

**BREASTFEEDING
SUPPORT**



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

E-NEWSLETTER: 5th Edition

Kia Ora and welcome to the 5th edition of the Breastfeeding Support Otago & Southland e-newsletter. Some great developments to the Breastfeeding Support Otago & Southland programme have been happening. Read on to find out more!

In this issue:

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- BURP goes live!
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 - Create your own knitted breast resources
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New Breastfeeding Peer Supporters in the Region!



Upcoming Training - Dunedin

WellSouth Primary Health Network is funding another peer supporter training course in Dunedin. The course will start on Wednesday 20 May, running for 5-6 sessions, 9.30am to 2pm. This will be the 5th group of peer supporters trained in Dunedin alone.

We are looking for women in Dunedin who are interested in becoming volunteer Breastfeeding Peer Supporters, especially women of Māori or Pacific Island descent. So please feel free to pass this information around your networks.

For more information or to register interest, please contact Denise: bfc.denise@gmail.com, or 027 476 1339.

Recent Training - Queenstown

A successful training course was recently run in Queenstown by Catkin Bartlett. There are now 10 new Breastfeeding Peer Supporters in the Queenstown-Lakes District. Reflecting the population, a wide range of ethnicities were represented at the training course, including Māori, Japanese, Brazilian, European African, British and NZ European.

The new Breastfeeding Peer Supporters are a diverse group, all with very different backgrounds and valuable experiences to share with their communities and include a dad and a nana!

These new Peer Supporters will support their own peers, the dad supporting other dads, the nana supporting other nana's etc., be it in the workplace, in their social circles, through their voluntary commitments, or in their whānau. A great example of how we all have a role to play in supporting breastfeeding and a wonderful illustration of the many ways our whakatauki comes to life: Hāpai i ō hoa, i o whānau ki te whāngai u.



Back row, left to right: Gabriella Deo with James, Lauren Keith with Maddison, Anna Star with Fergus, Lauren Major, Francesca Ward.

Front row, left to right: Sarah Berger, Stephen Ward with Nina, Lesley Malthus, Keiko Okumura with Kenzo Okumura, Kim Henderson with Sayumi Okumura

Recent Training - Murihiku

Under the banner of Nga Kete Matauranga Pounamu Charitable Trust and in partnership with WellSouth, PCPA – Deli Diack facilitated Breastfeeding Peer Support Training at the Invercargill Parents Centre on Thursday 29th and Friday 30th January 2015. Eight women from across Southland/Murihiku attended, participated and completed the two day intensive training programme.

Passionate mums and committed health professionals came together to gain and/or consolidate evidence based clinical information and education, share experiences and engage with local community experts as they co-facilitated components within the Peer Supporter Training.

A component within the programme is to improve access to local resources. Building confidence for Peer Supporters to support wahine and whānau to engage in the local Antenatal Breastfeeding Programme – He Muka, connect with a local Peer Supporter via our local Breastfeeding Support Network as soon as possible and visit local support groups facilitated and coordinated by our local Peer Supporter's aimed to promote, protect and normalize the breastfeeding culture in Murihiku. "It is always a pleasure to have volunteers empowered to support local mums and their whānau to breastfeed with confidence in Murihiku" - Deli Diack.



Above: Recently graduated Peer Supporters in Murihiku.

Back row, left to right: Crystal Parata, Paula Randall, Lisa Dewhurst, Kerryn McLachlan, Tania Lonneker.

Middle row, left to right: Olivia Hall, Jules Hyde, Kirsty Greenwood.

Front: PCPA – Deli Diack from Nga Kete Matauranga Pounamu Charitable Trust

BURP Website and App for Androids



A big thank you to those who volunteered to visit their favourite cafes, restaurants and other public facilities in Otago & Southland for BURP. We now have over 100 facilities on the website/app!

BURP was launched publicly in Dunedin and Invercargill on the 10th of February, and has been very well received. Download it for FREE for your android smart phone from the GooglePlay store, or visit www.burpapp.co.nz if on your PC or if you have an iPhone.

Please feel free to promote the app around your personal and professional networks! Below is a small description suitable for posting to Facebook pages:

Southern Breastfeeding Mums do we have something for you! Life doesn't stop when you have a baby, jobs still need to be done and your child still needs to be fed!

BURP (Breastfeeding's Ultimate Refuel Place) app/website is the perfect breastfeeding buddy, navigating mums to the nearest breastfeeding friendly venue in Southland and Otago. Whether it be a cafe, restaurant, library, museum to name a few, they are displayed via icons on a map. Additional facilities such as change tables and toilets are also included along with an opportunity for mums to feedback.

This must-have app is free to download, easy to use (even with one hand while juggling baby and bags!)

BURP is a joint project between WellSouth Primary Health Network and the Southern DHB.

If you would like an electronic picture file of the above to post to Facebook pages, please contact:

Sophie Carty
Health Promotion and Projects Coordinator
WellSouth
03 477 1163
sophie.carty@wellsouth.org.nz

BFSOS Website Development



WellSouth is currently developing a website to promote the Breastfeeding Peer Support Otago and Southland programme. If you have any ideas for the website and would like to contribute, please contact:

Nitin Sukumaran
Health Promotion and Projects Coordinator
WellSouth
03 214 6436
nitin.sukumaran@wellsouth.org.nz.

The website will make information about the programme more up to date and accessible to the general public. Peer supporters who are interested will be able to display small profiles about themselves similar to the existing BFSOS pamphlet. However, Peer Supporters will be able to upload their own information and details, keeping all information current.

The minimum requirements to submit your profile to the website will be to have:

- Completed a Breastfeeding Peer Supporter Training course.
- Undergone a police check - if we do not have a police vetting form for you on record we will be contacting you in the next few months to go through the vetting process - it's very simple.
- Participated in some breastfeeding related professional development in the last 12 months.

Peer Supporters will also be able to display on the website whether or not they have fulfilled the requirements for annual accreditation, which is used to assure mothers, families, and health professionals of a Breastfeeding Peer Supporter's credibility and knowledge.

To be an accredited Breastfeeding Peer Supporter the individual needs to display the following:

- Regular attendance and participation in Peer Supporter meetings, a minimum of once a quarter.
- Ongoing learning and personal development, this could also include reading appropriate books, articles, research or attending appropriate presentations or workshops around breastfeeding*, a minimum of one opportunity per annum.
- Show community and/or health professional engagement, including contact with the local Peer Counsellor Programme Administrator, a minimum of once per quarter.

Please contact your local PCPA if you would like to know more about the Annual Accreditation process.



Useful resources

Infant Sleep Information Source

A great website with up-to-date information on normal sleep for babies. To access the website, please click [here](#).

FREE downloadable information sheets on: normal infant sleep, where babies sleep, bed sharing and safety, daytime sleep and slings, sleep aids, sleep training and twin infant sleep. Access the sheets [here](#).

Knitted Breast Pattern

For those of you interested in knitting you could try knitting a breast! A useful educational tool when talking to mothers and families about breastfeeding and latching. This pattern is made available by Lactation Consultations of Great Britain and available [here](#).



World Breastfeeding Week 2015

The theme for World Breastfeeding Week 2015 is "Breastfeeding and Work: Lets make it Work!".

If you are interested in participating or hosting any events in your area keep an eye on the World Alliance for Breastfeeding Action website (<http://www.waba.org.my/>) and Woman's Health Action website (<http://www.womens-health.org.nz/>). The Big Latch On is always a fun event and a great way to engage with mothers and families on the issue of breastfeeding.

Both the Department of Labour and Ministry of Health have produced resources to help employers support breastfeeding women in the workplace:

- Employment Regulations accessed [here](#).
- Breastfeeding and Working, accessed [here](#).

The Ministry of Health resources are available in Te Reo, English, Samoan and Tongan.



A woman's health and breastfeeding during Early Life affects Obesity Risk

Research has shown that a short duration of breastfeeding (less than one month) and four maternal risk factors during pregnancy including; obesity, excess pregnancy weight gain, smoking and low vitamin D status are predictive of childhood obesity.

At four years old, children with four or five of the factors were 3.99 times more likely to be overweight or obese than those with none of the risk factors. These differences were not explained by other factors, such as the children's quality of diet or physical activity levels.

The research noted that interventions to prevent obesity therefore need to start earlier, perhaps even before conception to improve child health.

Breastfeeding, having a healthy body weight and not smoking during pregnancy are key. As Breastfeeding Peer Supporters we are in a great position to support mothers with leading a healthy life for their children!

[Read more](#)

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Well South
Level 1, 333 Princes Street
Dunedin, 9054

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