

# Free Prenatal Breastfeeding Class

The Maternity Center & La Leche League are pleased to offer a prenatal breastfeeding class offered free of charge to pregnant women and their support person.

Held on the **1<sup>st</sup> Wednesday of the month from 7-9 pm.**  
No charge. Refreshments provided.

Open to the first 10 registrants and their support partners.

To register please call the Maternity Center at 684-6228.



## “Upcoming Education Opportunities”

### **A Baby-Friendly Initiative Workshop**

**Where:** Victoria Inn, Thunder Bay

**Date:** Friday, May 11, 2007

**Cost:** \$100.

Presented by the Ontario Breastfeeding Committee - Call 625-5952 for more information.

### **Supertime Survival Workshop**

It's supertime and dinner is nowhere in sight! Everybody's hungry and nobody's happy....come check out **“The Supertime Survival Workshop”**

**Where:** Thursday March 1, 2007 7-9pm

**Date:** Italian Cultural Centre.

Free of charge. Space is limited. Call 625-8315 to register.

**“In the Shadow of my son”** a play about post-partum depression

Performances by Capitol Players

**Where:** Lakehead University, Bora Laskin Building

**Date:** Friday April 13 at 7pm & Saturday, April 14 at 3pm

Tickets \$5.00 in advance or at the door. Children under 12 are free.

Tickets available at Thunder Bay District Health Unit, Global Experience, Canadian Mental Health Association and Ontario Early Years Centre Northwood Plaza.



### **Distributed by:**

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Thunder Bay District  
**Health Unit**  
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# Breastfeeding Matters

February 2007—Issue 5

## Mothering's Breastfeeding Symbol Contest - Has a Winner

The purpose of an international symbol for breastfeeding is to increase public awareness of breastfeeding, to provide an alternative to the use of a baby bottle image to designate baby friendly areas in public, and to mark breastfeeding friendly facilities.

Of course, breastfeeding does not require a special place and is appropriate - as the Canadian government's slogan says - anytime, anywhere." The purpose of the symbol is not to segregate breastfeeding, but to help integrate it into society by better accommodating it in public.

For example, sometimes there are no chairs in public, sometimes nowhere to change the baby, or for the mother separated from her baby, nowhere to plug in an electric breast pump. Mothers welcome quiet, private places in public where they can collect themselves and their children. The symbol could designate these kinds of places.

In addition, businesses could use this symbol to designate a lactation room, required now by law in California. Restaurants could use the image to let moms know, "Breastfeeding welcome here." We've already heard from a new airport and a university interested in using the symbol.

The winning image was designed by Matt Daigle of Sioux Falls, South Dakota. Matt is a stay-at-home dad, freelance graphic designer, and cartoonist. Matt and his wife Kay are the parents of one-year-old son Hayden.



The breastfeeding symbol is available copyright free. Matt has signed it over to the **Public Domain**. You can download a PDF of the International Breastfeeding Symbol and read an interview with the designer at [www.mothering.com](http://www.mothering.com).

## Numbers to Know



**Breastfeeding Clinic** 625-5916  
**Breastfeeding Connection**  
Marathon 229-0793  
Nipigon 887-0264  
Dorion 857-2943  
Schreiber 824-3552  
Manitouwadge 826-2883

**La Leche League leader** 344-3857 (Ashley) 475-5307 (Ashleigh)  
**24 hour referral** 626-9626 or toll free 1-877-586-5638  
**Telehealth** 1-866-797-0000  
**Mother Risk** 1-800-267-1373 or 1-416-813-6780  
**Aboriginal Healthy Babies** 624-5016

Breastfeeding is best for babies. The World Health Organization says so, and Health Canada and most health-care providers share that view. And science backs it up.

Breastfeeding has clear nutritional benefits, protects babies against common illnesses and allergies and may even help prevent Sudden Infant Death Syndrome. And, unlike formula, it requires no preparation and doesn't cost a cent. That is why many new mothers are choosing to breastfeed their babies for at least part of their first year, and sometimes beyond.



Given the overwhelming benefits, it is a decision that society at large should support. Unfortunately, that isn't always the case. Women who nurse their babies in public places are still sometimes asked to "cover up" or move to less visible areas. That violates Ontario's human rights laws. So it is welcome news that Toronto Public Health is urging the city's board of health to develop a policy affirming a woman's right to breastfeed "anywhere in Toronto." True, that right already exists.

But a strong public statement by the city would go some way toward changing old attitudes and educating people who still think mothers should breastfeed babies in private. It also would be a refreshing boost for women who are only trying to do what is best for their children. That's why the Toronto board of health should give this proposal its full support.

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### Toronto Mulls Nursing - Mother Policy - Jan. 30th, 2007

As someone who has been very involved in advocating with the province for an increase in breast-feeding supports, I have followed with interest the stories and letters to the editor with respect to the breast-feeding policy that the Toronto Board of Health is considering.

It is truly disturbing that women feel discrimination when feeding their children. How sad is it that there is a perceived need to create a policy for what should be every woman and child's right? If Ontario had a breast-feeding policy that ensured that women received adequate information and support, such a local policy would be unnecessary. Breast-feeding would become the cultural norm, breast-feeding in public would be completely acceptable, breast-feeding rates would increase, and our population and health-care system would benefit.

There seems to be a somewhat warped perception that a woman who is feeding her child is exposing her breast for all to see. Any woman I know who breast-feeds in public does so with discretion with the sole goal of feeding her child. Perhaps if our government properly supported women in their desire to feed their children in the healthiest possible way, such controversy over something so normal and human would not exist.

Esther Goldstein, Thornhill

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**Reminder:**  
Health Canada recommends exclusive breastfeeding (only breast milk) for the first 6 months with continued breastfeeding up to 2 years and beyond after starting solid foods.



**Question:**

I am expecting twins in two months time. Are you sure that I will be able to breastfeed them? Everyone else, my mother, my aunts, even my friend who has twins, say that I won't be able to do it!

**Answer:**

Yes, you will be able to breastfeed your twins. I think that one of the biggest predictors of successful breastfeeding is your commitment to breastfeed. Have faith in your body; remember, "*Babies were born to be breastfed*". Add to that good help and support from your family, a lactation consultant, nurses and physicians knowledgeable in breastfeeding, and you should be able to breastfeed your twins exclusively.



As an expectant mother of twins you may be concerned about your body's ability to make enough milk for two babies. Be reassured, your babies tummies are only about the size of a cherry for the first week! Breast milk production works on the supply and demand principal. Meaning that the more your babies nurse, the more milk you will produce. So, nursing early and often, and having lots of skin to skin contact with your babies will best ensure you are off to a good start. Bottles and pacifiers should be avoided in the early weeks.

Mothers of multiples are more likely to be affected by complications which may interfere with breastfeeding, and/or the baby's health may necessitate supplementary feedings. Therefore it is a good idea to learn about expressing your milk in advance. If for some reason you are unable to breastfeed your babies at first it is important to pump your breasts at least 8 to 10 times per day. This will help to build and maintain your milk supply until you can nurse your babies at the breast. In the meantime, there are options to bottle feeding, such as cup, syringe, "finger feeding" or the use of a supplemental nursing system.

Whether your babies start out or progress to direct breastfeeding, most mothers of twins find that at times it is easier to nurse the babies together and at other times it is easier to nurse them separately. There are also different approaches to deciding which baby gets which breast. Most mothers offer one breast per feeding and then alternate breasts every 24 hours. Switching breasts gives the babies the varied visual stimulation that they need. You will need to experiment to find out which works best for you and your babies.

You may want to keep a simple 24 hour chart for each babe, ensuring that they are each nursing frequently, at least 8-12 times in 24 hours; having at least 6-8 wet diapers; and at least 2 -5 bowel movements per day. Once both babies are gaining weight well, such record keeping is unnecessary.

And finally, and perhaps most importantly in order to successfully breastfeed your twins, you need to first look after yourself. Eat frequent healthy, easy to prepare foods, drink to thirst, and sleep when your babies sleep.

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### New BFI Designation - Canada Now Has 9!

Following an external assessment December 6-8, conducted by a team led by Ginette Belanger, the BCC has designated CLSC Samuel-de-Champlain in Brossard QC as the seventh Baby-Friendly facility in QC, the fourth community health facility to receive the designation.

Susan James joins me in extending congratulations to all on the successful designation of CLSC Samuel de Champlain. What a wonderful Baby-Friendly Christmas gift. It was exciting to hear the highlights of the assessment on the teleconference. Thanks to Ginette and her team for excellent feedback.

Congratulations to Quebec for forging ahead and making such outstanding progress in Baby-Friendly.

Marianne Brophy, BCC Co-Chair

