

New at the Maternity Centre



a healthy
YOU
makes a healthy
TWO

for a healthy beginning,
call the Maternity Centre
684-6228

The BFI Network

Thunder Bay Regional Health Sciences Centre continues to work towards becoming a Baby Friendly Hospital.

We strive to meet the needs of new mothers through education about newborn and infant feeding; by promoting 24 hour rooming-in and by referral to community resources for breast feeding support. In-hospital breast feeding promotion and support is provided by Maternal Child Services staff who have completed the on-line WHO breast feeding education program.

We are pleased to announce that Lactation Consultant services are now available via the Maternity Centre of TBRHSC. Our Lactation Consultant, Liana Pretto, will provide services to women in the prenatal and postnatal period following hospital discharge.

Leeanne Carroll RN HBScN
Clinical Educator Maternal/Child Services.

La Leche League

Ashleigh Cavner, a longtime leader of our city's La Leche League has moved to Kenora. Ashleigh has also been a longtime member of the Thunder Bay Breastfeeding Coalition and was instrumental in starting the Breastfeeding Class at the Maternity Centre. She is an avid supporter and protector of breastfeeding and will be dearly missed in our community.

The last LLL meeting was Friday July 18 until further notice. Efforts are underway to find a replacement for Ashleigh. Meetings are on hold until another leader is in place. Stay tuned for more info and to find more information about LaLeche League - visit <http://www.lllc.ca/>.

Upcoming Education Opportunities

BFI Expo 2008

September 23, 2008 - Halton Regional Centre, Oakville
Registration \$100 includes lunch and snacks.

To register contact: Donna at bfi@breastfeedingontario.org

- Expo of BFI Activities and Resources
- Guidance on Implementation
- Networking

INFACCT CANADA WHO/UNICEF 20 Hour Lactation

Course—September 30, October 1 and 2
Visit www.infactcanada.ca for more information



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



www.tbdhu.com

Breastfeeding Matters

August 2008 - Issue 7

Breastfeeding Challenge 2008



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

Saturday October 11, 2008
Calvary Lutheran Church
2820 Donald St East

To sign up call Laura at 625-5952

Every breastfeeding mother & baby counts

Register by 10:30 am
Babies counted at 11 am

For more information
about the Quintessence
Breastfeeding Challenge
visit www.babyfriendly.ca



Numbers to Know

Breastfeeding Clinic

Thunder Bay District Health Unit 625-5916
Maternity Centre 684-6228
La Leche League Leader meetings on hold
24 hour referral 211 or 1-877-586-5638
Telehealth 1-866-797-0000
Mother Risk 1-800-267-1373 or
416-813-6780
624-5016

Aboriginal Healthy Babies

Breastfeeding Committee for Canada website
Ontario Breastfeeding Committee website
Mother Risk website

Breastfeeding Connection

Marathon 229-0793
Nipigon 887-0264
Dorion 857-2943
Schreiber 824-3552
Manitouwadge 826-2883
Geraldton 854-0454

www.breastfeedingcanada.ca
www.breastfeedingontario.org
www.mothersrisk.org

Common Breastfeeding Problems

Nancy Nurmi, RN BScN IBCLC

Candidiasis and Breastfeeding

Here is a typical story:

Nora, mother of four including 7 week old twins called to make an appointment at the Breastfeeding Clinic because she had very sore nipples. She had nursed her other two children into toddler hood without any difficulties except for initial tenderness.

With the birth of her twin daughters she had some problems with latching at the start because they were born a little early. However, they improved quickly and things had been going smoothly for about 6 weeks. About a week ago the oldest twin Kelly began fussing at the breast and would only nurse for a few minutes before pulling off and crying. Nora noticed that her tongue had a white coating. Both Kelly and her sister Kara had just developed red, spotty diaper rashes as well. Nora had started to experience nipple pain during and after the feeding; sometimes with shooting pain into the breast. She did not notice any nipple trauma but her nipples seemed more red than before.

At the Breastfeeding Clinic appointment the Lactation Consultant observed that the white coating on Kelly's tongue could not be wiped off and that there were additional patches of white inside her mouth in the cheeks and inside her lower lip. Taking into consideration the other reported symptoms, including Nora's, and the fact that all had been well prior, the LC suspected thrush or Candida infection (yeast organism called *Candida albicans*) rather than a latching problem.

Nora needed to have a Doctor or a Nurse Practitioner assess for a diagnosis and to prescribe medication. Because this problem can be spread back and forth between mother and baby, both need to be treated. Commonly the baby is prescribed Nilstat drops and the mother is prescribed an antifungal cream. In this case it was probably wise to treat Kara as well even though she didn't have any evidence in her mouth. Thrush can still be present even without white patches.

Non-prescription treatments like Gentian Violet are available. Other instructions/suggestions for the mother (and family) include good hand washing, boil all objects that are put into the baby's mouth (pacifiers, other nipples, etc); reduce sugar and dairy products in the mother's diet.

For additional information about thrush while breastfeeding, contact a Lactation Consultant or go to www.drjacknewman.com.

Pharmacists and supplement specialists can also help with information regarding treatment options.



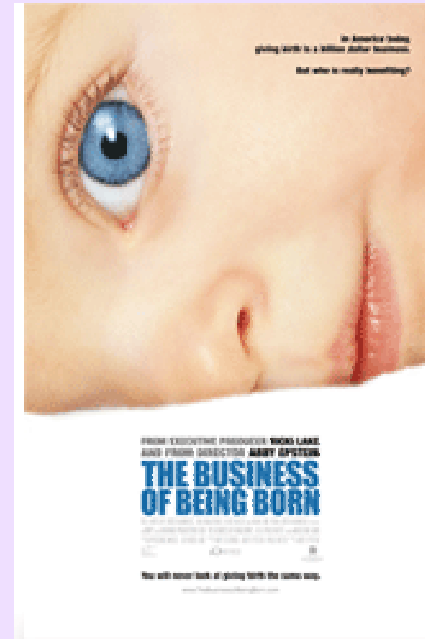
Reminder:

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



Business of Being Born - new at your Thunder Bay Public Library

See The Business of Being Born on DVD donated by The Thunder Bay Breastfeeding Coalition and the Advocates for Northern Midwifery Care.



Birth is a miracle, a rite of passage, a natural part of life. But birth is also big business.

Compelled to explore the subject after the delivery of her first child, actress Ricki Lake recruits filmmaker Abby Epstein to question the way American women have babies.

The film interlaces intimate birth stories with surprising historical, political and scientific insights and shocking statistics about the current maternity care system. When director Epstein discovers she is pregnant during the making of the film, the journey becomes even more personal.

Should most births be viewed as a natural life process, or should every delivery be treated as a potentially catastrophic medical emergency?

Breastfeeding Committee for Canada News

On behalf of the BCC's BFI Assessment Committee and the BCC Chairs, I wish to extend sincere congratulations to all on the successful designation of Peterborough County-City Health Unit in Ontario.

The current tally of Baby-Friendly facilities in Canada stands at 19 – seven hospitals, two birthing centres and 10 community health facilities.

Congratulations to Ontario on another designation and for its continued successes in BFI implementation.

Best wishes,
Marina Green
Chair, BFI Assessment
Committee



More breastfeeding support for Thunder Bay mothers!

Mothers can talk to lactation consultants from the Health Unit and other mothers at a drop in at the Best Start Hub in Sherbrooke School opening later this fall.

Watch for more information coming soon..