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**BREASTFEEDING
SUPPORT**



OTAGO & SOUTHLAND

Hāpai i ō hoa, i ō whānau ki te whāngai ū
Support your partners, friends and whānau to breastfeed

Tēnā koutou.

Welcome to the 11th edition of the Breastfeeding Support Otago & Southland E-Newsletter.
To sign up for these newsletters please email:
healthpromotion@wellsouth.org.nz

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New Peer Support Administrators



Peer Support Administrator for Greater Dunedin and Waitaki:

Kia ora koutou.

My name is Bushie Calvert and I am excited to have recently completed the PSPA training through Well South. I trained as a peer supporter in 2011 and have regularly volunteered at The Breast Room since it began and have helped with the management of it since November 2015. I have also visited several families through the antenatal breastfeeding classes and had countless conversations with friends and family about various challenges and joys that arise during a woman's breastfeeding journey.

I am mum to three delightful girls, Stella, Gretel and Lola – all of whom delight and challenge me and keep me on my toes on a regular basis. My husband, Steven and I own Nectar Cafe, the first café to be featured on the BURP app, and any pregnant mum popping in for a coffee or lunch is as likely to have a conversation around breastfeeding with Steven as she is to have a flat white!

I am looking forward to training future peer supporters and expanding the support networks for breastfeeding families within Dunedin and North Otago.



Peer Support Administrator for the Southland District:

My name is Lisa Dewhurst and I am a Mum to two busy small people who like to present me with new challenges daily. I have always been passionate about helping others and discovered La Leche 5 years ago which has lead me to become a La Leche leader. This then lead me to this job as an administrator.

I enjoy supporting our current peer supporters and look forward to training more soon. Hopefully I'll meet some other administrators at the upcoming La Leche League conference and gather some more knowledge.

Breastfeeding Peer Supporter Training



We are seeking new Peer Supporters to train around the region!

If you know anyone who might be interested in becoming a Breastfeeding Peer Supporter please forward them the training details below. We need all sorts of people, mums, dads, grandmas, young, and old.

If you would like the flier to print and/or post on Facebook please contact: sophie.carty@wellsouth.org.nz

Invercargill:

Date: Every Thursday for 6 weeks, starting 13th October 2016
Time: 10am - 2.30pm (babies welcome)
Location: Awarua Whānau Services, 190 Forth Street, Invercargill
Contact: Lisa Dewhurst on 027 322 0869 or missdewhurst@hotmail.com

Alexandra:

Date: Six Wednesdays, 19 October - 23 November 2016
Time: 9.30am - 2.30pm
Location: Alexandra Community House
Contact: Catkin Bartlett on 0800 560 560 or zulucatkin@hotmail.com

Dunedin:

Dates and times are yet to be set but if interested please contact:
Bushie Calvert bushiepcpa@gmail.com
Denise Ives bfc.denise@gmail.com

Peer Supporter Story



Peer Supporter and mother of two Bridget had two positive birth experiences in Sydney but two vastly different breastfeeding experiences. Now Wanaka based she completed her training in February and shares her story...

The labours were EASY. Short, natural and no interventions with healthy mother and babies. Almost a dream compared to my first breastfeeding experience!

Honestly, with my first child, I had a terrible experience. She had trouble latching on, the midwife said she had a "lazy latch". "You are doing everything great, it is your baby". Extremely powerful language for a first time mother. My daughter is nearly 9 and this still sticks in my mind. All hospital staff had different approaches and opinions, but I was determined to breastfeed. Hospitalised for 5 days because I couldn't establish breastfeeding I was eventually discharged with the plan to try latch on my baby for as long as possible, then once she came off top her up with formula. Not given much hospital support, no direction of what to do, who to see for external support my exclusive breastfeeding plan was messed up.

Overwhelming feelings of stress and anger, tiredness, financial stress coupled with feeling I had to keep my supply up by pumping suffocated my partner and I, our relationship and our baby. I respected the needs of our family as-a-whole and after two months stopped breastfeeding. A decision the hospital lactation consultant supported. Although I did not know it then I also suffered postnatal depression.

Second time, more confident, I knew where to find the answers and support I needed from day one. Wanaka Breastfeeding Support were great and I attended monthly Breastfeeding Café. My second daughter was exclusively breastfed on demand. We practised "baby lead" breastfeeding and she self weaned at 33 months. I think this really highlights how important SUPPORT is.

Every birth story is different. Every breastfeeding journey unique. I understand what it means to have good, solid support. I know what it feels like when you don't get the right support, when you "fall through the gaps". I understand the feelings of post natal depression. But I also know that the journey can be EASY for some. I have also experienced the joys of extended breastfeeding. I want to help others.

My biggest learning so far? Learning to listen! Such a simple task yet many find it very hard. Naturally, humans are problem solvers. We love comparing our stories. As a peer supporter, you need to be actively aware that you MUST listen. Before sharing your own journey, take a step back. Ask how helpful that would be....sometimes it is....but mostly all the person needs is someone to listen and reassure.

As peer supporters we need to be very aware of family diversity. Careful not to assume. Single mums can make it work, lesbian and gay parents can make it work, transgender women can make it work. SO we need to support families with open minds and open hearts.

I recommend this training to others. You learn so much! I have learnt about the mechanics of boobs and milk production and I have had breasts for a long long time! It's also a great way to meet other people who also have a passion for helping mothers.

In the News: Child Allergy Claims



Lately there have been claims about introducing solid foods earlier than 6 months to curb the increasing prevalence of allergies and autoimmune disorders. The publication was funded by Danone and the attractive booklet has been appearing in Bounty ante-natal/your pregnancy packs.

NZBA has done a media release to correct this: "Misinformation given to parents suggesting that exclusive breastfeeding until six months of age is no longer best practice, is premature and incorrect." Read the full media release below.

This highlights some of the problems with nutrition science communication in the media. Isolated studies do not necessarily equal causation. Large reviews of numerous studies are conducted before any sort of health recommendations are made. Furthermore, limitations of studies and their context are often left out of reporting.

In this example, over 75 percent of the children in the study were already older than 6 months old therefore the study's ability to draw conclusions about introducing solids before 4 months is severely limited.

Additionally, New Zealand and Australia have approximately 17% of infants who were exclusively breastfed for six months at this time. These small percentages of exclusively breastfed infants (globally) are very unlikely to be the cause of the stated "clear and worrying increase in a diverse range of allergic and autoimmune diseases." The lack of exclusively breastfed infants may be the issue! However, the Danone publications exclude a large amount of research on breastfeeding.

The studies were largely industry funded - another factor left out of reporting. Research grants were supplied by the National Peanut Board of the US, the Australian Egg Corporation Ltd, and a number of authors declared conflicts of interest as they had associations with Nestle, Mead Johnson, Pfizer, Fonterra and Nutricia.

Read the NZBA's media release here:

<http://www.scoop.co.nz/stories/GE1609/S00127/nzba-urges-caution-before-changing-infant-feeding-guidelines.htm>

Myth Buster



Exercise doesn't lead to a preterm birth!

A review of studies looking at physical activity in pregnancy has found that regular aerobic exercise is beneficial for mothers. Using data from over 2,000 pregnant women, the study found that women who did aerobic exercise 3-4 times a week for between 35-90 minutes had no greater risk of pre-term birth. Further, they experienced substantial benefits including:

- A significantly higher chance of having a vaginal delivery
- Lower rates of gestational diabetes
- Lower rates of hypertensive disorders.

The author's conclusions? Exercise should be encouraged in pregnant women.

<http://www.healthstartworkforce.auckland.ac.nz/en/news-and-events/exercise-beneficial-for-pregnant-women.htm>

The Breast Crawl



A useful series of pictures of a baby self latching after birth - with notes about the timing.

See more here:

http://www.huffingtonpost.com.au/entry/incredible-mom-and-baby-photos-show-the-beauty-of-the-breast-crawl_us_57b73741e4b03d5136881944?ncid=fcbklnkushpmg0000037

Breastfeeding: What's in it for mothers?



In a recent Op-Ed in the Washington Post, a group of mental health professionals described how they encourage all mothers in their practice to wean, based on personal negative breastfeeding experiences.

In response, Kathleen Kendall-Tackett (health psychologist and Lactation consultant) has compiled a list of great benefits for mothers who breastfeed – a message that too easily gets lost amongst the horror stories of 'what went wrong.' As Kathleen notes, these benefits don't diminish the difficulties many women face when breastfeeding. But what these difficulties point to is the need for better breastfeeding support – by peers, family and health professionals – rather than blanket messages to wean!

Benefits:

- After birth, breastfeeding resets the mothers metabolism to pre-pregnancy levels. The impact of this is significant and well-documented: significantly lower rates of diabetes and heart disease in women who have breastfed for at least 12 months, compared to those who had not.
- Another way breastfeeding protects against heart disease is buffering against the stress response system: breastfeeding has been shown to lower the inflammatory response system, which protects against cardiovascular disease.
- Exclusive breastfeeding increases the quality and quantity of a mothers sleep! Again the impact of this is significant: better sleep translates to better mood and more energy through the day, and is a known protective factor against the development of depression. If women do get depressed, better sleep will also help them recover more quickly.

Check out the original blog post (6 minutes reading time -<http://breastfeedingtoday-illinois.org/breastfeeding-whats-in-it-for-mothers/>) for a more complete picture!

International Inspiration

For those who missed out on the Milk: Born Into This World film screenings during World Breastfeeding Week last month, below is a few details the inspiring work Brazil has done in establishing the biggest network of Human Milk Banks in the world!

Milk is also available to buy on Amazon, click here: <https://www.amazon.com/Milk-Francesco-Branca/dp/B01EZFIJ8K>



Daniela Lopez expresses breast milk for donation to the Human Milk Bank at her home in Rio de Janeiro August 17, 2012.

- Of the 292 human milk banks in the world, 220 of them are based in Brazil.
- Launched in 1998, Brazil's milk bank network has seen almost 2 million babies receiving human milk in the last decade.
- The network has had a great impact on exclusive breastfeeding rates: in 1986, 2 percent of infants under 6 months were exclusively breastfed. By 2006, that figure climbed to 39 percent.
- Thankfully, they're spreading the word: Brazil promoted its successful model at the Nutrition for Growth event on August 4 to UN organizations, government leaders and advocates from the UK and Japan.

Read more here: http://www.huffingtonpost.com/entry/amid-zika-crisis-brazil-leads-the-way-in-1-area-of-infant-health_us_579a3c5de4b02d5d5ed4c07e

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