

Brand New!

Free Prenatal Breastfeeding Class

The Maternity Center is pleased to introduce a prenatal breastfeeding class offered free of charge to pregnant women who are about 8 months pregnant. This one evening class is held at the Maternity Center located in the Medical Center right beside the Thunder Bay Regional Health Science Center on Oliver Road.

Classes are offered by La Leche League, Thunder Bay. Register by calling the Maternity Center at 684-6228. Registration is limited to the first 10 registrants.

**The next class will be held on
Wednesday, September 13 at 7 pm.**



“Upcoming Education Opportunities”

Healthy Safe Child Conference: A medical perspective

October 18th & 19th - Travelodge Airline
\$55.00 for both days - Contact: tara.gauld@tbdhu.com
For registration brochure—registration deadline September 29/06

Baby Friendly Manitoba Conference

Friday, September 29 - Winnipeg Manitoba
Key note speaker—Marianne Brophy
For information call 204-788-6661 or visit www.gov.mb.ca/health



Distributed by:
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for submissions or comments

 **Thunder Bay District
Health Unit**
www.tbdhu.com

Breastfeeding Matters

September 2006—Issue 4



Baby Friendly News Release

Local Health Unit First to Receive WHO / UNICEF Designation

The Thunder Bay District Health Unit has become the first Community Health Service in Ontario to receive designation as a “Baby Friendly Community Health Service” by the World Health Organization / United Nations Children’s Fund.

The announcement comes after several years of advocacy, education and policy development on the part of the organization. The Breastfeeding Committee for Canada, national authority for the Baby Friendly Hospital Initiative (BFI, granted the designation on behalf of UNICEF on June 9, 2006. It carries international standing.

We have led the way for Ontario’s Health Units to meet a gold standard of care for breastfeeding families,” explains Lorraine Repo, Manager of the Healthy Babies, Healthy Children programs at the Thunder Bay District Health Unit. “We are thrilled to be part of this global campaign to improve the quality of care for all new mothers.”

WHO/UNICEF launched the BFHI in 1991 to provide assessment and accreditation criteria for excellent maternity care that protects, promotes and supports breastfeeding. This recognizes that breastfeeding is important in the long-term health outcomes and disease prevention of mothers and babies. This standard is applied to both developing and industrialized nations. Worldwide there are more than 16,000 Baby Friendly Hospitals.

In Canada, the BFI was launched in 1998. The Baby Friendly Initiative (BFI) has designations in two categories: Hospitals and Community Health Services. So far there are only six other Canadian facilities that hold the designation, all in Quebec except one hospital in Hamilton Ontario.

The College of Family Physicians of Canada endorsed the BFI the same year it was launched internationally. Provincial Health strategies in Quebec, British Columbia, New Brunswick and Nova Scotia have since moved to identify the attainment of BFHI designation as part of their policy and have provided funding for this goal. In February of this year, the Registered Nurses Association of Ontario endorsed the WHO/UNICEF and Health Canada’s recommendations for exclusive breastfeeding for the first six months. In addition, they supported asking the province to support the implementation of the Baby Friendly™ Initiative (BFI) in Ontario hospitals, public health units and other community health services.

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
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

“Breakfast “ of Champions for Nipigon Child

It is no myth that breastfeeding is the natural way to feed a baby and that formula feeding can have its risks. Infants fed formula can be at a higher risk for diabetes, Sudden Infant Death Syndrome (SIDS), respiratory illnesses, ear infections, childhood cancer, gastrointestinal infections and diseases, and other problems such as obesity and heart disease. Moms who formula feed can also be at a higher risk of developing breast cancer and could have a slower recovery time after giving birth. Breast milk is not only the “breakfast” of champions but the “champion” of breakfasts ...and lunch, and supper, and any snack in between!

Breast milk and those who are nourished by it are not the only champions in this story. A local resident of Nipigon, Megan St. Jean, works at the local Superior Training & Employment Program (STEP) office. Megan recently returned to work full time at STEP after a year of maternity leave. Her determination to continue breastfeeding Jessica, her 12 month old daughter, led her to a place she thought could only exist in her dreams.



“I had actually informed my employer that I would be returning to work part time”, says Megan, because continuing to breastfeed my baby was a top priority with me.” Little did she know that Vernon Ogima, her supervisor from YES Employment Services, would provide her with the opportunity to resume work full time and breastfeed on demand as well.

“We always try to accommodate our front line staff”, claims Vernon, “and in Megan’s case it meant that she could come back to work sooner, so it was a win-win situation for everyone.”

A typical day at the STEP office for Megan includes two visits from Jessica’s caregiver, Karen Tamminen who delivers the one year old to her Mom when Jessica decides it’s time to nurse. At those times when Jessica’s caregiver is unable to whisk her over to Mom, then Megan is free to leave the office and attend to her baby’s needs.

In addition to receiving support for breastfeeding, Megan encourages other breastfeeding moms through The Breastfeeding Connection, a group that provides telephone support for breast feeding moms. The Breastfeeding Connection was created through the Canada Prenatal Nutrition Program, a program for pre and post natal moms, that is run out of The Family Place, an Ontario Early Years Learning Centre, in Nipigon. Call 887-0264 for more information.

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.



Consultant’s Corner

Cherie Simons RN BScN IBCLC

“I use a small amount of flax seeds every morning in my cereal or yogurt. Is this safe, as I am breastfeeding?”

Yes, it is safe. Flax seed is a small herb (*linum usitatissimum*) and it is a good source of alpha linolenic acid or LNA, an omega—3 fatty acid. Therefore adding some flax to your diet is a good nutritional choice. Whole flax seeds add crunch, texture and a multi-grain look to baked goods, as well as fibre. They must be ground to get their full nutritional value but keep ground flax seeds refrigerated as it can go rancid if exposed to oxygen (air) or heat. One ounce of ground flax seed (about 4 tablespoons or 60 ml) provides about 6 grams of protein and 8 grams of fibre. For more information and recipes go to La Leche League’s website at www.lalechelague.org and search for “Flax seed.”

Breastfeeding Challenge 2006!



**The Thunder Bay Breastfeeding Coalition
invites all Breastfeeding Mothers to join us!**

**Saturday, September 30th, 2006
at St. John Ambulance
518 Fort William Road**

10:00 a.m. - Check in and displays
10:45 a.m. - Welcome
11:00 a.m. - Latch on! Break the record
11:15 a.m. - Refreshments and Draw for Prizes
11:30 a.m. - Speakers

To register call Laura at 625-5952

**The Quintessence
Breastfeeding Challenge
is to have the most mothers
breastfeeding at the same
time in a set geographic
area -
province /territory /state
and country.**

**Every breastfeeding
mother and baby counts!**

Sponsored by:

