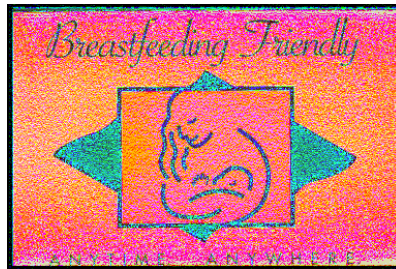


A Closer Look at the Baby-Friendly Initiative



The 6th step of the Baby-Friendly Hospital Initiative is "give newborn infants no food or drink other than breastmilk, unless medically indicated."

The early introduction of non-medically indicated formula supplements (especially by bottle) may result in breast refusal, ineffective suckling, sore and cracked nipples, engorgement, blocked ducts, mastitis and eventually low milk supply and early weaning.

Supplementation can compromise client confidence in her ability to make enough milk for, and exclusively breastfeed, her baby. Early supplementation is strongly correlated with a short duration of breastfeeding. (Taken from The Breastfeeding Coalition of York Region's Breast Digest, Fall 2004, Issue 3, page 3)

The Thunder Bay District Health Unit Breastfeeding Clinic

I never imagined I'd be breastfeeding this long. Especially after our rocky start - Samantha took 6 weeks to latch. I made an appointment at the Breastfeeding Clinic and with the help of lactation consultants at the health unit and a supportive partner, things have been going smoothly for more than 2 years. Even when I went to work and she went to Daycare we were able to continue nursing before and after her day. Breastfeeding is not only nutritious and convenient - it's a wonderful way to build a special bond. Kim



"Upcoming Education Opportunities"

Breastfeeding: Bringing Evidence to Practice

November 4 & 5, 2005 - Holiday Inn on King St, Toronto

Key note speakers include:

Dr. Gene Anderson, Marie Biancuzzo, Dr. Christine Smiley

For more information email: jridge@mtsinai.on.ca

Human Milk Banking

October 17 & 18, 2005—Alexandria, VA

A Global Perspective on Best Practice.

For additional information visit www.hmbana.org

The Best Care for Breastfeeding Families is Just Best Practice

With Maureen Fjeld presented by LLL **October 28, 2005** in Ottawa, ON

For more info contact loischarles@rogers.com



Breastmilk is the best milk – up to 2 years and beyond.

Thunder Bay District Health Unit
999 Balmoral Street
Thunder Bay, ON P7B 6E7
(807) 625-5952 or in the district 1-888-294-6630



Breastfeeding Matters

Fall 2005—Issue 2

NEWS RELEASE - March 8, 2005

Extend Breastfeeding to Six Months, Paediatricians Recommend



OTTAWA – Healthy full-term babies should receive only breast milk for the first six months of life, according to the Canadian Paediatric Society (CPS). Breast milk provides infants with optimal nutritional, immunological and emotional benefits for healthy growth and development. The new recommendation extends the duration of exclusive breastfeeding from the former range of four to six months.

"Mothers who breastfeed offer their babies the best opportunity for a healthy start," says Dr. Margaret Boland, chair of the CPS Nutrition Committee. "There is evidence that the benefits increase with longer breastfeeding, particularly when the infant is exclusively breastfed for the first six months."

According to Statistics Canada, while 85 per cent of mothers start breastfeeding, only 19 do so exclusively for six months.

Breast milk contains antibodies that help babies prevent and fight off illness. Exclusive breastfeeding for six months offers increased protection against gastrointestinal infections in infants and prolonged lactational amenorrhea and increased post-partum weight loss in mothers.

Babies can be introduced to nutrient-rich solid foods at six months and breastfeeding can continue for up to two years and beyond. Breastfed babies should also receive a daily supplement of vitamin D until their diet provides a reliable source or until they are a year old.

The new CPS recommendations are consistent with those from the World Health Organization, Health Canada and the American Academy of Pediatrics Section on Breastfeeding.

The Canadian Paediatric Society is a national professional association, representing more than 2,200 paediatricians, that advocates for the health needs of children and youth.

For more information visit www.cps.ca

College of Family Physicians of Canada

INFANT FEEDING POLICY STATEMENT 2004

"Breastfeeding is an unequalled way of providing ideal food for healthy growth and development of infants and has unique biological and emotional influence on the health of both mother and child". (WHO/UNICEF 1989)



As a global public health recommendation, infants should be exclusively breastfed for the first six months of life to achieve optimal growth, development and health. Thereafter . . . infants should receive safe complementary foods while breastfeeding continues for up to two years of age and beyond. (Global Strategy for Infant and Young Child Feeding)

For more information visit www.cfpc.ca

Breastfeeding a Toddler—Whatever For?



Most people know that “breast is best”. Many people are comfortable with seeing a baby breastfeeding. But few people are comfortable seeing a toddler nursing. Cultures around the world have very different beliefs about when a child should be weaned, ranging from very early in North America to very late in some other countries.

The minimum predicted age for natural weaning in humans is 2.5 years, with a maximum of 7.0 years. (A Natural Age of Weaning, Katherine Dettwyler, 1999). In societies where children are allowed to nurse “as long as they want” they usually self-wean with no arguments or emotional trauma, sometime between the ages of 2 and 4.

The World Health Organization, UNICEF and Health Canada recommend exclusive breastfeeding for the first six months with continued breastfeeding for up to two years and beyond. The benefits of breastfeeding do not stop when a baby reaches six months or one year of age.

Breastmilk continues to provide many important benefits as your baby gets older.

Toddlers like to breastfeed for the same reasons that babies do: for nutrition, comfort, security and to calm down and be reassured. Breastmilk continues to provide immunities and vitamins, and can help protect a toddler from illness and allergies. The immunities in breast milk actually increase in concentration as the toddler gets older and nurses less. When toddlers are sick many would rather breastfeed than eat other food. Breastfeeding your toddler allows you to spend some special time together during their busy, waking hours. It helps your child feel secure as she explores her huge and exciting world. Breastfeeding your toddler is a gift of love that lasts a lifetime.

For more information about breastfeeding visit www.tbdhu.com or call Laura at 625-5952.

Consultant's Corner

Eija Leinonen RN BScN IBCLC

Breastfeeding benefits diabetic mothers and their babies

Susceptibility to diabetes is inherited. Recessive genes map the risk of diabetes and one or more environmental factors trigger the disease. One of these triggers is thought to be an autoimmune response to early exposure to cow's milk based formula. Infants breastfed exclusively for 6 months and for 12 months or more have a reduced risk of developing Insulin Dependent Diabetes Mellitus (IDDM).

Health care practices can impact on breastfeeding success and the long term health of mothers and babies. It is particularly important to support diabetic mothers to breastfeed. Due to constant conversion of glucose to galactose and lactose, insulin requirements are frequently lower during lactation despite increased caloric intake. Breastfeeding reduces the risk or may delay women with gestational diabetes developing IDDM later in life.

Infants born to diabetic mothers are at risk for developing hypoglycemia. Larger amounts of insulin are produced in utero in response to maternal hyperglycemia. Glycogen stores are used up in the hours after birth. Preterm, large for gestational age, small for gestational age and IUGR babies are at higher risk. Other risk factors for hypoglycemia are separation from mother, delayed feeding, crying that is not responded to and cool room temperature. Mothers who have IDDM may experience a delay in Lactogenesis II (milk coming in) by up to 24 hours. Glucose screening, testing and treatment guidelines are available for the management of newborn hypoglycemia.

To reduce the risk of hypoglycemia in healthy infants:

- ◆ Place healthy newborns on mother and delay weighing until after the 1st feeding.
- ◆ Breastfeed immediately after birth. Baby is alert and receptive to feeding, and mother has a large release of colostrum. Frequent feedings of colostrum are often adequate in stabilizing glucose levels.
- ◆ If baby has hypoglycemia unresponsive to frequent breastfeeding or is unable to breastfeed, expressed breastmilk is the first choice for supplement. Pump or hand express as soon as possible and every 2-3 hours to be fed by cup, spoon, dropper or feeding tube. If formula supplement is necessary, counsel parents about the short term intervention.
- ◆ Keep mom and baby dry and in skin to skin contact to maintain body temperature, reduce energy expenditure, stimulate suckling and milk production. Avoid allowing baby to cry.

For more on the management of newborn hypoglycemia see the Canadian Pediatric Society Position Statement at www.cps.english/statements/FN/fn04-01.htm and look for the Academy of Breastfeeding Medicine Protocol for Hypoglycemia coming soon on www.bfmed.org

The Thunder Bay Breastfeeding Coalition invites all Breastfeeding Mothers to join us for the Breastfeeding Challenge!

Join us on **Saturday, October 1, 2005**
at Central Church, 1250 Balmoral Street



- 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 & Draw for Prizes
- 11:30 a.m.** - Speakers

Call Laura at 625-5972 to register

The Thunder Bay Breastfeeding Coalition invites you to take part in the Quintessence Breastfeeding Challenge 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!

Come celebrate World Breastfeeding Week!



Did You Know?

Why the Golden Bow is used as the symbol for breastfeeding protection, promotion and support?

Many social change efforts have used ribbons and pins to create a sense of belonging to a social movement. While The Golden Bow serves this purpose, it is unique in that it is not simply a symbol for social change, but carries many meanings within its own design. The Golden Bow is, in and of itself, a lesson in the protection, promotion and support of breastfeeding.

Gold: The use of the gold colour for the bow symbolizes that breastfeeding is the gold standard for infant feeding, against which any other alternative should be compared and judged.

A Bow: We use a bow, rather than the looped ribbon of most campaigns because each part of the bow carries a special message:



- ◆ One loop represents the mother.
- ◆ The other loop represents the child.
- ◆ The ribbon is symmetrical, telling us the mother and child are both vital to successful breastfeeding - neither is to the left nor to the right, signifying neither is precedent, both are needed.
- ◆ The knot is the father, the family and the society. Without the knot, there would be no bow; without the support, breastfeeding cannot succeed.

The ribbons are the future: the exclusive breastfeeding for 6 months, and continued breastfeeding for 2 years or more with appropriate complementary feeding.

Numbers to Know

	Breastfeeding Clinic	625-5916	La Leche League leader	344-3857
	Breastfeeding Connection		24 hour referral	626-9626 or toll free 1-877-586-5638
	Thunder Bay	623-0292	Telehealth	1-866-797-0000
	Nipigon	887-0264	Mother Risk	1-800-267-1373 or 1-416-813-6780
	Dorion	857-2943	Parents Help Line	1-899-603-9100
Schreiber	824-3552	Aboriginal Healthy Babies	624-5016	