

The Breastfeeding Connection

Let the moms of our community support you, while learning to breastfeed your new baby. Non-invasive, telephone support is provided by volunteers who have breastfed for 6 months or more. It's convenient, confidential and has been supporting moms for almost 10 years now. Call Terrie at 623-0292 #50 for more information.



Being able to breastfeed was important to me. Even though breastfeeding went fairly smoothly for me, it was all very new and there were times when I did have questions or just needed that support, encouragement and reassurance and to let me know I was doing okay and everything was 'normal'. I found having a support mom through the Breastfeeding Connection provided me with a sense of comfort that I needed knowing I had someone to call and even though I had friends that breastfed, I felt more comfortable calling my support mom. I was also grateful for the calls from time to time just checking to see how we (Michael and I) were doing and Leanna made me feel so good about what I was doing. After 6 months, I still am enjoying breastfeeding. I was grateful to have been matched with such a nice mom Leanna and we have formed a friendship since.



Spring 2005 Seminar Series for Health Professionals Breastfeeding When Extra Care is Needed Effective Strategies for Thrush, Milk Supply and Weight Gain Issues

Presented by Kay Hoover, M Ed, IBCLC
co-author of *The Breastfeeding Atlas*
Friday, April 22 in Winipeg, Manitoba
Monday, April 25 in Regina, Saskatchewan

for more information visit the La Leche League website at
www.la lecheleaguecanada.ca



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

A Third Baby-Friendly Hospital for Canada and Canada's first Baby Friendly Community Health Service

The Baby-Friendly Hospital Initiative is a global campaign of the World Health Organization (WHO) and the United Nations Children's Fund (UNICEF) that was initiated in 1991 to protect, promote and support breastfeeding. This program encourages and recognizes hospitals and maternity facilities that offer an optimal level of care for mothers and infants. A Baby-Friendly™ hospital/maternity facility focuses on the needs of the newborns and empowers mothers and families to give their infant the best possible start in life.



In practical terms, a Baby-Friendly™ hospital/maternity facility encourages and helps women to successfully initiate and continue to breastfeed their babies, and will receive special recognition for having done so. Since the inception of the program, over 15,000 hospitals worldwide have received the Baby-Friendly designation. The initiative has been broadened in Canada to include community health services and is generally referred to as the Baby-Friendly Initiative (BFI).

To date there are three Baby-Friendly Hospitals in Canada



1. Brome-Missisqua-Perkins Hospital in Cowansville, Quebec designated on July 1, 1999 and reconfirmed in November 2004.
2. St. Joseph's Healthcare in Hamilton, Ontario designated on March 29, 2003.
3. Centre Hospitalier Saint-Eustache in Saint-Eustache, Quebec designated on May 27, 2004.

A Baby-Friendly Hospital follows The Ten Steps to help you succeed at breastfeeding

1. Have a written breastfeeding policy that is routinely communicated to all health care staff.
2. Train all health care staff in skills necessary to implement this policy.
3. Inform all pregnant women about the benefits and management of breastfeeding.
4. Help mothers to initiate breastfeeding within a half hour of birth.
5. Show mothers how to breastfeed and how to maintain lactation even if they should be separated from their infants.
6. Give newborn infants no food or drink other than breast milk, unless medically indicated.
7. Practice rooming-in; allow mothers and infants to remain together 24 hours a day.
8. Encourage breastfeeding on demand.
9. Give no artificial teats or pacifiers (also called dummies or soothers) to breastfeeding infants.
10. Foster the establishment of breastfeeding support groups and refer mothers to them on discharge from the hospital or clinic.



From: Protecting, Promoting and Supporting Breastfeeding: The Special Role of Maternity Services, A joint WHO/UNICEF statement. Published by the World Health Organization, 1989.

Baby-Friendly for Community Health Services

In 2002 the Breastfeeding Committee for Canada provided guidelines for community health care services to achieve designation.

There is currently one community health service in Canada. CLSC d'Argenteuil in Lachute QC was Canada's first designated Baby-Friendly™ Community Health Service in November 2004.



La Maison de Naissance Mimosa in Saint Romuald QC is the first birthing centre in Canada to receive the Baby-Friendly™ designation in December 2004. The birthing centre, which is primarily staff by midwives, has about 200 births per year and boasts 100% breastfeeding initiation. All mothers are followed for the first six weeks post-partum when breastfeeding remains at 88.5%.

Congratulations to La Maison de Naissance Mimosa for achieving the demanding standards required for BFI designation and becoming Canada's first designated birthing centre!

A Baby-Friendly Community Health Service supports your decision to breastfeed by following **The Seven Point Plan**.

1. Have a written breastfeeding policy that is routinely communicated to all health care staff.
2. Train all staff involved in the care of mothers and babies in the skills necessary to implement the policy.
3. Inform all pregnant women about the benefits and management of breastfeeding.
4. Support mothers to establish and maintain exclusive breastfeeding to 6 months.
5. Encourage continued breastfeeding beyond 6 months, with appropriate introduction of other foods.
6. Provide a welcoming atmosphere for breastfeeding families.
7. Promote a co-operation between health care staff, breastfeeding support groups and the local community.



From: The Baby-Friendly Initiative in community Health Services: A Canadian Implementation Guide. Published by The Breastfeeding Committee for Canada.

Everyone involved benefits from a Baby-Friendly environment. If you are interested in more information about the Baby-Friendly Initiative you can visit www.breastfeedingcanada.ca/html/contact.html or call Laura at 807-625-5952.

Numbers to Know



Breastfeeding Clinic 625-5916
Breastfeeding Connection
Thunder Bay 623-0292
Nipigon 887-0264
Dorion 857-2943
Schreiber 824-3552

La Leche League leader 344-3857
24 hour referral 626-9626
or toll free 1-877-586-5638
Telehealth 1-866-797-0000
Mother Risk 1-416-813-6780
Parents Help Line 1-899-603-9100
Aboriginal Healthy Babies 624-5016

Websites to Wander

www.tbdhu.com, www.la lecheleague.org, www.breastfeeding.com

NEW HEALTH CANADA RECOMMENDATIONS

Health Canada promotes breastfeeding as the best method of feeding infants as it provides optimal nutritional, immunological and emotional benefits for the growth and development of infants. The following two recommendations update recommendations one and ten found in the 1998 document **Nutrition for Healthy Term Infants**.



Duration of Exclusive Breastfeeding

Exclusive breastfeeding¹ is recommended for the first six months of life for healthy term infants, as breast milk is the best food for optimal growth. Infants should be introduced to nutrient-rich, solid foods with particular attention to iron at six months with continued breastfeeding for up to two years and beyond.

¹ Exclusive breastfeeding, based on the WHO definition, refers to the practice of feeding only breast milk (including expressed breast milk) and allows the baby to receive vitamins, minerals or medicine. Water, breast milk substitutes, other liquids and solid foods are excluded.

Vitamin D Supplementation for Breastfed Infants

It is recommended that all breastfed, healthy term infants in Canada receive a daily vitamin D supplement of 10 µg (400 IU). Supplementation should begin at birth and continue until the infant's diet includes at least 10 µg (400 IU) per day of vitamin D from other dietary sources or until the breastfed infant reaches one year of age.



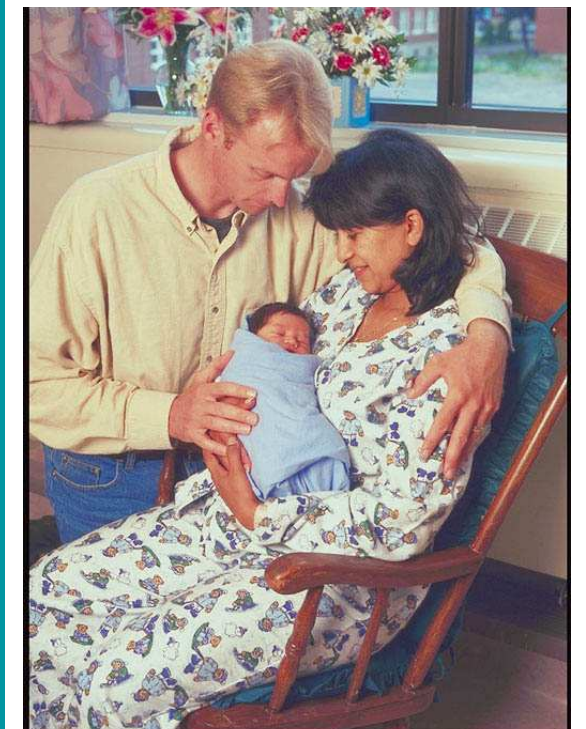
The complete recommendations with background, rationale and references, along with questions and answers for health professionals can be found at: <http://www.healthcanada.ca/nutrition>

Healthy term newborn breastfed babies do not need to be supplemented unless there is a medical reason.

Did You Know?

- ♥ Babies are born with enough fluids in their body to last for 3 days
- ♥ Mothers produce colostrum before they produce milk and this colostrum is all the food that a healthy full term baby needs
- ♥ Colostrum is very high in antibodies and also acts as a laxative to clean out babies bowels
- ♥ The newborn babies stomach is the size of a chick pea and holds only about 1-2 teaspoons (5-10mls) at each feeding
- ♥ Mother's milk supply comes in between 2-5 days
- ♥ Frequent breastfeeding can help lessen newborn jaundice
- ♥ Breast milk is easily digested so newborns feed frequently (8-12 times a day or more)

Newborns are often sleepy for the first 24 hours so should be encouraged to feed by undressing them before a feeding. If they do not nurse after about 20 minutes, try again in 1 hour.



Adapted from the Breastfeeding Committee for Saskatchewan www.sdh.sk.ca/breastfeeding