

## New at the Thunder Bay Public Library

The Thunder Bay Breastfeeding Coalition has donated 2 new children's breastfeeding books to the Thunder Bay Public Library. These new books are located at the Brodie Street branch but can be reserved at any library branch. Check them out!



This book beautifully and realistically portrays the intimate relationships between the author and her breastfed daughter.

In loving rhyming verse she describes how breastfeeding benefits her and how she nurses.

Colorful and dreamy images depict the bond between mother, child and father.



Fourteen animal pairs are shown nursing in bright flat pictures with simple text, ending with a human mother and baby.

A favorite of breastfeeding toddlers.



### *Breastfeeding Tip of the Week*

Start off your Monday morning with a breastfeeding tidbit of information. Something to make you go hmmm.

To get on the Breastfeeding Tip of the Week email list contact Laura at [laura.prodanyk@tbdhu.com](mailto:laura.prodanyk@tbdhu.com)

### Upcoming Education Opportunities

#### **Methadone in Pregnancy and Lactation Workshop – What does the evidence say?**

**Time:** Thursday, October 1, 2009

**Place:** Thunder Bay District Health Unit 9 am to 3 pm

**Cost:** No cost

**Call:** Laura at 625-5952 to register



#### **Distributed by:**

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



# Breastfeeding Matters

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## Breastfeeding Challenge 2009



**The Thunder Bay Breastfeeding Coalition  
invites breastfeeding mothers to join us....**

**Saturday October 3, 2009**

Oliver Road Community Centre, 563 Oliver Road

**REGISTER AT 625-5952**

Check in at 9:30 am  
Babies counted at 11am  
Prizes! Fun! Celebrate!

For more information  
about the Quintessence  
Breastfeeding Challenge  
visit [www.babyfriendly.ca](http://www.babyfriendly.ca)

*Every breastfeeding mother & baby counts*



### *Numbers to Know*



Breastfeeding Clinic - HU 625-5916  
Breastfeeding Connection  
Marathon 229-0793  
Nipigon 887-0264  
Dorion 857-2943  
Schreiber 824-3552  
Manitouwadge 826-2883  
Geraldton 854-0454

La Leche League leader 346-8477  
Maternity Centre Breastfeeding Clinic 684-6228  
Bosum Buddies Support Group 684-6228  
Breastfeeding Friends Support Group 625-5972  
Aboriginal Healthy Babies 624-5016  
Telehealth 1-866-797-0000  
Mother Risk 1-800-267-1373 or 1-416-813-6780

Breastfeeding Committee for Canada website  
Ontario Breastfeeding Committee website  
Mother risk website

[www.breastfeedingcanada.ca](http://www.breastfeedingcanada.ca)  
[www.breastfeedingontario.org](http://www.breastfeedingontario.org)  
[www.mothersrisk.org](http://www.mothersrisk.org)

## La Leche League Is Back

After a one year absence in our city, La Leche League is back in town. Meetings will be held on the 3<sup>rd</sup> Wednesday of the month at 7 pm at the Community Midwives of Thunder Bay office on 610 Hewitson Street.

Meetings are open to all women interested in breastfeeding. Babies and little ones are welcome to attend. Breastfeeding support is available by phone between the hours of 9 am and 9 pm.

Telephone Margo Ayuoub at 346-8477 for more information.



## Region of Peel Public Health Designated Baby-Friendly!

The BCC is pleased to congratulate the Region of Peel Public Health on their designation as a "Baby-Friendly Community Health Service" on June 25, 2009.

Peel has 15, 168 births per annum, and 44% of the population are immigrants. In addition to English, other common first languages include Punjabi, Urdu, Polish and Italian. The low income rate is 15%.

Services include prenatal instruction, and postnatal individual home and clinic visits. Peel Public Health has two large breastfeeding clinics, and operates an additional 3 breastfeeding clinics in conjunction with local hospitals. Nurses from the telephone help line and breastfeeding clinics are able to make home visits to families when necessary.

The assessment team observed excellent practice during the external assessment, and the BCC congratulates everyone involved for their efforts to ensure the protection, promotion and support of breastfeeding.

### **This brings the number of Baby-Friendly Facilities in Canada to 22.**

- 9 hospitals (4 in QC, 2 in BC, and 2 in ON, with a third ON hospital currently undergoing reassessment)
- 2 Birthing Centres (in Quebec)
- 11 Community Health Services (7 in QC, 4 in ON)

It is exciting to see the number of designated facilities growing – a reflection of the dedication and hard work on the BFI journey to protect, promote and support breastfeeding.

*Congratulations!*

## **Breastfeeding Class**

The Maternity Centre offers a breastfeeding class for prenatal women and their support person. This one evening class is free of charge. This is a great way to prepare for the arrival of your new baby. Call 684-6228 to register.



### **Reminder:**

**Breastmilk - the only food needed for the first 6 months.**



## When Will My Baby Sleep Through the Night?

Just as you can't know when your baby will first smile or start to talk or decide to give up morning naps, there's no way to predict when your baby will sleep through the night. More importantly, there's no "right age" at which your baby should. As with any developmental milestone, your baby may be earlier or later than other babies in developing new skills.

In the early weeks, remember that your baby may not get enough nourishment if he sleeps through the night. Breastfed babies need to breastfeed at least eight to twelve times every 24 hours, usually every two to three hours. Most babies will gradually sleep for longer stretches at night, but they will continue to need night feedings for months. You may find this article about [biocultural approaches to breastfeeding](#) reassuring that this is normal.

You may have heard that giving your baby cereal will encourage sleeping longer at night. This simply isn't true. A baby's immature digestive system isn't ready for solid food until some time around the middle of the first year, and solids given too early may actually upset a baby's tummy.

Being awakened during the night can make mothers (and fathers) tired during the day. Especially during the early weeks, try to nap whenever your baby does. Resist the temptation to use baby's naptime to catch up on chores. Put off all non-essential household tasks, and tell your friends and relatives they can help you by bringing meals, running errands, or cleaning house. Lying down when you breastfeed your baby can also help you get a little extra rest.



Many mothers find that keeping baby close all night makes nighttime parenting less tiring. Throughout history, babies and mothers have traditionally slept close to each other. The idea that a baby belongs all alone in a crib is a fairly recent notion. Many have found "shared sleeping" or "the family bed" a good way to meet babies' nighttime needs with few interruptions to the parents' sleep. Rolling over to nurse your baby and drifting peacefully back to sleep is so much easier (and warmer in the winter!) than getting out of bed, going to the crib, sitting up to breastfeed the baby, and then struggling to get both of you back to sleep.

Some authorities believe that parents need to teach babies to comfort themselves when they awaken at night, and some go as far as suggesting how long parents can allow a child to "cry it out" before responding. While such methods may work for some families, many other mothers and fathers have found peace in trusting their instincts and responding to their babies' cries. It helps to remember that babies' sleep cycles are very different from those of adults, and a young infant needs to awaken during the night in order to get enough nourishment.



### **Warning: Early solids will NOT ...**

- Help your baby sleep through the night.
- Make your baby less fussy.
- Make your baby develop earlier or grow up faster.
- Provide superior nutrition.

### **Taken from La Leche League FAQ**

[www.llli.org/FAQ](http://www.llli.org/FAQ)

Please note regarding bedsharing that Health Canada recommends the safest place for an infant to sleep is alone in a crib. For more information about safe sleep for babies contact the Thunder Bay District Health Unit at 625-5900.