



E-NEWSLETTER 8th EDITION

Kia Ora and welcome to the 8th edition of the Breastfeeding Support Otago & Southland e-newsletter. In this issue we provide an up-date about drinking guidelines, what's happening around the regions, and share some exciting news about BURP. Please feel free to share this newsletter with your networks. Thanks, the WellSouth Health Promotion Team.

We would love to hear from you about the newsletters. If you have any feedback or suggestions for what you think should be in these newsletters, please email: sophie.carty@wellsouth.org.nz

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Alcohol and breastfeeding



Drinking alcohol while breastfeeding is not recommended by the Ministry of Health. This is because it passes very quickly into breast milk, and so can potentially harm the baby; timings and amounts need to be taken into consideration. This is especially important during the first month following a baby's birth.

The same amount of alcohol that makes it into the bloodstream makes it into breast milk. While the amount that's transferred if you drink a glass of wine (one standard drink) is relatively small, babies have a tiny and immature liver, which means he or she can't process the alcohol as well. The developing brain is highly sensitive even to small amounts of alcohol.

Alcohol can influence: sleeping patterns, development, milk production, milk intake, early learning, and milk properties.

However, if a mother chooses to drink while breastfeeding it is important that we provide her with harm reduction advice. If a mother chooses to drink alcohol it is advised that they only do so occasionally, keep to the low risk guidelines and keep in mind timings. It is recommended to breastfeed rather than switching to artificial feeding.

What is a standard drink?

It is important to be aware of what a standard drink is, as not many people are aware of how small a standard drink actually is. In New Zealand, a standard drink contains 10g of alcohol.

Common examples include:

- 1 'stubby' (330ml) of **4% beer**, or
- 100 ml of 13% wine (probably much less than your normal pour!), or
- $\frac{3}{4}$ of a bottle of RTD at 5% alcohol,
- 30 ml (1 shot) of spirits

Click on the link below for a standard drink guide:

http://www.alcohol.org.nz/sites/default/files/images/1.0%20AL%20437%20Guide%20to%20Standard%20Drinks_FA_May2015_WEB.pdf

Harm reduction advice:

If mothers' choose to drink alcohol they can minimise the risk of exposing their baby to it by waiting until the alcohol level in their breast milk and blood stream has dropped. The length of time it takes alcohol to be processed varies from person to person, but usually it's around one standard drink an hour.

Peak alcohol levels both in the mother's blood and milk occur approximately thirty minutes to one hour after drinking and decrease thereafter, although there are considerable individual differences in the timing. Therefore, wait at least two to three hours after finishing a drink before nursing baby to give the alcohol a chance to be cleared from the body.

A drink can be timed so that the baby won't be nursing for a few hours afterwards by having it right after a feed, or during one of baby's longer stretches of sleep. Another option would be to

feed baby previously expressed breast milk in the hours following alcohol consumption. It may be necessary to express breast milk for comfort and to maintain milk supply in this two to three hour period - in this case, the alcohol-exposed milk should be discarded.

The baby's age should also be taken into consideration. Infants under four weeks of age detoxify alcohol at a lower rate than babies over three months due to liver maturation – note that premature infants' livers are less mature than full term babies. As with any drug, be more conservative if you are nursing or pumping milk for a newborn, than if you are breastfeeding an older, more mature baby (6-12 months).

- Breastfeed before you start drinking;
- wait for at least two to three hours after finishing a drink before resuming breastfeeding (however, this will depend on the amount consumed and individual differences);
- use previously expressed milk to feed if needed after drinking;
- drink slowly;
- know what a standard drink is – it is probably less than you think;
- choose drinks low in alcohol, or diluted with water or juice;
- eat before and while drinking to minimise alcohol absorption;
- reduce the amount of alcohol consumed by alternating alcoholic with non-alcoholic drinks;
- factor in the baby's age.

Low risk drinking guidelines for women:

No more than 2 standard drinks a day and no more than 10 a week.

At least 2 alcohol free days a week.

These guidelines do not apply to pregnant women.

Finally

- Mothers, fathers and carers can't safely care for their baby if intoxicated, so drinks should be limited accordingly;
- it is unsafe to co-sleep with a baby under the influence of alcohol or other drugs;
- ensure that there is somebody who is free from alcohol and drugs to look after the baby;
- if you are concerned about a family speak to your Peer Supporter Administrator in the first instance.

For more information:

Check out the 'other information' section on the Breastfeeding Support Otago & Southland website: www.breastfeedingsos.co.nz;

or visit: Alcohol.org.nz

Continuing education opportunity



The Safeguarding Children Initiative (SCI) is a small registered charity that works mainly in the Nelson Tasman region to educate communities and those working with children and families about early intervention, vulnerability, child abuse and how to respond.

An e-learning package was launched in October 2015. This is the first e-learning package for child protection in New Zealand, and a great thing to include in your annual accreditation as a Breastfeeding Peer Supporter.

So far the charity has trained over 3500 people in 4 years, all free of charge. Speakers include specialist nurses, a consultant paediatrician, social workers, a detective, CYFS workers and an internet safety consultant. The response to SCI in the Nelson region has been very successful with children and families getting the help they need early because of the education and support they provide.

Those working with children and community members feel informed and supported around the issues of child well-being and child protection.

Here are the links to the e-learning access and the social media campaign that accompanied the launch.

Link to the website: www.safeguardingchildren.org.nz

What is SCI? <https://www.youtube.com/watch?v=CalQdPr1OYY>

Link to e-learning course: <http://safeguardingchildren.org.nz/product/elearning-basic-awareness-child-protection/>

Wanaka's woolly boobs



Wanaka Breastfeeding Support have just received a gift from Wanaka Creative Fibre Group – woolly boobs. They would like to be able to provide all their local Breastfeeding Peer Supporters, Midwives and Plunket Nurses with their own woolly boob!

“The boobs are really useful as breastfeeding demonstration aids. They are used to show the best way to get a baby to latch on properly and how to mould or hold your breast to get the nipple in the right position for the baby’s mouth. They’re also used to teach how to hand

express milk and how to deal with problems like blocked ducts.”

The other side to the project is to raise awareness of the breastfeeding challenges mothers may face and that there is support available to help them with these.

If anyone would like to donate a knitted breast contact Sarah for the knitting pattern sarah.berger@wellsouth.org.nz, or 0272104716.

Queenstown's operation nipple shield



This mini project came about from an idea at a Peer Support Hui to encourage pharmacists to share information about nipple shields at point of sale. Pharmacists play an important role as they may be the first point-of-contact for families experiencing breastfeeding challenges.

Catkin, the PSPA for Central Otago and Wakatipu, and Peer Supporters have been giving their local pharmacies the Le Leche League information sheet on nipple shields with their contact details attached.

Catkin, the PSPA for Central Otago and Wakatipu has been giving pharmacists the Le Leche League information sheet on nipple shields with contact details for local Peer Supporters attached.

It is hoped that this will help to ensure that mothers have accurate, evidence-based information when they first start using a nipple shield.

BURP

www.burpapp.co.nz



BURP now available on iPhone!

The BURP mobile friendly website and android app now have over 5,000 users! It has been so popular we have just launched a BURP app for iPhones. The app and website is used to help families in Otago & Southland identify breastfeeding- and child-friendly venues. Please promote it to your networks.

It would also be great if we could get more reviews of the venues, so please encourage families with small children to leave some reviews about their experience on the app and website.

Available for free from the mobile-friendly website, the Google Play Store for android phones, and now the App Store for iOS phones.

Latest additions to BURP:

- Palmerston Public Library
- Oamaru Public Library
- Queenstown Library
- Arrowtown Library
- Copper Cafe - Dunedin
- Innocence at the Flax Cafe - Dunedin
- The Garden Seat Cafe - Dunedin
- Cafe Gusto - Wanaka
- Steam Cafe - Oamaru
- The Brydone Hotel - Oamaru
- RedRobin Coffee - Oamaru

Leave them a review about your breastfeeding- or child-related experience.

If there are any great breastfeeding-friendly venues that you know of and think should be on the app, please contact:

Sophie Carty, sophie.carty@wellsouth.org.nz, 03 477 1163

Or nominate a venue on the website: <http://www.burpapp.co.nz/Home/Nominate>

Southern Pēpi-Pod® Programme



Public Health South has started a Pēpi-Pod® Programme in Southland, which is offered to vulnerable families.

The Pēpi-Pod® sleep space programme is a co-ordinated approach to delivering infant public health services, including smokefree, breastfeeding, immunisation and gentle handling, to families most at risk of experiencing Sudden Unexpected Death of an Infant (SUDI).

There are three core elements to delivery:

- infant health education
- portable sleep space
- spread of safe sleep awareness within priority communities

All three components are essential. The programme facilitates engagement with priority families, offers a safe sleep space, and promotes a partnership relationship and shared responsibility for protecting the region's more vulnerable infants.

The Pēpi-Pod® is a portable sleep space for vulnerable infants. It provides a zone of physical protection around a baby when a baby sleeps in places where suffocation risk is heightened

(in or on adult beds, on couches or in makeshift beds). Thus it enables a parent and child to be safe and close when everyone is sleeping. The Pēpi-Pod® is part of a bigger effort to stop deaths from accidental suffocation.

Eligibility

Unfortunately, due to budget constraints, referrals need to be managed. There are set distribution agencies around Otago and Southland. Eligibility is based on evidence for increased risk, especially for Māori infants.

Referrals from distributing agencies are encouraged for babies who meet these criteria:

- new-born infants (less than 2 weeks or older than 2 weeks if in a NICU/Neonatal unit) with one or more of the following characteristics
- smoke-exposed, especially in pregnancy
- premature (
- mother aged
- Māori
- previous SUDI

Where families do not meet programme criteria or are not enrolled in the distributing agencies there is the option of private purchase using the Trade Me mechanism (under listing #: 819955005). However, they are relatively expensive.

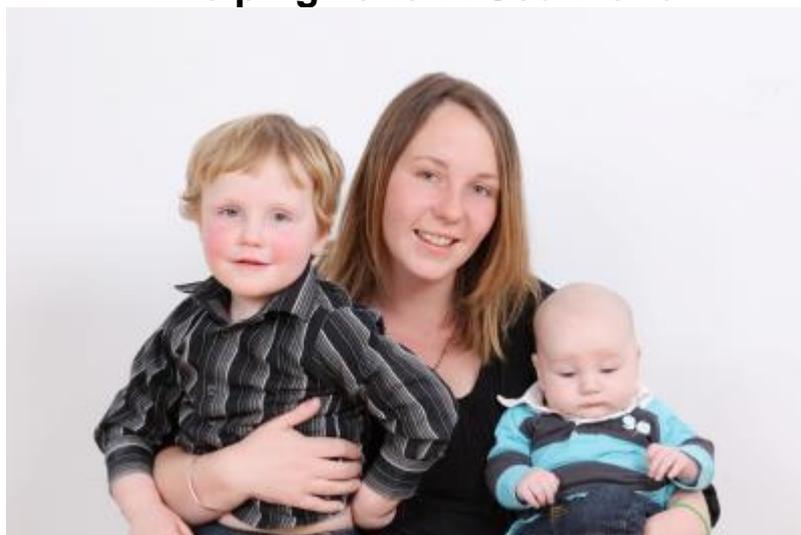
Your role

As a Peer Supporter you may have the opportunity to affirm safe sleep practices, alternatively you may witness or hear about unsafe sleep practices. You might want to refer them to the Pepi-pod website or talk through a Safe Sleep Leaflet. If you are worried, unsure or need support, speak to your Peer Supporter Administrator about it.

The Pēpi-Pod® website www.pēpipod.co.nz is a comprehensive resource. A safety briefing provided to families when they first receive a Pēpi-Pod® can be accessed here www.changeforourchildren.co.nz/pepi_pod_programme/safety_briefing.

Essentially, the programme is about infant breathing and how to protect it.

A helping hand in Southland



After a sad farewell to Deli Ives, our Peer Support Administrator in Southland, Junaya Leask has taken over the coordination of the monthly Peer Support hui's and professional

development.

Further training of Peer Supporters in Southland will be on hold until an Administrator who has completed the Le Leche League training becomes available. However, training in Dunedin, and Central Otago & Wakatipu will continue as normal.

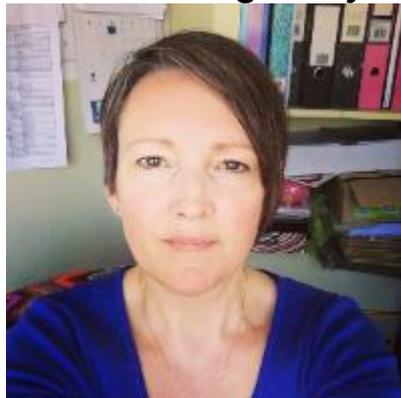
Meet Junaya:

For 6 years I have been an active Peer Supporter. I started off as a 17 year old solo mother, and although I never faced any breastfeeding issues at the start, I found it tough with peer pressure, and lost a few friends who were not on the same level.

After 10 months breastfeeding my eldest son I hit my first bump, teething. I ended up with mastitis and a breast infection that would not go away, I was completely driven to not let this affect my feeding, and carried on until he was 15 months.

I am now a 24 year old mother of 3 boys who have all been breastfed. Breastfeeding has been an absolute blessing, the bond I share with my sons' is out of this world. Being able to nourish and grow my boys through my own body is an absolute dream, I believe the first step to successful breastfeeding is wrapping yourself in support around your decision to feed, which is why I am here to help.

Dunedin - The Breast Room
A hello and goodbye



Back in 2011 someone asked me what I would do if I could do anything to help women in Dunedin with breastfeeding. That's where it all started – The Breast Room in the House (to give it its full name), was born – more commonly known simply as The Breast Room.

In the two years I had been in Dunedin I had started to feel that although there were lots of groups for new parents to go to, many with excellent breastfeeding support, parents also needed somewhere they could go that was entirely free, impartial, and able to give one-to-one personal support rather than in a group setting. This was the kind of service I had experienced in the past, and I felt that it would be of use to people here in Dunedin.

At the same time, The Early Years Hub was just opening its first community Hub in a tiny little villa in South Dunedin. They wanted to provide a range of services to the local community... I went to talk to Christine (the lady setting it all up) and she was very keen to have us as part of The Hub community. At that point we didn't have a name, but we carried on discussions about how our room would be set up, and what we would need... and all of a sudden I decided that our room in that little villa would be the best room in the entire building... or the "breast" room in the house!

The Breast Room was a perfect opportunity for our newly trained Peer Supporters to offer their services too. We opened just one day a week in October 2011, and officially launched in

February 2012. It was quiet to start with. Some weeks no one turned up at all and our lovely group of Peer Supporters wondered whether we were doing the right thing – maybe families didn't need any help after all? Perhaps they were happy with what was already out there? But slowly things changed. Midwives got to know and trust us, we networked with others in the community involved with new parents... and people started to come. It took months! Just as we were thinking that maybe we needed a bigger room, The Early Years Hub moved to the old Forbury School site in South Dunedin – we had a massive classroom to use now!

Our numbers grew, we opened a second morning a week, and we are still going strong. More and more Peer Supporters are involved in delivering our service, and it's a great way to learn too. We see over 1000 individual clients a year, and carry out nearly 2000 consultations a year, plus phone calls, emails, home visits and contact via Facebook. We are starting to see parents come in with their second or subsequent babies too. Referrals come from midwives, well-child nurses, GPs, and friends of friends. Around a quarter of the babies are under a month old, and around half are under 3 months old.

The Breast Room has been my baby for the last four years. It's grown and become trusted by our local community. It is a registered Charitable Trust.

We have a wonderful team of Peer Supporters in Dunedin, with a core group of those volunteering at The Breast Room every week. Other Peer Supporters are linked with women who attend our antenatal breastfeeding class; that way they can be there for them before their baby is even born, starting to build a relationship and trust – just in case they need someone once their baby is born.

Some of our Peer Supporters are on the website: www.breastfeedingsos.co.nz

From November, the day to day management and running of The Breast Room is being taken over by Bushie. Bushie was a member of the first group of Peer Supporters trained in Dunedin and she has been part of The Breast Room team since day one. She has a lovely gentle manner, and a great knowledge of breastfeeding. She has three children of her own so she knows what it's like to be a new mum, as well as a new mum with another young child to look after! Bushie will be a great support for the other volunteers and I'm sure she will keep things running beautifully, making changes where they are needed and taking The Breast Room wherever it needs to go next. I'll be quietly in the background, available to help if needed, still training and mentoring Peer Supporters, but will definitely only be in a background, support role for The Breast Room as I take on some new challenges with my family.

I would like to take this opportunity to thank all the people who have helped make The Breast Room happen, and supported me with my crazy English ways and ideas!

Thank you, thank you.

The Breast Room ®
Registered as a Charitable Trust - No. CC48449

<http://www.givealittle.co.nz/org/Breastroom>
<https://www.facebook.com/TheBreastRoom>
breastroom@gmail.com

Congratulations to Central Otago and Wakatipu's Administrator Catkin



A big congratulations to our Central Otago & Wakatipu Peer Support Administrator Catkin, her husband Gavin, Poppy, Hazel, and Annabel on the birth of Lara.



WellSouth
Level 1, 333 Princes Street
Dunedin, Southern Region 9054

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