

Mother Support Task Force (MSTF)

World Alliance for Breastfeeding Action



3 generations by Pili Peña, Paraguay

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*Breastfeeding a baby is an empowering act, and empowered women
build healthy and educated societies.*

IN THIS ISSUE

MOTHER SUPPORT TASK FORCE COMMENTS AND INFORMATION

1. Together We Can Do Great Things: Paulina Smith, Coordinator, MSTF
2. MSTF Update: Paulina Smith, Coordinator, MSTF

MOTHER SUPPORT FROM DIFFERENT SOURCES

3. LLL Peru: Maria Pili Peña, Paraguay
4. A Hospital-Based Breastfeeding Peer Counselor Project - Helping Postpartum Mothers in Los Angeles, California: Alex Sosa, USA
- Poem by Miriam Escobar, Peer Counselor, USA
5. Peer Support Counselling Training in Penang, Malaysia: Deborah Christiansen Lee, Lee Su Li, and Julianna Lim, Malaysia
6. Mothers Respond on Receiving Support: Modia Batterjee, Saudi Arabia
7. Experiences from a Mothers' Club at the Hospital Cruz Roja: Cyntia de Leon, Paraguay

MOTHER SUPPORT - BREASTFEEDING MOTHERS RELATE THEIR EXPERIENCES

8. Breastfeeding Briana and Maiara: Maria Pili Peña, Paraguay
9. Breastfeeding on Cue: Ana Lúcia Dias da Silva Keunecke, Brazil

FATHER SUPPORT

10. How a Father Connects to his New Infant: Qamar Naseem, Pakistan
11. Project on Improving Information to Fathers: Peter Briefe, Sweden
12. Update on GIFS/Men's Working Group (MWG): Jose Luis Quirós Ab, Costa Rica

NEWS FROM THE BREASTFEEDING WORLD

13. Identifying Breastfeeding Advocates around the World: E-Newsletter Editors
14. 1st Regional Conference on Human Lactation - "Breastfeeding for a Healthier Generation": Anne Batterjee, Saudi Arabia
15. Gender and Breastfeeding Workshop: Saber Perdes, Afghanistan
16. La Grande Tétée - The Great Nurse-In: Herrade Hemmerdinger and Tania Garcia-Gouix, France
17. International Code Documentation Centre (ICDC) Update: Annelies Allain, Malaysia

BREASTFEEDING RESOURCES

18. Breastfed Babies Handle Stress Better: Bill Devin, USA
19. Breastfeeding Chants: E-Newsletter Editors
20. Breastmilk Contains Stem Cells: Science Network Western Australia
21. IMPORTANT-An Interactive Electronic Map on Mother Support: Paulina Smith, Mexico
22. Posters - Celebrating the International Year of Planet Earth: Nicole Gigg, Australia

CHILDREN AND BREASTFEEDING

23. How do older children feel about breastfeeding?
2 mothers share their stories:
 - Maria Pili Peña, Paraguay
 - Anne Batterjee, Saudi Arabia

NEWSLETTER INFORMATION

24. Check out these Websites
25. Announcements - Past and Future Events
26. Readers Share
27. Submission of Articles and Next Issue
28. How to Subscribe/Unsubscribe

MOTHER SUPPORT TASK FORCE COMMENTS AND INFORMATION

1. Together We Can Do Great Things: Paulina Smith, Coordinator, MSTF

On a personal note, I would like to share my experience working with a wonderful group of writers while preparing for World Breastfeeding Week (WBW) 2008. October 2007 was spent identifying persons who would accept an invitation to work together to create and design a concept for the theme ***Mother Support: Going for the Gold*** as well as write the content for the Calendar Announcement and the Action Folder. Once the team was formed, work consisted of different steps: a.) finding the common thread between a breastfeeding mother and the Olympics; b.) listing basic and important elements needed to support a breastfeeding mother; c.) expanding on gold standards. Utilizing a team of writers was a first for Action Folder preparation. Rebecca, assigned as the Key Writer, was sure it could be done by a group of writers and it happened with no difficulty. This team worked innovatively, creatively, respectfully and listened actively to the wants and wishes of team members. Work progressed with patience, humor, and mutual support, proving that together we can do great things. Is it not true....that with these same elements we can achieve great things for breastfeeding and mother support?

I would also like to share that my family had a wonderful end of year celebration in Hilo, Hawaii where one of my daughters lives. My husband and I enjoyed our daughters and sons-in-law as well as our grandchildren. Little Ian, now 14 months old, is nursing and such a delight! It was a wonderful moment to provide his mother, Odette, with the support she needs to continue a positive breastfeeding experience.

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Paulina Smith, Coordinator
WABA Mother Support Task Force
Email: smithpc@att.net.mx

2. MSTF Update: Paulina Smith, Coordinator, MSTF

There is so much exciting news to share since the last e-Newsletter! First and foremost, the 2008 WBW Action Folder "***Mother Support: Going for the Gold***" is moving toward successful completion. Most of you have seen the Calendar Announcement and everyone will soon receive the Action Folder. The Mother Support Task Force (MSTF) Coordinators and the team who developed the concept ***Circle of Support*** are hopeful that this concept will help everyone to see the importance of supporting the breastfeeding mother. By supporting a breastfeeding mother ***EVERYONE WINS***.

The Global Initiative for Mother Support for Breastfeeding (GIMS) Statement* has been updated and is ready for your endorsement. If you have not already endorsed it please go to www.waba.org.my/gims/gims+5.htm and download the endorsement form. The GIMS Vision addresses the importance of mother support: "*Every woman irrespective of her circumstance of residence, age, ethnicity, religion, economic and social and professional/educational status will have professional, lay and social support for breastfeeding and will receive information, education, assistance, and encouragement which enable her to have a satisfying breastfeeding experience.*"

The MSTF Section on the WABA website is fully active. The MSTF is proud of this accomplishment as it showcases the importance of Mother Support. We are grateful for the teamwork between the WABA Secretariat staff and the MSTF Coordinators. This section is a work in progress and mother support stories will soon be uploaded.

Two Summit Actions still in progress are: **1.) the construction of an interactive world e-map to enable visitors to search for mother support organizations and mother support groups; 2.) a document that will compile text on mother support from national and international documents.

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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: *The GIMS Statement and endorsement form are available in English with plans for translations into other languages.

** With reference to 1) on the e-map, please see No. 21 below

MOTHER SUPPORT FROM DIFFERENT SOURCES

3. LLL Peru: Maria Pili Peña, Paraguay

Last July, I met Fanny Mora from Peru at the Hilton Hotel in Chicago, USA. We were both attending the La Leche League International (LLL) Anniversary Conference. From a few minutes of a pleasant conversation, I thought that, should my dream visit to Peru materialize, I would definitely have the opportunity of knowing Fanny and her breastfeeding work even better.

When I arrived in Peru in October 2007, my thought became a reality. I was warmly received by Fanny, her beautiful children (dressed in Halloween costumes) and her incredible husband. Fanny is mother to Izia, 11 years old and Loïc, who is 5.

It was after Loïc was born that she searched for books on breastfeeding. Since she did not find any books locally, she communicated with a bookstore in Chile. They sent her the Womanly Art of Breastfeeding. Fanny was immediately thrilled by the book since it reflected so many of her own thoughts and beliefs on breastfeeding and motherhood.

The following week, she was invited to a breastfeeding group meeting. She was surprised to meet Alison, an LLL Leader who had been in Peru for many years, with the same book in her hands. From that moment onwards, Fanny and Alison have been in regular contact and now work together in a dynamic and efficient way.

LLL Peru supports mothers in many different ways.

Fanny, who was accredited as an LLL Leader in 2004 works with Alison, who co-founded LLL Peru in 2000. They each facilitate a support group, one in La Molina and the other in Miraflores. About 30 mothers attend the 2 group meetings regularly.

Apart from the direct support to mothers at the meetings, Alison and Fanny also offer help to mothers through the internet, answering about 110 emails per month, including E-discussion via Yahoo Groups to 84 members of LLL Peru. They also support mothers via telephone calls or home visits.

Since 2006, LLL Peru has promoted and managed a National Breastfeeding Photo Contest. Last August, 258 photos were submitted for the contest. This contest, sponsored by UNICEF Peru, the Ministry of Health, and the Ministry of Women and Social Development, used the 2007 World Breastfeeding Week theme: **Breastfeeding: the 1st Hour. Save One Million Babies!** The best photos are presented at a public exhibition in Lima during the month of August. Since 2007, all photos tour Cuzco, its provinces and other parts of the country.

Each year, the winning contest photos appear in full colour, 40 x 30 cm. in a hanging calendar, locally available for sale.

Apart from the above activities, Alison and Fanny also participate once a month in a Bio Fair held on Saturday mornings in a district in the centre of Lima. At this fair, baby slings, bags for milk expression, stickers, and pamphlets are on sale, but their presence at the fair is basically for mothers who attend the fair or those with previous appointments, to consult with them on breastfeeding.

I would like to congratulate Fanny and Alison for their wonderful work. The good news is that soon they will be joined by another mother, eager to support mothers and extend the work of these two dedicated mothers. Finally, I share with you this following thought adapted from the World Summit on Mother Support in Chicago, 2007: "In some part of Peru there are babies who will be very grateful for the work that is being done."

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Maria Pili Peña is an LLL Leader in Paraguay, Coordinator of Parhupar and mother to 5 breastfed children.
Email: vapena@pla.net.py

4. A Hospital-Based Breastfeeding Peer Counselor Project - Helping Postpartum Mothers in Los Angeles, California: Alex Sosa, USA

Tribute to the Breastfeeding Counsellors (Original in Spanish): Miriam Escobar, USA

Fellow companions, masters of breastfeeding; connoisseurs of liquid gold;
Enterprising workers; loving mothers.

You have done so much for your community, well-nourished babies.
Into the room you entered and dealt with the mother's custom of saying,
my baby is not full.

You answered the mother and overcame the mother's fear that her baby is not full.
And you reply to the mother, your maternal milk is all the baby needs, and if you love him start feeding now, for
lots of milk you will have and a healthy baby he will be.

You counselors who are blessed will someday depart, but will not be forgotten by some.
You have overcome bottles, pacifiers, and bottle nipples, in the many ways they are called.
Humanity will always be thankful for the help from you for its future generation of women and men.

The above poem was written by Miriam Escobar, a Hospital Based Breastfeeding Peer Counselor at Harbor UCLA Medical Center, Torrance, California, USA.

Miriam is one of 13 committed breastfeeding peer counselors (BPC) of the Hospital Based Breastfeeding Peer Counselor Project. She provides mother-to-mother breastfeeding education and support to mothers of new born babies.

Since its inception in 2003 in Los Angeles, California, USA, the Project has provided breastfeeding support services at 3 South Los Angeles hospitals and has annually helped 10,000 low income women. The BPCs are mothers who have extensive personal breastfeeding experiences with a desire to help other women and to make a difference in the community. They are trained by an International Board Certified Lactation Consultant (IBCLC) who builds upon their personal experiences to enable them to provide accurate, practical, and individualized education and support to postpartum mothers at bedside, and in early post-discharge telephone follow-up support.



A Hospital-Based Breastfeeding Peer Counselor Project - Helping Postpartum Mothers in Los Angeles, California: Alex Sosa, USA

This project extends the reach of the Women, Infant and Child (WIC) Program services which are offered through South Los Angeles Health Projects, a Community Health Services division of Los Angeles Biomedical Research Institute at Harbor-UCLA Medical Center in Los Angeles. The project's goal is to promote improved infant health and wellbeing by providing peer education and support to mothers and professional level training to hospital nurses.

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Alex Sosa, MS, CLE, Project Coordinator, Hospital Based Breastfeeding Peer Counselor Program,
South Los Angeles Health Projects, Los Angeles Biomedical Research Institute at
Harbor- UCLA Medical Center, USA
Email: asosa@slahp.org

5. Peer Support Counselling Training in Penang, Malaysia: Deborah Christiansen Lee, Lee Su Li and Julianna Lim, Malaysia

For the first time in Penang, WABA organised a 24 hour-peer counselling training course held in late November-early December 2007, over a period of 5 days. The course was conducted by Sue Saunders, Senior International Lactation Consultant Association (ILCA) Fellow from the United Kingdom (UK). Nine breastfeeding mothers and a grandmother participated in the course.

Deborah:

I was nine months pregnant when I took the 'mother to mother peer support' course on breastfeeding. As the mother of a two year old who had been breastfed for 18 months, I was confident with what I knew about breastfeeding, but the course was a revelation. I learned so many things. I would definitely recommend this course to any other pregnant mothers.

Fortunately for me all the other mothers who took the course are lovely, intelligent people and so all together, we left no questions unanswered. We were all deeply moved by the DVD shown on the 'Breast Crawl.' I made a point of asking for skin-to-skin when my second son was born (the day after the course ended).

I feel lucky to have been able to attend this course and empowered by it. The course taught me many interesting facts: the size of a baby's stomach at its different ages, the nipple-to-nose practical lesson with a balloon, as well as interesting insights our teacher, Sue, gave us. For example, in Africa where HIV/AIDS kills many new mothers, the grandmothers were relactating in order to feed the babies. Nature is an amazing thing!

My friend had a baby six weeks after me. With my real life experiences plus the facts and figures I learned in the course, I am able to offer her better help and support. The mothers group we formed since attending the course has been a great social support. We have set up a group web page, as well as an email list serve. Any problems we have are shared and solved. We are also actively inviting other mothers to help spread the word "Breast is Best!"

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Deborah Christiansen Lee, mother to 2 sons, 2 years 5 months and a one- month old.
Email: debzndave@hotmail.com

Su Li:
I faced so many challenges when I breastfed my eldest daughter. In part, this was due to lack of support from the hospital, friends and community. Therefore, for my second daughter I sought help. Luckily Sue Saunders, a lactation consultant from the UK visited me and shared lots of practical information with me.

After a few conversations, Sue realized that we mothers needed training to increase our knowledge and how to overcome challenges. Thanks to her guidance, I attended the peer counselling training course and picked up many important points on breastfeeding. Now, I can share these with other mothers who need help and hopefully more mothers will be blessed.

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Lee Su Li, mother to Nicole, 2 and Ráchela, 3 months and still breastfeeding. Su Li was a full time working mother but now operates a small home business. Her husband is very supportive of her breastfeeding their baby.
Email: sulilee173@gmail.com

Note: We here at the WABA Secretariat are thrilled to have successfully conducted our first Peer Support Counselling Training. This grouping of enthusiastic mothers came together from different groups in Penang. One mother came all the way from Sungai Petani, a town located on the mainland which is an hour's drive from Penang Island. We held the training course in a school for special needs children, so it was baby-proof which was great for us, as all the mothers brought their babies with them. Everything was done "pot-luck" style from lunch to tea breaks. We now have a core group of mothers trained and raring to go. Our wonderful trainer Sue also gave the mothers tips and ideas on how to organise and how to move ahead based on the new knowledge and skills which they have acquired. This is a sign of better things to come for mothers in Penang.

Julianna Lim-Abdullah, Mother Father and Community Coordinator, WABA Secretariat, Penang, Malaysia.

6. Mothers Respond on receiving Support: Modia Batterjee, Saudi Arabia

This is what I received from a breastfeeding mom after one of our counseling sessions: "Life has become a lot easier since I introduced your ideas into my baby's system. Thank you so much and God bless you" (Hadeel, 2006).

Another wrote: "I am so glad that finally people are taking care of the knowledge of labor, pregnancy and post natal breastfeeding issues."

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Modia Batterjee, MSc., IBCLC, has a small clinic at the ALBidayah Women's Health Awareness and Breastfeeding Resource Center. She conducts counselling sessions at the clinic.
Email: modiab73@gmail.com



Peer Support Counselling Training in Penang, Malaysia: Julianna Lim, Deborah Christiansen Lee and Su Li, Malaysia

7. Experiences from a Mothers' Club at the Hospital Cruz Roja: Cyntia de Leon, Paraguay

The Mothers' Club at the Hospital Cruz Roja (HCR) complies with Step 10 of the Mother and Baby Friendly Hospital Initiative: *Foster the establishment of breastfeeding support groups and refer mothers to them.* The Mothers' Club is organized by the hospital with the support of 2 La Leche League (LLL) Leaders of Paraguay.

In the beginning, there were some difficulties. The mothers are waiting for their turn to consult the doctors and may be more attentive to the nurses calling out their names than to what is being discussed in the group. As they are coming for consultation, many mothers are present at the meeting, so this is one way they have come to know of the group and are able to attend it should they need it.

Another difficulty is that there is no continuity of the same mothers attending the group. Only a few return to the next meeting. Mostly they are mothers who attend for the first time. Recently however we have had mothers who are coming, not for the medical control, but to participate in the meeting. This is good news!

Sometimes it is difficult for the mothers to talk and share their experiences with others who are present, but as the meeting progresses, there is always a mother who starts to share her experiences. That helps the group open up, encouraging them to tell their stories.

As the Mothers' Club is organized by the health staff of the hospital, the doctors or nurses who talk to the group have the tendency to "lecture" with the mothers only listening. However, having seen how the Leaders facilitate the meeting, health professionals have realised that mothers need more support than information to breastfeed successfully. The health staff has started to value the importance of communicating with mothers in a caring manner.

The mothers who attend the meeting are at different stages of motherhood. Most of them are first timers with babies only a few days old. Others are with babies slightly older or with children who are crawling or taking their first steps. Some are pregnant.

The health personnel prefer that only mothers with babies who are breastfeeding attend the meeting but we invite all mothers as we feel that even those who are not breastfeeding can learn for their next baby. We can understand why they quit breastfeeding and what is shared at the meeting benefits all of us by avoiding mistakes, correcting inadequate practices and wrong beliefs. All mothers feel welcome in an environment of acceptance and respect. Mothers are there who have almost given up on breastfeeding yet feel inspired to keep on trying and to reverse the situation so that their babies nurse more.

Mothers learn from other mothers through listening and seeing. In the sessions, we show mothers the correct position to breastfeed babies while they are nursing them during the meeting. So not only does the mother in question learn but also the others. Other topics that always come up are the introduction of solids (as there is a belief that breastfeeding is no longer important once the baby starts to eat) and the situation of the working mother and breastfeeding, as many mothers do not know how to cope with working outside the home and continuing with breastfeeding.

The support given by the fathers and grandmothers with their comments is also important as we know that for successful breastfeeding the support of the family is basic. The information shared is not only for the mother but also for other family members who attend the meeting.

I believe that this type of support group (in spite of difficulties to put it into practice), is of vital importance to hospitals. Mothers need not only medical advice but also a place where they are encouraged to breastfeed their babies, told that what they are doing is important and made to feel valued and listened to. A group meeting is also where they can clear up doubts and receive support to overcome challenges. Mothers who are supported are the mothers who breastfeed longer and with greater success.

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Cyntia León, Leader of La Leche League Paraguay is mother to 4 children, 11, 8, 5 and 2 years old.
Email: cyntialeon_o@hotmail.com

MOTHER SUPPORT - BREASTFEEDING MOTHERS RELATE THEIR EXPERIENCES

8. Breastfeeding Briana and Maiara: Maria Pili Peña, Paraguay

Some years ago, I met Elisangela at a Masters programme that I was attending in Argentina and she had come from Peru. During the course we became good friends. Sometimes I would talk to her about attachment parenting, humanized birth and of course, breastfeeding. For Elisa who was then single, these topics seemed distant. Yet I

remember she told me: I do not know yet if I want to be a mother but if I do, having a caesarean does not seem like a bad idea and I think there are many good formulas for babies...

We also talked about visiting each other and without thinking I told her that I surely would.....when she has a baby, thinking that I would have time to save for this journey.

When Elisangela called me a year ago, the first thing she said was: "I do not know how you will manage but you will have to come in about 8 months.....I am pregnant."

Somehow things worked out and I did visit my friend in Peru last October. I arrived in Punta Hermosa, Peru, to find my friend, in the middle of the night with her 45-day old babies attached to the breasts. Yes...not only did she have a baby but she had twins!! However, after a while, she took them off the breast, placed one in her arms and started giving formula milk. Her husband did likewise with the other baby.

I spent 3 days with my friend and her family. She told me she didn't have enough milk and that it was extremely uncomfortable breastfeeding, especially breastfeeding them together. I also realized that the babies were sleeping no more than 30 minutes at any one time, day or night. This was evident on the parents' faces. Although they lived in a beautiful place, they had not taken the babies out, because of the cold.

We touched on all topics... the priority being to increase her milk supply. I convinced her to try to position both babies at the breasts. The first time was a disaster and the twins cried. Not giving up, I studied the position and mathematically arguing (my friend is an engineer), I explained that with a 10 cm pillow on the shoulders, the girls would be able to stretch out their legs and be comfortable.

Using the same rationale, we discussed having adequate milk with sufficient suction; the cry could be due to constipation and not necessarily one of hunger. I also told my friend that babies have immunological protection from breastmilk, so the girls can be taken out. There was also the possible confusion arising due to mixing bottle feeding and breastfeeding, etc.

By the end of my brief stay, I was satisfied with the look of surprise on my friend's face at seeing both breasts leaking, on her finding comfort in breastfeeding both babies at the same time a couple of times a day, and at her newfound confidence in the rapid increase in her milk production.

Perhaps the most beautiful part of my brief visit was a walk shared with my friend while the babies slept comfortably in their double carriage baby stroller. We walked slowly on the road to the pier, with a wonderful view of the ocean, the rocks, the sands, and the birds as a background.

I have no idea how long Elisangela will continue breastfeeding Briana and Maiara, considering the fact of breastfeeding twins and returning to work soon. However I am certain that, thanks to her new confidence in her capacity to produce milk for her princesses, the babies are receiving more droplets and spurts of milk per day.

I believe the name that an LLL friend gave to breastmilk a couple of years ago, is most appropriate - "liquid gold".* Perhaps the twins will not breastfeed exclusively or for a longer period. However, the droplets of milk that they received or will continue receiving are truly double the amount of droplets of gold.

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Pili Peña, Paraguay, wrote the above article on the breastfeeding experience of Elisangela Cardozo Welles. Elisangela is mother to Briana y Maiara, who were born on September 4, 2007. Elisangela is an Industrial engineer, lives in Punta Hermosa and works in Lima, Peru. She is married to Flavio Caporali.

Email of Pili Peña: vapena@pla.net.py

Email of Elisangela: ecardoso@befesa.abengoa.com

Comment by Pili: *Although Elisangela returned to work in November, by the end of January, 2008, Briana and Maiara were still being successfully breastfed.*

Note: *The term "liquid gold" comes from the breastfeeding book by Waleska Porras, LLL Leader, Costa Rica, "En busca del oro líquido."

9. Breastfeeding my Baby on Cue: Ana Lúcia Dias da Silva Keunecke, Brazil

When I was pregnant, I had not heard of breastfeeding on cue. I thought that babies had specific times for breastfeeding, sleeping, waking up and crying and that my daughter would sleep in her own room from the first day of her life. My friend changed my mind and changed it a lot!!

It was while getting ready for motherhood that I heard the term, breastfeeding on cue, for the first time from *Analy on a yahoo discussion group called maternal-sp. It was an interesting idea to breastfeed without being disciplined. When Sofia was born, **Vilma, my midwife taught me lovingly about breastfeeding on cue and told me it would be easier for both of us if my daughter were in bed with me as I would not need to get up at all hours to nurse her.

I thought a lot about this term as I myself do not have a rigid time for meals and eat whenever I feel hungry. It should be so for her too, being so small. It would be a gesture of love and respect for Sofia to respond to her signs of needs.

In those first few days, I realized her needs for hunger, to suck, to be with me... I decided not to give a pacifier. Thinking of Sofia's life attached to my umbilical cord, I felt it was not good to institute a schedule for her to be with me. A baby has his/her rhythm and establishes a routine when he/she feels safe.

Like most women of today, I had to return to work and I returned to work the day Sofia was born. I wrote (legal) petitions at the computer with her at my breast. When she was 15 days old, she accompanied me to an assembly two times (in the sling and breastfeeding the whole time). At 20 days, she went with me to a hearing.

Sometimes, the topic of the hearing is serious and I would not want her in that tense environment. So when Sofia was a week old, I started to express and store my milk. At the beginning, it was torture: I expressed 20, 30 and not more than 40ml at one time, much more with a pump, waking up at dawn to express milk. I drank water - a lot of water - and thought of my daughter when I expressed this sacred liquid.

The first time I could not take her with me, she drank the milk I had left for her from a small cup. She liked it!!! She did not refuse it and recognized my milk. Dona Cida, my guardian angel, helped me care for my daughter. Dona Cida had never given a bottle to any of her 6 children, had donated milk and gave milk from small cups..... So, it was easy. And until today, Sofia has never used a bottle or a pacifier.

I breastfed her exclusively for 6 months and nursed her whenever she wanted. Breastfeeding on cue was also from a small cup! That was why I expressed my milk one day for the next day! Very rarely did I have to freeze milk for more than a day. It was always like that.

Whenever I could, I took Sofia with me in a sling: in the car, on the train, in the metro, on the bus... in whatever way, she was there: firm and strong in a sling, she wakes, nurses and sleeps! I never stopped breastfeeding my child, even in public. It was much more practical: no washing bottles, warm milk, containers with powder formula, sterilizing.

My nights were very easy: she was beside me, she would breastfeed and we both slept. My husband told me that many times he has seen me sleeping and Sofia breastfeeding. I was not even aware she was breastfeeding!

At 10 months Sofia ate fruits, drank juice and breastfed a lot, at the time she wanted!!! When she was not with me, she drank expressed milk from a cup twice a day. Later when I returned at 5pm, she nursed, played, breastfed, ate, nursed, played, slept....., played, breastfed and slept. She was fine even when her teeth came out and was without a cold. She would wake up at 1am, nurse for 15 minutes and return to her cradle next to my bed. She would wake up again at 6am and come to bed where she would nurse and then play between 08:30 – 09:00am until Cida came. We would then separate and I would go to work. During the weekends, she breastfed a lot more as she was with me. When she was with my mother or my husband or my stepchildren, she felt good and at times did not want to nurse.....

My daughter is active, very independent, happy, and playful because she is drinking milk from a happy mother.....

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Ana Lúcia Dias da Silva Keunecke is a 33 year old lawyer and mother to Sofia, born on August 4th, 2006. She has also been a stepmother for the past 9 years, to Marina, 16 years and Maurício, 19 years.
Email: anakeunecke@terra.com.br

Editors' Note:

**Analy Uriarte of Brazil who also assists in the Portuguese translation of this newsletter, forwarded this article to us.
**Vilma Nishi, a midwife with 20 years' experience in São Paulo, attended to Sofia's homebirth.*

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

10. How a Father Connects to his New Infant: Qamar Naseem, Pakistan

There are many ways for a father to connect to his new infant. First time fathers, especially, need to be encouraged to hold their newborns, because they are often hesitant to hold the tiny babies. Bringing the baby to the mother to breastfeed is a great way to demonstrate to the baby that the father can, in fact, meet his baby's needs. His baby will be well aware of the fact that the father is the "transportation" to the food.

Since supporting a family in today's economy can seem overwhelming, the cost savings of breastfeeding are also a good benefit for fathers as well as mothers. A family's income can stretch that much further if there is no formula to buy and breastfed babies generally have fewer health problems, resulting in lower health care costs. Many feel they can't afford not to breastfeed. Also a healthier baby is a happier baby, and there may be fewer long nights of staying up with a sick or cranky baby.

The support of a baby's father can help the breastfeeding relationship succeed. The father can head off discouragement, deflect negative comments from friends and relatives, help calm a fussy baby and bring the mother food and drink while she is breastfeeding. Most importantly the baby's father can remind the new mother that breastfeeding is one of the most important things she can do to get their baby off to a good start in life.

"Breastfeeding is enhanced and the nursing couple sustained by the loving support, help, and companionship of the baby's father. A father's unique relationship with his baby is an important element in the child's development from early infancy."

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The above article, written by Qamar Naseem, WABA Men's Working Group Coordinator for South Asia for WABA, is extracted from the White Ribbon Alliance Newsletter, V4 Issue 3, Sept. 2007 entitled **WABA Men's Initiative**. Check the WABA website for Men's Initiative at: www.waba.org.my/men/
The full article can be downloaded at: http://www.waba.org.my/men/articles/news/wra_newsletter.pdf
Qamar Naseem can be contacted at bveins@hotmail.com

11. Project on Improving Information to Fathers: Peter Briefe, Sweden

In the autumn of 2007, the Child and Maternity Health Care in the Göteborg region started a big project which hopes to provide fathers with better information during the transition period into fatherhood, the year surrounding the birth of a man's first child. The project is being carried out in cooperation with an organization called Män för jämställdhet (Men for Gender Equality). The time frame for the project is about 18 to 24 months.

As part of the project, I am writing a handbook for men that will educate these fathers. The handbook will basically contain existing knowledge (mostly from scientific studies) and instructions on how to run a fathers' group. The content of the book will include:

- what fathers often experience during this period in life
- things to watch for and tips on how to deal with situations that might occur
- what the woman is or might be going through, both body and mind
- the parental relationship, the father and the mother as a team
- the development of the foetus and baby
- the benefits of breastfeeding
- the views of companies on maternity and paternity leave
- the role of the father in general

The instructions for running a fathers' group will address what to cover for each group, how to deal with the group situation (a mixture of discussion and lecture) and tips on useful anecdotes/stories and exercises.

.....
Peter Breife who lives in Göteborg, Sweden is father to 2 boys, 15 and 10 years old. Each of them were breastfed for nearly 3 years. He is a musician and a 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

12. Update on GIFS/Men's Working Group (MWG): Jose Luis Quirós Ab, Costa Rica

In Latin America, the Men's Working Group (MWG), together with the support of RUMBA are working on an activity sheet for men, with the focus being on gender equality and support for mothers, babies and their nutrition and care. We are also working with the WABA Secretariat and the MSTF in developing an electronic (e-)map for mother support with information on mother support groups and organizations around the world.

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Lic. Jose Luis Quirós Ab, IBFAN LAC Regional Coordinating Office, RUMBA, Costa Rica
Email: josequirosr@yahoo.com Website: www.rumbalac.org

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

13. Identifying Breastfeeding Advocates Around the World: E-Newsletter Editors

Many individuals around the world are working faithfully and with dedication to support mothers in their breastfeeding experiences. Who do you know from your country, your region, your city, or your neighbourhood who works diligently and enthusiastically in promoting, protecting and supporting breastfeeding? Please take the time to write about this person and submit your article to the MSTF E-Newsletter. What a wonderful surprise it would be for her/him to be acknowledged in this public forum! We look forward to receiving articles on many breastfeeding advocates from all over the world! Thank you.

Send your article to: pushpapanadam@yahoo.com or vapena@pla.net.py

14. 1st Regional Conference on Human Lactation - "Breastfeeding for a Healthier Generation": Anne Batterjee, Saudi Arabia

On November 14/15, 2007, over 500 health care providers, mothers and interested individuals crowded the Al Owais Auditorium of the Al Baraha Hospital in Dubai, United Arab Emirates (UAE) for the first ever conference on human lactation to be held in the Gulf region. Organizers under the auspices of His Excellency (HE) the UAE Minister of Health, and Dr. Humaid Al Qutami provided an informative agenda of lectures and workshops that brought together participants from more than 17 countries allowing them to learn, be inspired and share their knowledge.



Mrs. Abd Almajeed Batterjee (Anne Batterjee) received The Merit Award for the "Best Regional Breastfeeding Advocate" at the conference.

A distinguished list of international speakers covered the most up to date issues related to breastfeeding; Ted Greiner (USA), Elisabeth Hormann (Germany), Alison Linnecar (Switzerland), Elisabeth Sterken (Canada), Dr. Azza AbuFadl (Egypt), and Elaine Cote (Switzerland), to name just a few.

The organizing committee reached their goal of bringing together the people of the Gulf with distinguished members of the global breastfeeding movement, to place impetus on the Global Strategy for Infant and Young Children (GSIYCF, World Health Assembly, 2002). Lectures were followed by workshops on topics such as growth charts, Kangaroo Mother Care (KMC) and maternity protection. The workshops were full with over 100 + participants in each one.

Sponsors were screened to ensure that this event could not be used to promote unacceptable feeding methods or artificial formula. A special Thank You is owed to Dr. Maryam Mattar, Assistant Undersecretary of Public Health, Ministry of Health, UAE.

It is hoped that this conference will become a bi-annual event. Please visit the conference website where you can access the full program and where further information will be posted: <http://global-breastfeeding.org/dubai/>

For those interested in IBFAN Arab World (IAW) and other IBFAN offices please visit www.ibfan.org

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Anne Batterjee is mother to 5 children (2 boys and 3 girls) and grandmother to 7. She is an LLL Leader, LLLI Peer Counselor Program Administrator, WABA member, LLLI Representative to WABA for the Middle East and Africa, Member of the Advisory Committee for IBFAN Arab World, member of the Breastfeeding committee for Jeddah Health Affairs Directorate, BFHI Counselor and Trainer, Owner of ALBidayah Women's Health Awareness and Breastfeeding Resource Center.

Email: annebatterjee@gmail.com

Note: ALBidayah Women's Health Awareness and Breastfeeding Resource Center:

Al Bidayah in Arabic, means the "Beginning". It is operated as a woman's health awareness and breastfeeding resource center. It enables the public to have a place to come for answers to women's/children and parenting issues as well as information on LLLI, WABA, IBFAN, IBFAN Arab World. Classes at the Center are on Childbirth, breastfeeding, Cardio-Pulmonary Resuscitation (CPR), first aid, parenting and yoga for mothers in all stages of life. We also have outside instructors who teach STEP parenting, a course of alerting parents to preventing child abuse. Training is also conducted for Medical professionals on Lactation Management, Peer Counselling Programmes and breastfeeding Mother Support.

15. Gender and Breastfeeding Workshop: Saber Perdes, Afghanistan

It was a beautiful sunny summer day in Kabul when I checked the WABA website for the first time in my life. Skimming through the titles, I noticed that applications for a Gender and Breastfeeding Workshop in New Delhi, India, were still being accepted. Although I was not sure if I would be selected for the workshop, I filled out the application form and sent it to WABA. A month later, I received an email asking me for confirmation. I was very happy and replied immediately.

I arrived in New Delhi on October 18, 2007. I was very excited about the workshop and met Lakshmi Menon and Devi Derchana just before the workshop commenced. Both of them were very friendly and helpful. They shared unforgettable experiences and ideas with me prior to and during the workshop.



Dr. Saber Perdes at the Gender and Breastfeeding Workshop, India

The Gender & Breastfeeding Workshop, held from October 22-25, 2007, was a great experience for me. It was an international workshop and people from all around the globe came together, shared their ideas and experiences, discussed gender, breastfeeding, maternity leave and other topics. All the resource persons were experienced and friendly. They shared their life stories with me and facilitated all the sessions in a very friendly way. All of the participants were friendly and kind. They listened to me and there was mutual respect. As a result of the workshop, I wrote an article on gender and breastfeeding which will be published in both English and Pashto in the next issue of Salamati, a health magazine of Afghanistan, in late March or beginning of April 2008. The theme of the issue is Nutrition.

I would like to cordially thank WABA and the Breastfeeding Promotion Network of India (BPNI) for providing me with the opportunity to attend this workshop and to benefit from the great experiences of the resource persons and the multicultural environment. I hope that I will be able to participate in other workshops in the future.

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Dr. Mohammad Saber Perdes, Nutrition advisor of the Information, Education and Communication(IEC), Ministry of Public Health, Kabul, Afghanistan. Dr. Perdes who graduated from the Faculty of Medicine, Afghan University, Peshawar, Pakistan in 2002 has worked as a translator/editor in Afghanistan Monitor and has translated many documents and books amongst which are **Children of War, Breastfeeding Counselling Course** (Trainers' Guide and Participants' Guide) translated for Public Nutrition Department of Ministry of Public Health, BFHI (Baby Friendly Hospital Initiatives) and Empowerment & Life Coaching, a training book.

Email: drperdes@yahoo.com

16. La Grande Tétée – The Great Nurse-In: Herrade Hemmerdinger and Tania Garcia-Gouix, France

*La Grande Tétée is a national French event of simultaneous nurse-in that took place on October 14th, 2007 in 36 French cities. Here is a description of what took place on that day in 2 of these cities, **Montpellier** and **Nîmes**.*

1. Montpellier:

In Montpellier, *La Grande Tétée* was covered by 2 television channels, a newspaper and one radio station. Soon after the event, the La Leche League (LLL) Leaders were invited to the Centre Hospitalier Universitaire (CHU), a University Hospital.

We did baby wearing workshops (both with wrap around slings and La Leche League slings) all day long. There was also an amazing Forum Play by la Compagnie de l'Escargot on how at the beginning of breastfeeding the hospital was ruining a mother's breastfeeding efforts. Initially the play ended with the mother having to take medication to stop her lactation. Then the company informed the audience that they were going to do the play again but this time with participation from the audience. Those who wanted to say something should raise their hands. If they felt that something ought to be changed about the play for the scenario or the actors, they could come on stage and replace one of the characters, and change the whole course of the play.

<http://www.grandetete.com/regions/montpellier.php>

Herrade Hemmerdinger is an LLL Leader in Montpellier, France and mother of Laura, 7 and Victoria, 4 years old.
Email: herrade@wanadoo.fr

2. Nîmes

On Sunday, October 14, 2007, Celine Salaun and I were waiting for thirty mothers in front of the Temple of Diana at the Jardin de la Fontaine in Nîmes. Thirty two mothers and media representatives (2 reporters and 3 photographers) arrived at about 2 pm. We had set up a small stand with information on the Grande Tétée and forms to fill in. Cecile Orliac, the local LLL Leader, had left flyers on LLL, as well as flyers on doulas, slings and breastfeeding cushions.

The journalist from the Gazette of Nîmes took several photos, while I answered questions from the Midi Libre and France Bleu Gard Lozère.

The picture of all the mothers together was taken at 2:30 pm within the Temple. Following the picture-taking, refreshments were enjoyed and we were able to answer questions from pregnant women and mothers with problems, so they could leave with answers to their questions. We had wonderful discussions, and fully enjoyed the beautiful sunny day together.

<http://www.grandetete.com/regions/nimes.php>

Tania Garcia-Gouix, France

17. International Code Documentation Centre (ICDC) Update: Annelies Allain, Malaysia

Available on the International Baby Food Action Network (IBFAN) website: www.ibfan.org are 3 important issues:

Under Code Watch

1. **BTR* 2007** for the Latest Code Violations -

NEW!!!! A 150-page report on practices by baby food companies which violate the International Code of Marketing of Breastmilk Substitutes. There are many full colour pictures of violations.

http://www.ibfan.org/site2005/Pages/list2.php?cat_id=88&iui=1

2. **Beyond BTR 2007** - catch 'em at the hotel - Nestle's backpacks and samples.

http://www.ibfan.org/site2005/abm/paginas/articles/arch_art/534-1.pdf

Under North America

3. Exciting research on DHA (an omega-3 fatty acid) and ARA (an omega-6 fatty acid) making up the diarrhoea formula http://www.ibfan.org/site2005/Pages/article.php?art_id=536&iui=1&goto_news=1

Annelies Allain, International Code Documentation Centre (ICDC), Penang, Malaysia

Email: ibfanpg@tm.net.my

website: www.ibfan.org

*BTR: Breaking the Rules

BREASTFEEDING RESOURCES

18. Breastfed Babies Handle Stress Better: Bill Devin, USA

Bill Devin, USA, includes information in an email about a British study that was reported in the Archives of Disease in Childhood. This study shows that breastfed babies handle the anxiety linked to parental separation and divorce better than formula fed babies. Nine thousand infants were tracked from birth and followed up at 5 and again at 10 years old. Consistent with other studies, the children from separated and divorced homes were experiencing more anxiety, but the breastfed children were significantly less anxious. To review the article: <http://adc.bmj.com/cgi/content/abstract/91/12/990?maxtoshow=&HITS=10&hits=10&RESULTFORMAT=&fulltext=breastfeeding+stress&andorexactfulltext=&and&searchid=1&FIRSTINDEX=0&sortspec=relevance&resourcetype=HWCIT>

.....
Above extract was submitted by Bill Devin, babyslings2@cox.net

19. Breastfeeding Chants: E-Newsletter Editors

The E-Newsletter Editors would like to let you know about a breastfeeding chant that was written and sung at the 2005 LLLI Conference. It can be found (**in English**) at the following link: http://www.lalecheleague.org/mp3/LLL_podcast_030-BreastfeedingChant.mp3

The words are:

Breastfeed for love
Breastfeed to live
Breastfeed for life
Pass it on.

Zoe Mulford, musician and song writer, facilitated a discussion group during one of the conference sessions. Under Zoe's guidance, the discussion group members created the words and melody for this breastfeeding chant. The tune is from a song with origins in the 1930s when workers in the USA were trying to organize into unions.

Zoe is the daughter of Chris Mulford, USA. Chris is Co-Coordinator of the WABA Women and Work Task Force.

As the song says "pass it on!" Feel free to translate this song to another language and sing!

20. Breastmilk Contains Stem Cells: Science Network Western Australia

Dr. Mark Cregan, a molecular biologist at The University of Western Australia made the discovery that human breast milk contains stem cells. According to Dr. Cregan, his discovery could be the start of many more exciting revelations about the potency of breast milk.

He believes that breastmilk not only meets all the nutritional needs of a growing infant but contains key markers that guide his or her development into adulthood. He points out that we already know how breast milk provides for the baby's nutritional needs, but are only just beginning to understand that it probably performs many other functions.

He adds that although many mothers see milks as identical – formula milk and breast milk look the same so they must be the same - but in fact they are quite different and a lot of the effects of breast milk versus formula do not become apparent for decades. Although formula companies have focussed on matching breast milk's nutritional qualities, formulas can never provide the developmental guidance.

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Please access the full article at: <http://www.sciencealert.com.au/news/20081102-16879.html>

21. IMPORTANT-An Interactive Electronic Map on Mother Support: Paulina Smith, Mexico

A proposed action and one of the 2007 Mother Support Summit outcomes was to create an interactive electronic map of mother support. On this map, internet users will be able to go to a country and find information on a Mother Support Organization and/or Mother Support Group. Work on this map is progressing, with the participation of the Mother Support Task Force together with the Youth Group. It is both an ambitious and an exciting project. You can help us turn the map from an idea into a map full of mother support! Please send the following details of a mother support group or organization to smithpc@att.net.mx

Name of mother support group or organization:
Country:
City:
Email:
Phone number:
Website:

Thank you for your help!

.....
Paulina Smith, Coordinator, WABA Mother Support Task Force
Email: smithpc@att.net.mx

22. Posters - Celebrating the International Year of Planet Earth: Nicole Gigg, Australia

2008 is the International Year of Planet Earth and the Manning / Great Lakes group of the Australian Breastfeeding Association are pleased to present a new and exciting way of promoting breastfeeding.

A beautiful range of eight A3 sized posters are now available for pre order. They focus on the environmental benefits of choosing to breastfeed. Featuring gorgeous children, from newborns during a first breastfeed to exploring preschoolers, there is a poster for all the ways in which breastfeeding contributes to preserving and protecting the environment. For further information see, <http://www.mumsmilk.org/posters.htm>

.....
Nicole Gigg, Community Educator, Environmental Poster Contact, Manning Great Lakes Group NSW, Australia
Email: ababec@hotmail.com Website: www.mumsmilk.com

CHILDREN AND BREASTFEEDING

23. How do older children feel about breastfeeding? 2 mothers share their stories.

Pili Peña of Paraguay writes what Elena, her 16 year old daughter told her:

My classmates are very stressed and overwhelmed with school work and projects, chemistry, philosophy, science fair, art, etc..... And they don't even have all the extra curricular activities that I have, playing the violin at social events, orchestral concerts, etc. After she had thought for a while, she added: It must be the mother's milk.

(Note: Elena was breastfed!)

Anne Batterjee of Al Bidayah Center, Saudi Arabia shares:

A young pregnant mother called to tell us that she met a group of young high school students. They immediately asked her if she knew us and whether or not she had taken a class from us on breastfeeding. She happily told them that she had and was planning to breastfeed. They all told her that they were waiting to grow up, marry and become mothers too and that the first thing they planned to do when that happened was to make sure they came to us for breastfeeding support.

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

24. Check out these Websites

Breastfeeding Saves Lives, a video developed by Dr. Rosa Buss of Hospital Cruz Roja, Asuncion, Paraguay.
<http://www.youtube.com/watch?v=yqDTqV3rzBI> (in Spanish)

There are many benefits of knowing how to express milk from the breast without the use of expensive or cumbersome pumps. In this video, Dr. Jane Morton demonstrates how easily hand expression can be taught to mothers.
<http://newborns.stanford.edu/Breastfeeding/HandExpression.html>

The Canadian Prenatal Nutrition Program (CPNP) has put together a list of breastfeeding resources.
<http://www.bcapop.ca/nationalproject.php>

A website in Portuguese on Humanized Birth www.amigasdoparto.org.br

Starting a Mother's Milk Bank in New England
<http://www.ideablob.com/ideas/1248-Got-Milk-Help-save-babies>

A Centre to Promote Breastfeeding in Jeddah, Saudi Arabia
<http://www.arabnews.com/?page=21§ion=0&article=94336&d=29&m=3&y=2007>

MAMI- Movimento allattamento materno italiano (The Italian Breastfeeding Movement)
<http://www.mami.org/gruppi.htm> in Italian

Population Reference Bureau's 1st issue, December 2007, New & Noteworthy in Nutrition
<http://www.prb.org/pdf07/nnn01.pdf>

Nacer Latino Americano is an E-Newsletter in Spanish. It is a useful tool for health workers in Latin America and the Caribbean to interact, publish and communicate information on prenatal maternal and reproductive health.
http://www.nacerlatinoamericano.org/Archivos/Menu-principal/07_Nuevas%20noticias/01_Novedades/00.htm

25. Announcements

Past and Future Events

14 February, 2008: 17th. Anniversary of WABA. Congratulations WABA!

27 February, 2008: Wellstart International's 23rd Anniversary. Happy Anniversary Wellstart!

2-7 March, 2008: First Global Forum on Human Resources for Health, Kampala, Uganda.
The forum will facilitate an analysis of what works, what has not worked and why, and how to accelerate progress. It will act as a launching pad for a global action plan.
http://www.who.int/mediacentre/events/meetings/hr_forum/en/index.html

7 - 9 March 2008: Conference, Ancient Art of Mid Midwifery Institute. For further information see:
<http://www.trustbirthconference.com/>

8 March, 2008: International Women's Day <http://www.internationalwomensday.com>

14 March, 2008: 7e Journée Internationale de l'Allaitement (7th. International Breastfeeding Conference) organized by LLL France in Paris. The theme of the one day conference for health professionals is *Accompanying breastfeeding... in every circumstance!*
For information in French see: www.lllfrance.org

7 April, 2008: World Health Day, *Protecting Health from Climate Change*
http://www.who.int/mediacentre/events/annual/world_health_day/en/index.html

17-19 April 2008: Countdown to 2015 Conference, Maternal, Newborn and Child Survival, Capetown, South Africa
http://www.countdown2015mnch.org/conferences_02.html

28-30 April, 2008: International Conference on Primary Health Care and Health Systems in Africa, Ouagadougou, Burkina Faso.
http://www.who.int/mediacentre/events/meetings/phc_africa/en/index.html

15 May, 2008: International Day of Families

21-24 May, 2008: X Encontro Nacional de Aleitamento Materno (ENAM) or National Encounter of Breastfeeding, Belem Brazil. Web site www.enam.org.br

27-31 May, 2008: 35th Annual International Conference on Global Health, Washington D.C. USA. Conference Theme: *Community Health: Delivering, Serving, Engaging, Leading* <http://www.globalhealth.org/conference/>

5 June, 2008: World Environment Day, *CO₂ Kick the Habit Towards a Low Carbon Economy*

15-18 June, 2008: Congreso Internacional de Partería/Parto Humanizado (International Congress on Midwifery/ Humanized Birth), Chiapas, Mexico. For further information email: congreso@lunamaya.org or see www.lunamaya.org/congreso

25-28 June, 2008: 2nd International Babywearing Conference, *Carrying the Future*, at DePaul University Lincoln Park campus in Chicago, IL, USA.
<http://www.babywearingconference.com/>

1 August, 2008: Deadline for nominating children for the International Children's Peace Prize*. For further information, please email Stijntje Schreurs at: info@childrenspeaceprize.org

Check websites at: <http://www.childrenspeaceprize.org/en/> , www.kidsrights.nl.

**The International Children's Peace Prize is awarded to a child between the ages of 12-18 years. He/she has devoted a lot of energy in improving the rights of children.*

1-7 August, 2008: World Breastfeeding Week, "Mother Support: Going for the Gold".
www.worldbreastfeedingweek.org

3-8 August, 2008: XVII International AIDS Conference (AIDS 2008), México City, México. The theme *Universal Action Now* underscores the continued urgency of the pandemic and reminds us of the responsibility we have, to take individual and collective action. For scientists, researchers, people living with HIV and other civil society leaders and professionals working in the field of HIV/AIDS, AIDS 2008 is an ideal opportunity to meet new colleagues and learn from the experiences of others engaged at the local, national and international levels. <http://www.aids2008.org/>

6-7 October, 2008: 1st European Conference on the Kangaroo Mother Care (KMC) Method: *Why KMC in a high tech setting*, in Uppasala, Sweden. <http://www.waba.org.my/pdf/KangarooMotherCare.pdf>

8-11 October, 2008: 7th International Workshop on Kangaroo Mother Care (KMC). Uppsala, Sweden
<http://www.waba.org.my/pdf/KangarooMotherCare.pdf>

14-17 November, 2008: 11th. Association of Women's Rights in Development (AWID) International Forum on Women's Rights and Development: *The Power of Movements*, in Cape Town, South Africa. Registrations from March, 2008. For details see: <http://www.awid.org/forum08/>

26. Readers Share

Mimi Maza, LLL Guatemala writes:

Thank you.

It is a beautiful newsletter. CONGRATULATIONS!

Hugs, Mimi

Colleen Westaway, Susu Mamas, Papua New Guinea emails:

Thank you so much for your fabulous support and the exposure through your magazine can only enhance opportunities for further service to the women and children of Papua New Guinea.

Lois Englberger, Island Food Community of Pohnpei(IFCP) shares:

I wanted to also send you our email so that you know that I forwarded your newsletter on to our group.

There was a lot of interest and so today I am sending out an email with comments.

Thanks again! Lois

Dear Island Food Community of Pohnpei members and all,

We have comments from Daniel Olen and Patricia Leon on the email on WABA's recent breastfeeding newsletter and the article included on Pohnpei. Thank you Daniel and Patricia, and also WABA!

Lois

Daniel Olen, Papua New Guinea (Melanesian):

Being a young man and upcoming (want-to-be) dad, I do very much appreciate the very informative newsletter you have forwarded to me. It is very interesting to see those different groups of people taking lead and upholding the tradition of Breastfeeding. Promoting the concept is very much acknowledged and appreciated.

I personally know the SUSU MAMAS of PNG who do the job. It's challenging but very encouraging for those Mamas who do the job and keep the norm alive. Therefore, I personally thank you all for the initiative of forming the World Alliance for Breastfeeding Action.

Once again it's interesting on the man's perspective.

Daniel works for Jane Thomason & Associates International (JTAI) under Capacity Building Service Centre (CBSC), building health systems capacities in PNG and in the Pacific. He is currently working as a Research Program Officer (under Innovation and Learning Program/section) working closely with the department of health here in Papua New Guinea Innovation and Learning Corner

Patricia Leon, Peru:

Great that Pohnpei is featured. The topic reminds me of a documentary I watched the other night on Discovery Channel from the series "In the Womb". It pointed out that babies can taste the food a Mom eats through the placenta and through breast milk, so it is not only nutrition that we are responsible for, but the early development of their taste buds.

The special reminded me of the efforts of IFCP* to change eating habits of children: starts in the womb! So if a pregnant woman eats lots of junk food, they are already conditioning the baby to like those foods..amazing the influence we can have on a life that is just starting.

**IFCP: Island Food Community of Pohnpei*

27. Submission of Articles and Next Issue

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

The guidelines for contributing an article are as follows:

Up to, but not exceeding 250 words.

Name, Title, Address, Telephone, fax and e-mail of the author

Affiliation

Brief biography (5-10 lines)

Web site (if available)

Please be specific in including details where relevant: names of places, persons and exact dates.

To be received by the date specified in each issue.

If there is a lot of information, please write a summary of 250 words or less, provide a website url 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 **May-August 2008** issue is **June 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 2**, will be sent on **July 1st. 2008**.

28. 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 beginning its 5th 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 Susan Siew of Malaysia for promoting the newsletter.

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).

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

Breastfeeding a baby is an empowering act, and empowered women build healthy and educated societies.