

# Breastfeeding Matters

## BREASTFEEDING TIP OF THE WEEK - It's all in the policy

Merriam-Webster's dictionary defines "policy" as the following



**pol-i-cy**  
**2 a:** a definite course or method of action selected from among alternatives and in light of given conditions to guide and determine present and future decisions **b:** a high-level overall plan embracing the general goals and acceptable procedures especially of a governmental body.

"have a written breastfeeding policy that is routinely communicated to all staff and volunteers".

It is through this policy that consistency and quality of service occurs. Contact Laura at 807-625-5952 for more information about breastfeeding policies or sample policy community or hospital templates.

### Is there a breastfeeding policy at your place of work?

To join the Breastfeeding Tip of the Week email list, contact Laura at:

[laura.prodanyk@tbdhu.com](mailto:laura.prodanyk@tbdhu.com) or phone 807-625-5952.

Step 1 of the Baby-Friendly Hospital Initiative and Point 1 of the Seven Point Plan for the Protection, Promotion and Support of Breastfeeding in Community Health Services state

## UPCOMING EDUCATION OPPORTUNITIES

**2010 Northern Conference**  
Hosted by Best Start Resource Centre  
October 18-19, 2010  
Valhalla Inn, Thunder Bay

The conference will include full day sessions, key notes and concurrent sessions that focus on prenatal and child health issues in northern Ontario. Visit [beststart.org](http://beststart.org) for more information.

Topics to include:

- Aboriginal Child Development
- Breastfeeding update and BFI-new indicators
- FASD update, Alcohol & pregnancy
- Aboriginal pre & post-partum care
- Food Security
- Methadone in Pregnancy & Breastfeeding
- Environmental risks to First Nation
- Children's Health, Newborn Screening

**2<sup>nd</sup> Baby-Friendly Initiative (BFI) EXPO**  
Hosted by Ontario Breastfeeding Committee  
November 18, 2010  
Oakville, Ontario

Will be of interest to administrators, educators, policy makers and anyone involved in the implementation of the Baby-Friendly Initiative. CERPS will be available. Visit [breastfeedingontario.org](http://breastfeedingontario.org) or call 807-625-5972 for more information.



999 Balmoral Street, Thunder Bay, ON P7B 6E7  
Phone: (807) 625-5900 | Toll-free: 1-888-294-6630  
TBDHU.COM

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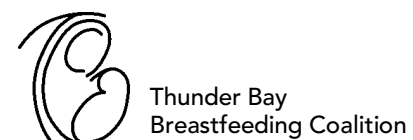


## TAKE THE CHALLENGE

Breastfeed anytime, anywhere!  
Join other moms for the  
Breastfeeding Challenge

**Saturday October 2, 2010**  
Victoriaville Mall Centre Court  
125 Syndicate Avenue

**REGISTER AT 625-5952**



999 Balmoral Street, Thunder Bay, ON P7B 6E7  
Phone: (807) 625-5900 | Toll-free: 1-888-294-6630  
TBDHU.COM

Check in at 10 am  
Babies counted at  
11am Prizes! Fun!  
Free!

For more information  
about the Breastfeed-  
ing Challenge visit  
[babyfriendly.ca](http://babyfriendly.ca)



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## THREE NEW HEALTH UNITS IN ONTARIO DESIGNATED BABYFRIENDLY

The Ontario Breastfeeding Committee is pleased to congratulate Chatam-Kent and Algoma Health Units and Halton Region Health Department on their designation as a **"Baby-Friendly Community Health Service"** late last year. By achieving this designation, these community health services have demonstrated their commitment and leadership in the community, promoting the best possible health for mothers and babies by ensuring the support they need is in place. Many other organizations in the province are in the process of working towards designation.

This brings the number of Baby-Friendly Facilities in Canada to **30** with **10** of those in Ontario!

- St Joseph's Hospital in Hamilton
- Toronto East General Hospital in Toronto
- Grand River Hospital in Kitchener
- Thunder Bay District Health Unit
- Sommerset West CHC in Ottawa
- Peterborough City-County Health Unit
- Halton Health Region Health Department
- Chatham-Kent Public Health Unit
- Algoma Public Health Unit
- Peel Public Health Unit

### Prenatal 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.

### New on Facebook!

The Thunder Bay Breastfeeding Coalition is now a group on facebook.

Check us out!



*"Perseverance is failing 19 times and succeeding the 20th"*  
- J. Andrews



## NUMBERS TO KNOW

Breastfeeding Clinic - HU	625-5916	La Leche League leader	346-8477
<b>Breastfeeding Connection</b>		Maternity Centre Breastfeeding Clinic	684-6228
Marathon	229-0793	Bosum Buddies Support Group	684-6228
Nipigon	887-0264	Breastfeeding Friends Support Group	625-5972
Dorion	857-2943	Aboriginal Healthy Babies	624-5016
Schreiber	824-3552	Telehealth	1-866-797-0000
Manitouwadge	826-2883	Mother Risk	1-800-267-1373
Geraldton	854-0454		1-416-813-6780



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

**breastfeedingcanada.ca**  
**breastfeedingontario.org**  
**motherrisk.org**

# Breastfeeding Matters

## IS IT OKAY FOR BABIES TO BREASTFEED DURING AN IMMUNIZATION?

**Yes!**

Actually there is evidence to support breastfeeding during painful procedures such as a heel prick or immunization.

Research shows us when a mother breastfeeds her baby during a minor painful procedure such as immunization or having blood taken, it is a safe and effective method of pain relief. The American Academy of Paediatrics agrees.

Here are some findings:

- "Researchers from McGill University in Montreal discovered a link between breast-fed infants and higher pain tolerance than in their bottle-fed counterparts. The study indicated that the breast milk nutrients, taste, and the infant's contact behaviour associated with breastfeeding moderates the pain caused by a vaccination injection as long as it is given when the infant is suckling. The researchers studied the babies' facial expressions during injections to discover the tolerance differences between receiving the shot before or after and during breastfeeding." (from *Babies Handle Shots Better While Breastfeeding*; Boggs, Will, April 30, 2001)

- In a 2008 research article "Interventions to Reduce Pain during Vaccination in Infancy," the researchers found results that breast-feeding in infants under age 6 months significantly reduced the amount of time the babies cried as compared with those babies who were not allowed to breastfeed. ([Dilli D, Küçük İZ, Dallar Y. J Pediatr. 2008 Oct 10](#))

- 2010 research found that breastfeeding reduces the risk of fever after immunization. In this recent research, a prospective cohort study was conducted in Italy to investigate the effects of breastfeeding on the risk for fever after routine immunizations. Mothers of 460 infants scheduled to receive their routine immunizations were instructed on how to measure and record their baby's temperature on the evening of the vaccination and for 3 more days following. The researchers found that fever was reported for 30 (25%) of the exclusively breastfeed babies, 48 (31%) of the partially breastfed babies, and 94 (53%) of the infants who were being not breastfed at all. Even with all the different factors present, breastfeeding still provided the babies with protection from

getting a fever after getting their routine immunizations. The researchers concluded that in this study, breastfeeding was associated with a reduced chance of fever after immunizations. (Pisacane A, Continisio P, Palma O (2010) Breastfeeding and fever after Immunization. *Pediatrics*:10.1542/peds.2009-1911)

In an article from La Leche League Amy states "I encourage parents to gently inform their health care providers, when necessary, of painless immunizations via breastfeeding" when describing her experience with immunizing her daughter.



**Are mothers supported to breastfeed their infants during painful procedures if they would like to?**