



# Breastfeeding Canada

Newsletter of the Breastfeeding Committee for Canada

Issue 10: June 2011

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## **Baby Friendly Initiative, National Symposium: Marking the 20<sup>th</sup> Anniversary of the Baby Friendly Hospital Initiative**

At the Breastfeeding Committee for Canada – Baby Friendly Initiative Symposium held in June, Janette Bowie, Program and Standards Advisor Ministry of Health Promotion and Sport Ontario, gave the closing address and brought to focus the purpose of the Symposium very well. She has graciously forwarded her speech for inclusion to this edition of ***Breastfeeding Canada*** and we thank her very much!

### **June 2011**

“These past two days have brought together people who are passionate about the BFI from across our great country. We have had the opportunity to network, to share and learn, individually, nationally and globally. We have had the opportunity to be inspired by BFI achievements across this country.

The energy from these two days will continue:

- tomorrow with the BFI Assessment Committee’s Capacity Building Workshop, and
- as each one of you returns to your own community...with your renewed energy.... prepared to forge new partnerships

Imagine this energy going forward and imagine the map of BFI “hotspots” say in 2016.

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## *Breastfeeding Committee for Canada: Standing Committees*

*The Breastfeeding Committee for Canada Board of Directors has established the following Committees to undertake aspects of its work toward its objective to over-see and facilitate the implementation, assessment and designation of the WHO/UNICEF Baby-Friendly Initiative in Canada. Committees are chaired by a member of the BCC Board of Directors.*

### *Board of Directors:*

*Chair: Kathy Venter [info@breastfeedingcanada.ca](mailto:info@breastfeedingcanada.ca)*

*Treasurer: Dianne Nikiforuk [DNikiforuk@dthr.ab.ca](mailto:DNikiforuk@dthr.ab.ca)*

*Membership: Genevieve Courant [genevieve.courant@von.ca](mailto:genevieve.courant@von.ca)*

*Directors: Louise Dumas, Michelle LeDrew.*

### *BCC BFI Assessment Committee:*

*Chair: Marina Green [marinagreen@shaw.ca](mailto:marinagreen@shaw.ca)*

*Goal: To develop and implement a clear, accountable BFI assessment and reassessment process in Canada.*

### *BCC Provincial/Territorial Committee:*

*Co-Chairs: Kathryn Inkpen [Kathryn.Inkpen@gov.ns.ca](mailto:Kathryn.Inkpen@gov.ns.ca)*

*Janet Murphy Goodridge [wiljan@nf.sympatico.ca](mailto:wiljan@nf.sympatico.ca)*

*Goal: To support the implementation of the Baby-Friendly Initiative (Hospital and Community Health Services) in the respective provinces and territories and across Canada.*

***BCC Membership*** is open to Canadians interested in voluntarily furthering the objectives of the BCC, who are in no way associated with a company whose products fall within the scope of The WHO Code, and whose application has been approved by the Board. BCC membership categories and fees are described in the BCC Bylaws.

***Voting Members*** (Board Directors and members of the standing committees) and Associate Members (individuals interested in furthering the aims of the BCC who have received approval of the Board of Directors) pay the annual membership fee.

***Membership fees*** (\$30) are due annually by the end of March. These fees support BCC expenses such as teleconference meetings of the BCC Board and Committees, participation of the BCC representative to the Canadian Pediatric Society Nutrition Committee and participation of the BCC delegates to the WHO Coordinators for the BFI in Industrialized Countries.

Associate Membership forms are available at  
<http://www.breastfeedingcanada.ca/html/support.html>

## ANNOUNCEMENTS



### The New BCC Website has been launched! - exciting, professional and interactive!

Members are able to:

- Join BFI forums of interest
- Access resources & organizational information
- Share information
- Pay memberships on-line
- See video clips & photo albums related to BFI
- File interim reports directly to the Assessment Committee
- **And more? Let us know what you want**

Contact Kathy at  
[info@breastfeedingcanada.ca](mailto:info@breastfeedingcanada.ca)

**News Release: March 14, 2011**  
**Breastfeeding In Emergency and Disaster Situations**

Providing support for mothers to start or continue breastfeeding is the best way to ensure the health of babies and young children during emergency and disaster situations. Breastmilk gives babies food, water and antibodies that fight illness.

Babies under 6 months should not be given anything except breastmilk. Giving a baby under 6 months water or infant formula, milk powder or solid food in disaster situations can expose them to diarrheal diseases which can be fatal. As families, communities and governments, we can provide this support by ensuring our monetary donations go to aid organizations which are supportive of breastfeeding (see resources for list).

Some people believe that stress and/or lack of access to good food will cause a mother's milk supply to decrease or that she will start making milk of poor quality. This is not true. Frequent breastfeeding will increase or maintain milk supply and a mother's body continues to create good quality breastmilk even when food supplies are limited. Donated powdered baby milk may undermine a mother's confidence in her ability to breastfeed and mixing the powdered formula with potentially unclean water or in less than hygienic environments puts babies' health at risk. Sometimes the breastfeeding mother can drink it herself for added nutrition.

More information on infant feeding in disaster situations can be found in the follow resources:

- From the American Academy of Pediatrics, a two-page flyer Infant Nutrition During a Disaster: Breastfeeding and Other Options: This two-page PDF document outlines steps pediatricians can take to support breastfeeding during a disaster. It explains why human milk is the cleanest, safest food for an infant and also lists the disadvantages of formula use during a disaster. The document lists relactation and the use of donor human milk as possible options during emergencies.
- International Lactation Consultant Association's Position Paper on Infant Feeding in Emergencies
- The World Alliance for Breastfeeding Action (WABA) fact sheet on feeding babies in emergencies. Also available on the web in Thai, French, and Spanish.
- [www.enonline.net/resources/](http://www.enonline.net/resources/) Emergency Nutrition Network
- <http://www.enonline.net/links/> for aid organizations which are supportive of breastfeeding

***For more  
information,  
please  
contact:***

Fiona Audy

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Chair, Board of  
Directors  
La Leche  
League

Submitted by: Pat Millar

## ***Human Milk Banking***

By: JH Kim, S Unger; Canadian Paediatric Society, Nutrition and Gastroenterology Committee

Published in: Paediatr Child Health Vol. 15 No 9 November 2010 595-598.

In their report, *Human milk banking*, Kim and Unger present a review of the benefits of the use of breast milk and human donor breast milk (595). According to the authors, breast milk is “universally accepted” as the best possible nutritional source for the first six months of life and aids in a healthy diet for “the first two years of life and beyond” (595). Human breast milk provides both short and long term benefits and in particular offers “optimum growth, immune function and development at minimal cost to the family” (595).

Human milk banking is a favorable option for mothers who are unable to provide their own breast milk to their babies. Such instances include mothers who are geographically distanced from their babies while their babies are hospitalized, or who are unable to produce enough of their own breast milk due to stress or illness (595- 596).

While acknowledging safety concerns with regard to human milk banking, the authors argue that the current screening and safety protocols including medical testing and the proper collection, storage and pasteurization of the donor milk ensures that the use of donor breast milk is safe (595 -596).

At the conclusion of their review, Kim and Unger present a number of recommendations. While noting that a newborns own mother’s milk is preferred, when it is not available the use of donor breast milk is the recommended alternative and should be prioritized with compromised newborns. It is important, however, that donor breast milk only be given upon the express written informed consent from a parent or guardian and that parents/guardians are educated on the benefits of human breast milk and donor breast milk in order to allow them to make an informed decision. The authors also recommend that since donor breast milk reduces “disease incidence and severity” and thereby reduces hospital resources, human milk banking should be used by hospitals. Finally, the authors express that, “{t}he Canadian Paediatric Society does not endorse the sharing of unprocessed human milk” (597).

*Submitted by Lyndsay Grant & Marina Green*

*“ Anniversaries are celebrations of past, present and future. We celebrate the BFI dream of the past, the BFI work of the present and the BFI goal for the future “*

Continued from page 1:

**Baby Friendly Initiative, National Symposium: Marking the 20<sup>th</sup> Anniversary of the Baby Friendly Hospital Initiative**



*Networking at the BFI Symposium: R.Saadeh, I. Melancon, K.Inkpen, M.Brophy, K.Venter, B. Selwood, D.Nikiforuk, J.Murphy Goodridge.*

Before we look forward to the next milestone we want to remember that anniversaries are all about celebrating,

- celebrating the journey
- the challenges and the successes
- celebrating the people we have come to know and rely on
- and celebrating the lessons new parents and babies share with us each and every day

We celebrate where we are today and where we are heading in the next five years towards the 25<sup>th</sup> anniversary of BFI in Canada.

- Anniversaries are also a time of reflection to see how far we really have come
  - 20 years may seem like a long time but as in anything worthwhile, change takes time and practice makes better if not perfect
  - Cultural change can take several generations (just think about smoke free initiatives and bike helmet safety or seat belts)
  - Through this event we acknowledge the momentum building all across this country
  - and because BFI designation is all about capacity building, every step in the journey is important, as we collectively move closer to the goal of achieving BFI status in every community across the country
  - Like a high performance athlete there is always room to grow and modifications to be made, to achieve a goal
  - And like the high performance athlete.... sometimes the incremental changes, lead to incremental improvements, which then set a new bar for both the individual and for others
  - As new sites achieve BFI designation and more communities and organizations engage in the process, each of you are resetting the BFI bar across the country

- Most of you will know that the majority of the work in bringing BFI as a resource to Canada, has been accomplished by a dedicated group of people who have donated countless hours and resources to help achieve this milestone
- And even before BFI came to Canada some of these same individuals and others were trying to get the message out that Infant Feeding practices were important on:
  - so many different levels (at the individual, family, community, and system level)
  - for so many different reasons (the health of children, the health of their mothers, community health)
  - for so many babies, their families and their communities
- These people are the pioneers of this BFI movement .....and in communities all across Canada they have led the way ensuring that best practices, that BFI, supports every baby and every family
- There are also those known and unknown who will be a part of the BFI story and who will help to achieve another milestone in 5 more years
- Reaching out and creating new partnerships is key to the future. Accessing the experience of others, who are so willing and committed to sharing, is also a resource to be mined.

We celebrate all these individuals. Remember that if you find yourself feeling alone, or overwhelmed, or feeling like your work is not yielding results, to take a pause, to remember this energy you feel right now, and to know in communities not only within our country but all across the globe others are working alongside you.

- Anniversaries are celebrations of past, present and future. We celebrate the BFI dream of the past, the BFI work of the present and the BFI goal for the future.
- Congratulations on achieving this wonderful milestone, the 20<sup>th</sup> anniversary of the Baby Friendly Hospital Initiative in Canada, culminating with this National Symposium.
- Your challenge now is to take this great energy forward, to cultivate new partnerships within your community, to call on the people in this room and those not present to build your circle of support, and to tap into the knowledge of the parents you work with to promote best practices in Infant Feeding.
- In moving forward remember that the Baby Friendly Hospital Initiative's real message is that every mother and every baby is valued, every day, across our country."

**Janette Bowie**  
Program and Standards Advisor  
Ministry of Health Promotion and Sport

## From Manitoba

### Multidisciplinary Breastfeeding Education

#### Overall educational goals:

- To promote the multidisciplinary provision of evidence-based practice to support breastfeeding initiation and duration among perinatal women and their families
- To provide opportunity for members of the multidisciplinary team to achieve educational credit required for certification as a “Baby Friendly” institution.

#### Format:

- A 3 hour on-line program
  - Includes articulate power point presentations and a video presentation
- Comprised of 3 modules:
  - Module 1: Historical perspectives and current initiatives
  - Module 2: Case presentations
  - Module 3: Addressing breastfeeding challenges
- Pre-tests to evaluate existing knowledge level
- Post test to evaluate knowledge acquisition
- 3 articles are included as required reading

For more information please contact Kathy Hamelin, RN, MN:

[khamelin@hsc.mb.ca](mailto:khamelin@hsc.mb.ca)

[http://umanitoba.ca/faculties/medicine/units/obstetrics\\_gynecology/breastfeeding.html](http://umanitoba.ca/faculties/medicine/units/obstetrics_gynecology/breastfeeding.html)

**Submitted by Kathy Hamelin, RN, MN**

Clinical Nurse Specialist

Certified Lactation Consultant

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**Health Sciences Centre**  
Winnipeg



## Health Canada Posts New Surveillance Info

The Office of Nutrition Policy and Promotion (ONPP), Health Canada, is pleased to announce the posting of new surveillance information on breastfeeding practices in Canada

<http://www.hc-sc.gc.ca/fn-an/surveill/nutrition/commun/prenatal/overview-apercu-eng.php>

This posting includes:

- a brief overview of the Canadian Community Health Survey's Maternal Experiences - Breastfeeding (MEX) module;
- statistics on breastfeeding initiation, duration of exclusive breastfeeding and supplementation of vitamin D for breastfed infants in Canada in 2007-2008; and
- trend data from 2001 - 2007/08 on breastfeeding practices.

If you have any questions or comments, please contact [nutrition@hc-sc.gc.ca](mailto:nutrition@hc-sc.gc.ca)

## ***Informal Milk Banking***

Women are also sharing breast milk through informal forums (as they have always done) through websites such as ***Eats on Feets*** and ***Human Milk 4 Human Babies***.

**To view these websites please go to:**

Eats on Feets <http://www.eatsonfeets.org/#info>

Human Milk 4 Human Babies <http://www.hm4hb.net/index.html>

***Milk sharing: from private practice to public pursuit*** written by James E Akre, Karleen D Gribble and Maureen Minchin published June 25, 2011 in the International Breastfeeding Journal 2011, 6:8 also provides a discussion on informal breast milk sharing with particular focus on internet based breast milk sharing.

This article is available at:

<http://www.internationalbreastfeedingjournal.com/content/pdf/1746-4358-6-8.pdf>

## *BFI Capacity Building*

The BFI Symposium held in Oakville Ontario June 19/20<sup>th</sup> 2011 was an opportunity for the BCC to build national capacity for the support of the Baby Friendly Initiative in Canada. The BCC Provincial Territorial (P/T) committee was the vehicle for the identification and selection of key resource people in each Province and Territory to receive orientation to the BFI assessment process.

The goal of the one day workshop on June 21<sup>st</sup>. was to strengthen the resource team in each P/T for the support of facilities implementing the BFI. P/T's will be able to undertake the preliminary stages of BFI designation process and then in collaboration with the BCC BFI Assessment Team, move forward to the completion of the assessment process.

The workshop, organized by the BCC Assessment Committee, hosted 40 participants and facilitators at the Halton Regional Building in Oakville, hosted by Halton Public Health, recently designated Baby Friendly . Joyce See, Director of Community Health Services at the Regional Municipality of Halton Health Department welcomed participants and Eileen Chuey (Halton BFI) provided logistical support for the event.

There were representatives from all P/T's except Alberta, Prince Edward Island and the North West Territories.



*Eileen Chuey , Chair of the Ontario Breastfeeding Committee, BFI lead for Halton Public Health*

**Ontario:** Lori Levere, Marg LaSalle, Joanne Gilmore , Karen Nielsen, Louise Gilbert , Nancy Watters

**Manitoba:** Linda Romphf , Kathy Hamelin, Maria Mackay, Patti Banks

**Newfoundland:** Janet Murphy Goodridge, Joanne Saunders

**Saskatchewan:** Linda Wright, Johanna Bergerman , Kimberly Smith, Jana Stockham

**New Brunswick:** Donna Brown, Nancy Smith, Louise Thériault

**Nova Scotia:** Darlene Inglis, Trudy Reid, Susie Wood, Nancy Worth

**British Columbia:** Sherry Moon ,Jacquelyn Cameron, Lea Geiger, Kim Mason

**Quebec:** Julie Lauzière, Carole Dobrich, Linda Lemire, Ghislaine Reid,

Facilitators were Marina Green, Louise Dumas, Marianne Brophy, Kathy Venter, Lori Levere and Ginette Belanger. The day provided renewed enthusiasm as well as increased understanding of the BFI assessment tools and process. The resource team can be contacted through the P/T Committee representatives

[www.breastfeedingcanada.ca](http://www.breastfeedingcanada.ca)

## **About the Breastfeeding Committee for Canada**

### **Goal**

Breastfeeding is the norm for infant feeding in Canada.

### **Mission Statement**

To protect, promote and support breastfeeding in Canada as the normal method of infant feeding.

### **Objectives**

Provide a forum for addressing Canadian breastfeeding issues.

Maintain ongoing communication with governments and organizations to protect, promote and support breastfeeding.

Provide ongoing expert advice and recommendations on breastfeeding research, policy and program development, and direction to governments and organizations

Develop partnerships and collaborative strategies to protect, promote and support breastfeeding.

As the National Authority for the Baby-Friendly Initiative, oversee and facilitate the implementation of the Baby-Friendly Initiative in Canada.

### **Breastfeeding Canada Newsletter**

Editorial Committee: Kathy Venter  
Lyndsay Grant

Statements and opinions expressed in this newsletter are those of the authors and not necessarily the opinion of the member organizations.