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## E-Newsletter 9th Edition

Kia Ora and welcome to the 9th edition of the Breastfeeding Support Otago & Southland e-newsletter. Please feel free to share this newsletter with your networks.  
Thanks, the WellSouth Health Promotion Team.

To sign up for these newsletters, please email: [sophie.carty@wellsouth.org.nz](mailto:sophie.carty@wellsouth.org.nz)

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# Peer Support Training in Balclutha



**BREASTFEEDING SUPPORT**  
OTAGO & SOUTHLAND

## Interested in Breastfeeding?

Come along and learn about breastfeeding and how to support your friends, whānau and community.



**Time:** 9:30am - 2:00pm (babies welcome)  
**Dates:** Every Friday for 6 weeks, starting 1 April 2016  
**Location:** Parents Centre, upstairs at 6 John St, Balclutha  
**Cost:** FREE

Free lunch and resources.  
Talk to us about how we can help with transport costs and childcare.

**Places are limited!**

For more information and to register contact:  
Louise 027 520 0063 [louise.thompson@wellsouth.org.nz](mailto:louise.thompson@wellsouth.org.nz)



**WellSouth**  
Wellbeing. Well. Well. Well.

Our new Peer Support Administrator, Louise Thompson, is holding her first breastfeeding peer supporter training course starting the 1st of April 2016.

If you know of anybody in the Clutha District who may be interested in becoming a Breastfeeding Peer Supporter please share the above details.

Please  
Louise  
027  
[louise.thompson@wellsouth.org.nz](mailto:louise.thompson@wellsouth.org.nz)

520

contact:  
Thompson  
0063

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## New Peer Supporters in Central Otago & Wakatipu



There are soon to be 9 new Peer Supporters in Central Otago and Queenstown Lakes – currently training with Peer Supporter Administrator Catkin Bartlett and we look forward to having them join us!

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## Tongue Tie Information Session in Central Otago



Tongue tie is where a baby's tongue is held down by tissue underneath the tongue which has not separated from the floor of the mouth and tongue during growth as an embryo. This can cause problems with breast feeding, bottle feeding, swallowing and licking. It can even interfere with development of the bottom jaw and create dental and speech problems.

The Central Otago & Wakatipu Breastfeeding Network invite you to attend a Tongue Tie Seminar to learn more and there are **assisted places available for Peer Supporters**

### **'Tongue Tie and Breastfeeding'**

Dr Paul Bennett, Broadway Medical Centre, Dunedin

### **'Tongue ties - more than a feeding problem?'**

Jane Carroll, Speech Language Therapist

### **'National and International perspectives in multidisciplinary management for tongue tie'**

### **'Case studies and emergency management prior to intervention'**

Vanessa Logan RN, IBCLC & Jo Guest RM, IBCLC,  
Charlotte Jean Maternity Hospital

**Cost:** \$25 (assisted places available)  
**Time:** 10am-2.30pm with lunch  
**Date:** Friday April 8th  
**Location:** Cromwell Presbyterian Church, Elspeth Street, Cromwell

For more information and to register, contact [sarah.berger@wellsouth.org.nz](mailto:sarah.berger@wellsouth.org.nz) or call Sarah on 0272104716

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## Feed Safe now available in New Zealand



**Handy information on breastfeeding and alcohol, right in your pocket.**

Can I have an occasional drink while I'm breastfeeding? Should I 'pump and dump'? How does alcohol affect breastmilk? How long should I wait after having a drink, before breastfeeding?

Feed Safe is a **free** app which contains answers to the most common questions about alcohol and breastfeeding.

Feed Safe is a great tool for mothers wanting to regulate their alcohol intake while breastfeeding, so that it doesn't harm their babies. A number of factors affect how much alcohol gets into your breastmilk including the strength and amount of alcohol in your drink, what and how much you've eaten, and how much you weigh.

New Zealand recommendations say that the safest option is to not drink while breastfeeding. If you do want to drink while breastfeeding it is recommended that you avoid doing so until your baby is one month old. After this time, mothers may wish to enjoy a drink with a meal, when out with friends, or on a special occasion.

Alcohol inhibits breastmilk release, and can affect babies' sleeping and eating patterns, brain development, milk production, early learning, and breastmilk properties.

If you decide to have an occasional drink, you enter your height, weight, and alcohol intake to accurately estimate when your breastmilk should be free from alcohol. *Feed Safe* includes a timer, which then alerts you when you should be able to safely breastfeed again. The app has

a handy standard drinks guide to help you understand how much alcohol is in a range of common drinks. It also contains information about what happens if a mother drinks more than she had planned.

Dunedin mother, Azaria Woodford, has tried *Feed Safe* and says “*What a great tool for breastfeeding mums who want to enjoy the occasional drink. Now we have a visual aid that can help support us! With a quick tap I can either see how long until it's safe to feed my baby, or what the time will be. So helpful that I don't have to try and count back and remember myself!*”.

Feed Safe was developed by the Australian Breastfeeding Network, Reach Health Promotion Innovations and Curtis University. WellSouth Primary Health Network has adapted it for New Zealand.

#### **WHAT**

FREE iPhone, iPad and iPod Touch app which contains information on breastfeeding and alcohol, to help you make an informed choice.

#### **AVAILABLE**

iOS App store [appstore.com/feedsafenz](http://appstore.com/feedsafenz).

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## **WABA's Silver Anniversary**



*Protect, Promote & Support  
Breastfeeding Worldwide*

25 years ago, in the basement of the UNICEF building in New York the World Alliance for Breastfeeding Action was formed. A year after the Innocenti Declaration of 1990 formally recognised the unique nature of breastfeeding, came the call for concerted global action. So in 1991, a consensus was reached on the need for a global secretariat to coordinate collective efforts.

WABA is now a global alliance with more than 300 organisational endorsers and works across the spectrum to protect, promote and support breastfeeding: from UN institutions to mother support groups, with physicians, midwives and healthcare professionals to health ministers, from academics to activists. Over the years, the variety of actions at all levels, from global to local, has contributed to positive change in policy and practice.

WABA today strives to live up to their name. **World** – we are global in our ambitions and reach. **Alliance** – we work in cooperation with like-minded people and organisations. **Breastfeeding**, is basic to human well-being and sustainability and cuts across very many important issue. And finally, **Action** because for change to happen, we need more than just the head and heart to engage in the process. We also need the hands.

Through the annual flagship program, World Breastfeeding Week (WBW), WABA has made a significant contribution to keeping breastfeeding on the global development agenda. WBW themes are always relevant and popular, involving established and new partners that make up this movement.

The theme for this year's World Breastfeeding Week is: 'Breastfeeding: A key to Sustainable Development'.

As Dr Omer-Salim, WABA co-director explains: *"In very simple terms, sustainable development means development that meets the needs of the present without compromising the ability of future generations to meet their own needs.*

*Breastfeeding is a key to sustainable development. This is particularly through the links between breastfeeding and nutrition and food security; health, development and survival; achieving full educational potential and economic productivity and the fact that breastfeeding is an environmentally sustainable method of feeding compared to the alternatives.*

*In 2016 a new set of universal global development goals will come into being. The [Sustainable Development Goals \(SDGs\)](#) build on the 'unfinished business' of the Millennium Development Goals (MDGs), and will guide development agendas for the next 15 years. There are 17 goals that apply to all countries alike, covering broad issues such as climate change and poverty reduction, but also more specific issues including;*

- 1) ending hunger and improving both under and over nutrition;*
- 2) ensuring healthy lives and promoting well-being;*
- 3) ensuring equitable education, and*
- 4) ensuring sustainable agricultural production and consumption.*

*However, breastfeeding is not explicitly mentioned in any of the goals. Therefore the breastfeeding movement needs to position breastfeeding in as many ways as possible. This will help to ensure that breastfeeding is not forgotten in the new era of the SDGs".*

#### **WBW 2016 Objectives are to:**

1. To inform people about the new Sustainable Development Goals (SDGs) and how they relate to breastfeeding and Infant and Young Child Feeding (IYCF).
2. To firmly anchor breastfeeding as a key component of sustainable development.
3. To galvanise a variety of actions at all levels on breastfeeding and IYCF in the new era of the (SDGs).
4. To engage and collaborate with a wider range of actors around the promotion, protection and support of breastfeeding.

It would be great if you could be involved in this year's Big Latch On and World Breastfeeding Week activities, so get your thinking caps on about what you could do to promote the theme in your community and save the dates.

WBW is 1st-7th August with Friday 5th or Saturday 6th August for BLO events

For the full articles visit:

<http://waba.org.my/turning-silver-into-gold-waba-25th-silver-anniversary-1991-2016/>

OR <http://waba.org.my/>

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## Farewell



A farewell to Katie Jahnke from The health Promotion Team and on behalf of Otago and Southland Breastfeeding Support. Katie is off on Maternity Leave - we wish her, Dan and Sam all the best for their new baby.

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To sign up to these newsletters, please email [sophie.carty@wellsouth.org.nz](mailto:sophie.carty@wellsouth.org.nz)



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