

## from Globe Life Health

### Breast Friends

The wet nurse is making a comeback. A generation of women raised on the bottle are now turning to sisters, friends and even strangers to provide their babies with breast milk.

TRALEE PEARCE

May 1, 2007

When Vancouver stay-at-home mom Jasmine Cairo baby sits her two-year-old niece Kaia, she does it all: changes diapers, enforces nap time - even breastfeeds.

Ms. Cairo has a supply of milk, thanks to having given birth to her own 22-month-old, Paris, three months after her twin sister delivered Kaia.

"We didn't really plan it," the 32-year-old says of cross-nursing with her sister Tara. "We had talked about the fact that we'd be nursing at the same time and that 'if my baby needed to nurse, you could nurse him.'"

The wet nurse is back. Like co-sleeping and baby-wearing, cross-nursing is gaining ground among adherents of attachment parenting, a child-rearing style that treats the parent-child bond as sacrosanct. With medical evidence pointing overwhelmingly to the health benefits of breast milk, wet-nursing has also found a niche among women who, for medical reasons, can't nurse.



*Jasmine Cairo, middle right, says breastfeeding her twin sister Tara's daughter has helped her bond with her niece. Kaia, left, and Paris were born three months apart, and their mothers agreed to cross-nurse. (Lyle Stafford for The Globe and Mail)*

### Upcoming Education Opportunities

#### **A Day With Marsha Walker**

Friday, October 26, 2007, London ON

Contact: [Smayberry@county.oxford.on.ca](mailto:Smayberry@county.oxford.on.ca) for more information

LaLeche presents

#### **Preserving the Simplicity of Breastfeeding in a Complex World**

Speaker: Kathleen Kendall-Tackett

Friday, October 1, 2007, Oshawa, ON

Contact: [Kcampbell@powergate.ca](mailto:Kcampbell@powergate.ca) for more information



#### **Distributed by:**

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# Breastfeeding Matters

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## Breastfeeding Challenge 2007!



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

**Saturday, September 29th, 2007  
at the Moose Hall on 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, draws, reading by Jean Pendziwol

To register call Laura at 625-5952

**Every breastfeeding mother and baby counts!**

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.

visit [www.babyfriendly.ca](http://www.babyfriendly.ca)  
to learn more

### Numbers to Know



Breastfeeding Clinic 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 475-5307  
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 Roads to Success: What Thunder Bay Mothers Need To Know

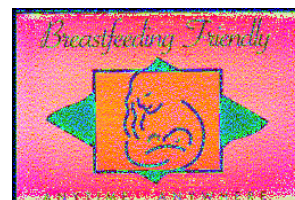
As the journey starts for any new breastfeeding mother, she will know how important it is to have good support right from the start to succeed. She will also understand how many new mothers are anxious about breastfeeding in public. In Thunder Bay 88 % of mothers start out breastfeeding and community support is really important to help them continue to breastfeed. This support will help moms give their babies only breastmilk for the first 6 months and then continue to breastfeed for up to 2 years and beyond after starting solid foods. This is recommended by the World Health Organization and Health Canada for optimal health of our children.

The Thunder Bay Breastfeeding Coalition is a group of community organizations and people working hard to bring about changes that help breastfeeding moms get the support they need. In an effort to help breastfeeding become more accepted in the community the Coalition recently purchased 4 copies of "Mama Means Milk" for each branch of our local libraries. This book about breastfeeding is a perfect way for adults to support breastfeeding by reading it with young children.

Another way the Breastfeeding Coalition is supporting mothers is in the area of breastfeeding in public. A poster is being developed for distribution this September that will encourage mothers to breastfeed in public. After those first few days or weeks of breastfeeding at home moms may feel ready to go out with baby. Whether breastfeeding at the mall or the library, in a restaurant or park, or in any other public place, here are some tips to make breastfeeding in public easier.

- ◆ Breastfeeding anytime & anywhere is the healthy choice for your baby. Remember that your right to breastfeed your baby where and when you choose is protected by Canada's Charter of Rights and Freedoms & Ontario's Human Rights Code. Be friendly but firm about your rights and you may be able to solve any problems on the spot.
- ◆ Use a little humor to make someone who is embarrassed feel more comfortable.
- ◆ Talk with other moms about good places to go.
- ◆ You may wish to pick a quieter spot which may be an easier place to nurse than a busier location. Sit, relax and enjoy the quiet moment while baby feeds.
- ◆ You may wish to use a receiving blanket to cover the baby and your breast while feeding. Practicing in a mirror before going out can help you gain confidence.
- ◆ Look for a *Breastfeeding Friendly Place* with a sticker/symbol on the door that says you are welcome to breastfeed there. For a list of *Breastfeeding Friendly Places* visit [www.tbdhu.com](http://www.tbdhu.com) or call 625-5952.

**For more information about the Ontario Human Rights Code you can visit [www.ohrc.on.ca](http://www.ohrc.on.ca)**



### 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.

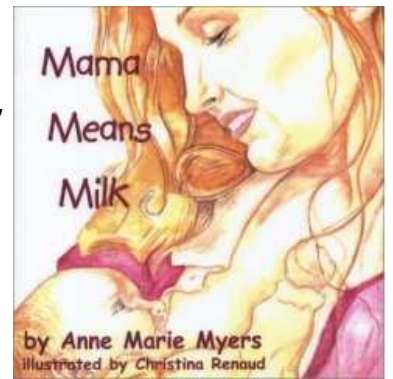


## New at the Thunder Bay Public Library



This spring the Thunder Bay Breastfeeding Coalition donated a copy of the children's book "**Mama Means Milk**" by Anne Marie Myers to each branch of the Thunder Bay Public Library.

Ask to see a copy on your next visit. It's a great way to share the love of breastfeeding with your child.



## News from the BCC

The Breastfeeding Committee for Canada's BFI Assessment Committee and the BCC Chairs wish to announce congratulations to all of the successful designation of:

- ~ CLSC des Patriotes in Montérégie Quebec in February 2007
- ~ CLSC de la Haute-Yamaska in Granby Quebec in March 2007
- ~ CLSC Pierre Boucher in Longueuil Quebec in April 2007
- ~ Somerset West Community Health Centre in Ottawa, Ontario in June 2007

Congratulations to Quebec for continuing to make such outstanding progress in Baby-Friendly and congratulations to Somerset West for adding a 3rd BFI designation in Ontario!!

That brings the total number of BFI designated facilities in Canada to 13. To learn more about the BFI visit [www.breastfeedingcanada.ca](http://www.breastfeedingcanada.ca)

**Congratulations!**

## New Breastfeeding Support Program for Greenstone

Since May 2007, Greenstone is one of the communities throughout Ontario benefiting from a peer breastfeeding support group. The Breastfeeding Connection was started with the determination of public health nurses Janet Flynn & Sylvie Clinchamps from Geraldton. The group is composed of champion mothers who have breastfed successfully and who wish to extend their experience by supporting new moms over the phone. This is a free and voluntary program.

Earlier this spring, Eija Leinonen and Laura Prodanyk from the Thunder Bay District Health Unit trained 15 cheerful women eager to dispense this new service to the residents of Greenstone. The training was held at the Thunderbird Friendship Centre in Geraldton.

Mother's milk is the ultimate source of nutrition for baby and breastfeeding has definite benefits for mom but regardless of these advantages, breastfeeding is often stopped early by most women. I perceive the Breastfeeding Connection as a positive step for Caramat, Longlac, Geraldton and Nakina mothers helping them to breastfeed longer and I want to thank everyone who was involved in the project.

Anyone who is interested in being matched with a support mom can call Chantal at the health unit in Geraldton at 807-854-0454 for information or referral.

Sylvie Clinchamps

