue Summaries: Paulina Smith, Mexico

The following are the summaries from the input received during the E-Dialogue that took place leading up to the WABA/LLLI Mother Support Summit (described in No. 2).

Question No.1

"In your experience or in your work, what element or component has the most effective and positive influence on supporting the breastfeeding mother?"

- There is complexity in what influences a mother to make the decision to breastfeed and to continue breastfeeding. There are generational, cultural and environmental elements that positively influence the mother. Some elements emphasized were: traditions, religions, ethnicity, family and community.
- Direct and immediate support in mother support groups/meetings, in hospital settings, through peer counselors, midwives, a phone call, in-person encouragement, a human touch or a helping hand.
- Getting off to a good start with breastfeeding right after the birth of the baby. When a mother has a positive experience once, the next time she will trust her body, her senses and her baby and know that breastfeeding is what is best.
- The importance of national policy and political will.
- Prenatal and postnatal training and education.

Question No. 2

"In your opinion, what are the obstacles that hinder or impede a positive breastfeeding experience?"

- Aggressive marketing strategies by formula manufacturers,
- Hospital practices that do not facilitate the initiation of breastfeeding,
- The Doctor/Physician – not supporting breastfeeding in various ways,
- Lack of accurate information available for the mother on and about breastfeeding,
- The realities and challenges of the work environment for the employed breastfeeding mother.

To quote a participant: *"The reality in general is that bottlefeeding neo-culture reigns in both the world of work and home"*.

Question No. 3

"What do you think is the single most effective action worldwide for improving/increasing support (for the breastfeeding mother/baby)?"

- Mother Support Groups available to every mother on this earth!

Where: - Mothers learn about their babies' feeding needs and how breastfeeding satisfies these needs.
- Mothers will be well oriented and well informed.

- The creation of mother & baby breastfeeding friendly communities and environments

Where: - Mothers will learn to give their babies the time both need to learn to breastfeed

To quote a participant: *“The creation of small mother support groups is the most sustainable mother support; it enables breastfeeding success to recapture a breastfeeding culture”*

- Recapture and re-energize the Baby Friendly Hospital Initiative
- Because: - BFHI plays a role in improving and increasing breastfeeding support
- BFHI raises the profile of breastfeeding in the community
 - Breastfeeding is a mandatory subject in schools and in universities.

Question No. 4

“In what way could we collaborate in order to get international recognition for the need for mother support?”

- Host a Conference,
- Create partnerships with International Agencies, Governments, UNICEF, World Bank, WHO, ILO, and other agencies and institutions,
- Advocate for assistance from our respective Governments and from International Organizations,
- Formulate Policy that supports and protects breastfeeding,
- Strengthen existing regulations and laws that further our goals,
- Analyze the Millennium Development Goals together,
- Disseminate information together (as a group),
- Work together to see that the Initiatives and Actions of the Global Strategy are put into effect.

To quote a participant: *“We need to speak the same language until breastfeeding babies and the needs of babies and mothers get registered at every level.”*

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BREASTFEEDING RESOURCES

17. Raising Children with Love, Attachment Parenting and Breastfeeding (in Spanish): Mariana Petersen, Guatemala

La Leche League (LLL) of Guatemala is pleased to present a new book titled: *“Confianza, la base para criar y crecer”* (Trust, a foundation for raising children and helping them grow up). The book has 20 chapters with main themes such as: Attachment Parenting, Breastfeeding, Self Esteem, Role of the family, Discipline and Tools to guide behaviour, Bonding, The Father, and Work of the Mother.

This book is written in the form of a dialogue, simulating dialogues that had occurred during the LLL mother support group meetings. This book is a tool to help mothers recognize and value their maternal intuition and for families to find a base to raise children in a loving manner. Mothers gain confidence to raise their children when they satisfy all the needs of their young children. As these needs are satisfied, children acquire confidence to grow in a demanding world.

According to Mariana, the author of the book, it was natural to breastfeed in her family. That was how her experience in motherhood started; learning important lessons with each of her 3 children whom she breastfed extensively and with whom she shares a close relationship. She also says that: “Raising children requires mutual contemplation that demands both time and devotion. We need to be careful that the rush of modern life does not interfere with the most important task we can do – to create an invisible protective coat that is woven when we give love to a child in the first 3-5 years of his life. With this love, he becomes confident, loving and sensitive.” Finally she adds that: “To live without serving is not living.”

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Mariana de Petersen was born and raised in Guatemala, has been a LLL Leader since 1983 and is married to Carlos. She gives courses and trainings to health personnel, students in the secondary school and at the university. She trains midwives and community leaders in Breastfeeding Peer Counselling. She works as a consultant in one of the biggest public hospitals in Guatemala. Her children are Alejandro (26), Sofía (24) and Maria Victoria (17). For further information and book orders, please email petersen.mariana@gmail.com

18. Las Hijas de Hirkani (in Spanish): Maria del Mar Mazza, USA

With seed grant funding from WABA, LLLI produced a book on Breastfeeding and Work called Hijas de Hirkani which can be accessed free of charge in Spanish on the LLLI website: <http://www.llli.org/LangEspanol.html>

This book was completed thanks to the funding received from the 2006 WABA Maternity Protection Seedgrant Program. A portion of this book was translated from the (English) book “Hirkani’s Daughters”, but “Las Hijas de Hirkani” also has stories from Spanish speaking mothers. It is a book that is different from the English version in that this book only has stories from Latin America and Spain (Spanish speaking countries). It also offers information that is very useful such as how to extract and store breastmilk and much more.



Maria del Mar Mazza, Liaison / Global Hispanic Community, LLLI
Email: mdelmarmazza@gmail.com

19. ICDC Legal Update July 2007: Raja Abdul Razak, Malaysia

The July 2007 Legal Update highlights the following:

- Human Rights dimension in the Philippines- the RRR(Revised Implementing Rules and Regulations) Saga
- Brazil law under siege
- Forbidding claims in the United Kingdom
- New York City bans free formula samples
- Revitalising the Decree in Bahrain
- Bearding the lion in his den in Jeddah
- Botswana

The document is available at:

http://www.ibfan.org/site2005/abm/paginas/articles/arch_art/299-11.pdf. If you do not have Acrobat Reader, you can download a free copy of the reader at <http://www.adobe.com>



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>

CHILDREN AND BREASTFEEDING

20. How do older children feel about breastfeeding? Three mothers from the USA share their stories:

Sara Dodder Furr, Nebraska, USA LLL member since 1995, LLL Leader since 1999:

My 12-year old son, Nat, who is in 7th grade asked me for some pamphlets and a copy of **The Womanly Art of Breastfeeding** to give to his social studies teacher who became a father 4 days ago. He is just assuming that of course this baby is being breastfed. He asked me last night and reminded me again this morning so he could be sure to get it to his teacher today.

Norma Ritter, IBCLC, RLC, LLL Leader, USA:

My son did something similar when he was in middle school. When his English teacher announced to the class that she was pregnant, he told her to call me for breastfeeding info! None of this “Are you going to breastfeed?” stuff, just “Call my mom!”

Cathy Liles, LLL Leader, Texas, USA, Member/LLLI Board of Directors

When my oldest was in junior high, I wrote a letter to the editor (of the local newspaper) about a man who was against breastfeeding in public. They were studying editorials in class, so he shared it with the class. The teacher said they had quite a discussion that day. After class, another student asked him if his mom was in LLL and shared that his mom was too - a new LLL Leader who had moved into town that we hadn’t connected with. He was also the child who rushed up to me when I came in one day and said, “Mom, you’ve got to call this lady NOW!” I called, she was engorged but said she really didn’t need anything and said that the nice “young lady” on the phone had already helped her. My son had told her to take a warm shower, relax and take the baby to bed. Maybe they (our children) are listening.

Editors’ Note: *If you have special memories of what your children did or said when breastfeeding or if your children themselves would like to contribute what they feel about breastfeeding or the actions they have taken to promote breastfeeding, please write to the editors.*



NEWSLETTER INFORMATION

21. Check out these Websites

<http://www.matrice.blogger.com.br/>

Breastfeeding Support for mothers in Portuguese

<http://www.youtube.com/watch?v=-3-YGLnoELQ>

This Video is on the interview of the LLLI Founders for the LLLI 50th. Anniversary – It is in English

<http://www.gentlemothering.ca/DRNewmanHandouts.html>

Dr. Newman's Handouts in English and in other languages.

www.xo-cialplaya.com

Breastfeeding Promotion in Playa del Carmen, Mexico

<http://www.southbendtribune.com/apps/pbcs.dll/article?AID=/20070919/Lives/709190462/1047/Lives>

Sleeping With Your Baby: Research supports practice, says Notre Dame anthropologist



22. Announcements

Past and Future Events

11-12 October, 2007: UNICEF UK Baby Friendly Initiative 10th Annual Conference, Waterfront Hall, Belfast, UK

<http://www.babyfriendly.org.uk/page.asp?page=8>

Please contact: UNICEF UK Baby Friendly Initiative Email: bfi@unicef.org.uk

11-14 October, 2007: 12th Annual International Meeting, Texas, USA: *Frontiers in Breastfeeding Medicine* of the Academy of Breastfeeding Medicine (ABM) <http://www.bioconferences.com/media/pdf/abm2007.pdf>

12 October, 2007: IBFAN's 28th Anniversary - Congratulations IBFAN!

14 October, 2007: National opening event la grande tétée – the simultaneous big nurse-in in 32 French cities.

www.la-grande-tete.com

16 October, 2007: World Food Day. The Food and Agricultural Organization (FAO) will celebrate World Food Day with the theme *The Right to Food*: <http://www.fao.org/righttofood/> Go to the WABA website for the WABA Press Release: www.waba.org.my

16-20 October, 2007: World Breastfeeding Week celebration in France, organized by COFAM. <http://www.info-al-laitement.be/SMAM/index.php>

17 October, 2007: International Day for the Eradication of Poverty - The United Nations

Department of Economic and Social Affairs (DESA) celebrates the 20th. Anniversary with the theme "People Living in Poverty as Agents of Change." For information on this day, go to <http://www.un.org/esa/socdev/social/intldays/IntlDay/2007intlday.html>. A special activity on **16th and 17th October**, calls to STAND UP AND SPEAK OUT against poverty and inequality and for the Millennium Development Goals. For information about this activity, go to www.StandAgainstPoverty.org

18-20 October, 2007: Women Deliver, a landmark global conference, to be held in London, UK, 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

22-25 October, 2007: WABA-BPNI Gender Training, New Delhi, India

http://www.waba.org.my/pdf/gender_training_2007.pdf

29 October - 2 November, 2007: Forum 11 will be hosted by The Global Forum for Health Research, in Beijing, People's Republic of China. The theme for Forum 11 is *Equitable access: research challenges for health in developing countries*. Please check the website www.globalforumhealth.org or email The Forum 11 Team, Global Forum for Health Research at forum11@globalforumhealth.org for further information.

8-9 November, 2007: The Human Milk Banking Association of North America 2007 meeting, Texas “Human Milk for Human Infants: Evidence & Application”

<http://www.hmbana.org/index.php?mode=Conference2007>

11-17 November, 2007: National Breastfeeding Week in United Arab Emirates

12-19 November, 2007: CAPWIP Institute for Gender, Governance and Leadership (CIGGL) Baclaran, Parañaque City, Philippines For further information see: <http://www.capwip.org/training/mggr.htm>

14-15 November, 2007: 1st Regional Conference on Human Lactation, Dubai on “Breastfeeding for Healthier Generations” <http://global-breastfeeding.org/dubai/>

For registration and further information contact: Dr.Ola wasfi, drolawasfi@yahoo.co.uk

19 November, 2007: World Day for Prevention of Child Abuse - Information available in several languages

<http://www.woman.ch/children/1-introduction.asp>

20 November, 2008: Universal Children’s Day

25 November, 2007: International Day for the Elimination of Violence Against Women (White Ribbon Day)

5 December, 2007: International Volunteer Day <http://www.worldvolunteerweb.org/int-l-volunteer-day.html>

10-12 December, 2007: Fourth South Asia Breastfeeding Partners Forum, New Delhi, India.

The theme for the forum is “Save Babies: Support Women to Breastfeed”. The Forum is hosted by The Breastfeeding Promotion Network of India (BPNI), the International Baby Food Action Network (IBFAN - Asia) and the National Commission for Protection of Child Rights (NCPCR - India) in close partnership with Government of India and UNICEF.

31 January - 5 February, 2008: International Conference for the International Society for Research on Human Milk & Lactation, Perth, Australia <http://www.isrhml.org.umu.se/>

For further information contact: Frank R. Greer, MD Secretary Treasurer, frgreer@facstaff.wisc.edu

14 February, 2008: WABA’s 17th Anniversary - Happy Anniversary WABA! www.waba.org.my

27 February, 2008: Wellstart International’s 23rd Anniversary. Happy Anniversary Wellstart! www.wellstart.org

25 February - 7 March, 2008: 52nd Session of Commission on Status of Women “Financing for Gender Equality and the Empowerment of Women”, New York City, USA <http://www.un.org/womenwatch/daw/csw/52sess.htm>

6-9 March, 2008: The Coalition for Improving Maternity Services (CIMS) Forum: *Mother-Friendly Care By All, For All, Florida*, USA. <http://www.motherfriendly.org/events/index.shtml>

If you are interested in submitting an abstract to speak at the CIMS Forum, please email: chris@motherfriendly.org

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To Remember:

Dr. Nativid Relucio - Clavano – A Filipino breastfeeding - warrior doctor

Ines Avellana Fernandez of Arugaan, the Philippines, writes on behalf of the Save the Babies Coalition:

Dr. Nativid Relucio- Clavano died on October 4th 2007, at the Makati Medical Center in Metro Manila, Philippines. We will miss our breastfeeding doctor-warrior who bravely testified against the insidious marketing of milk companies. In the 1970s and 80s, she exposed the consequences of bottle feeding and subsequent diarrhea. She continued her research on complementary feeding and despite her illness, she continued to give breastfeeding trainings, especially during the last year. One of a few brave doctors, she told the public the truth about the advertisements of milk companies in media interviews.

The multinational milk-pharmaceutical companies, Mead Johnson, Wyeth, Abbott-Ross, Glaxo-Smithkline, Novartis and others formed an NGO, the PHAP-Pharmaceutical Healthcare Association of the Philippines, and sued the Department of Health officials for passing strong rules covering bans on advertisement on babyfood for babies below 2 years old. Dr. Naty R. Clavano was waiting for the long standing (2 years) final verdict by the Philippine Supreme

Court on the revised Implementing Rules and Regulation of the Milk Code law. Unfortunately she bid the world good-bye before the results were known! She was and is an inspiration for those of us in the Philippines and everyone around the world. She was and is a moving spirit behind our baby food issue struggles.

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23. Readers Share

Jairo Osorno, MD, independent consultant, member: LLLI Health Advisory Council, WABA Health Advisory Board, Academy of Breastfeeding Medicine, writes:

Congratulations to you all! I was especially moved by reading Pedro's account of their family saga. Thanks, Judy (Canahuati), for having given this wonderful young father to the world.

Pedro Canahuati replies:

Jairo,
Thanks for the kind words. It felt like a mix of emotions while writing this but it did feel like maybe it would help others going through difficulties and remind them that they aren't the only ones ;-)
Thanks, -Pedro

Margarita Hord de Méndez, LLL Leader of Mexico emails:

Hi Paulina,
I just want to say that the new format of the newsletter is more reader-friendly. The previous one overwhelmed me and I usually didn't get around to finishing it. So congratulations!

Christine Nganno, IBFAN Cameroon Link Group writes:

Thanks for including me on the mailing list. I would like to receive the MS Newsletter in English and French, because our country is bilingual with both as official languages. Moreover, our work covers communities with different language potentials. I found the last edition of MS Newsletter in French very interesting.

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24. Submission of Articles and Next Issue

We would like to receive articles of interest for this newsletter. The themes of interest should refer to any actions taken, specific work done, investigations and projects carried out from different perspectives and from different parts of the world which have provided support to women in their role as breastfeeding mothers. In particular, please send articles that support GIMS for Breastfeeding and also articles that address father support.

The guidelines for contributing an article are as follows:

- Up to, but not exceeding 250 words.
- Name, Title, Address, Telephone, fax and e-mail of the author
- Affiliation
- Brief biography (5-10 lines)
- Web site (if available)
- Please be specific in including details where relevant: names of places, persons and exact dates.
- To be received by the date specified in each issue.

If there is a lot of information, please write a summary of 250 words or less, provide a website url or link for readers to access the full report or article or send the full report/article and the MSTF will send it to WABA to place on the WABA website.

The deadline for submitting articles for consideration for the **January-April 2008** issue is **February 1st. 2008**.

If you submitted an article and it didn't appear in this issue, it is being reserved for a future issue. **Volume 6, Number 1**, will be sent on **March 1st. 2008**.

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25. 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: Pushpa Panadam pushpapanadam@yahoo.com and Pili Peña vapena@pla.net.py

Support Breastfeeding – Support the MSTF 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 in 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 first 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.

Acknowledgement: The editors and the MSTF would like to thank the following readers for promoting the newsletter: Hidayatullah Neakakhtar of Pakistan, James Achany of Cameroon and Lois Englebert of Micronesia.

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, and the Academy of Breastfeeding Medicine (ABM). 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 MSTF is one of seven task forces that support the work of the World Alliance for Breastfeeding Action.