

BREASTFEEDING IN BC FIRST NATIONS

World Breastfeeding Week

August 2012

ECD Cluster Monthly Teleconference

Suzanne Johnson, RD - Program Nutritionist

Overview

- Health Canada Recommendations
- Breastfeeding Report Card
- Risks of not breastfeeding
- Reclaiming the traditional way
- Aboriginal Resources
- Where to find help in BC?
- Training for health care providers
- Resources



Health Canada Recommendations

- Nutrition for Healthy Term Infants: Recommendations from birth to six months DRAFT
 - Nine principles and related recommendations to support the best possible nutrition for Healthy Term Infants

Nutrition for Healthy Term Infants: Recommendations from birth to six months DRAFT

1. **Breastfeeding is the normal and unequalled method of feeding infants.**
 - **1.1 Recommend exclusive breastfeeding for the first six months of life.**
 - ***Exclusive*** breastfeeding means that an infant is fed only breastmilk. The infant receives no solids and no other liquids (not even water), with the following exceptions:
 - vitamin or mineral supplements
 - medicines
 - oral rehydration therapy (WHO/UNICEF USAID, 2008).

Nutrition for Healthy Term Infants: Recommendations from birth to six months DRAFT

2. Breastfeeding increases with active protection, support and promotion by hospitals, workplaces and the community.
3. Breastfeeding is rarely contraindicated.
4. In Canada, all infants need supplemental vitamin D.

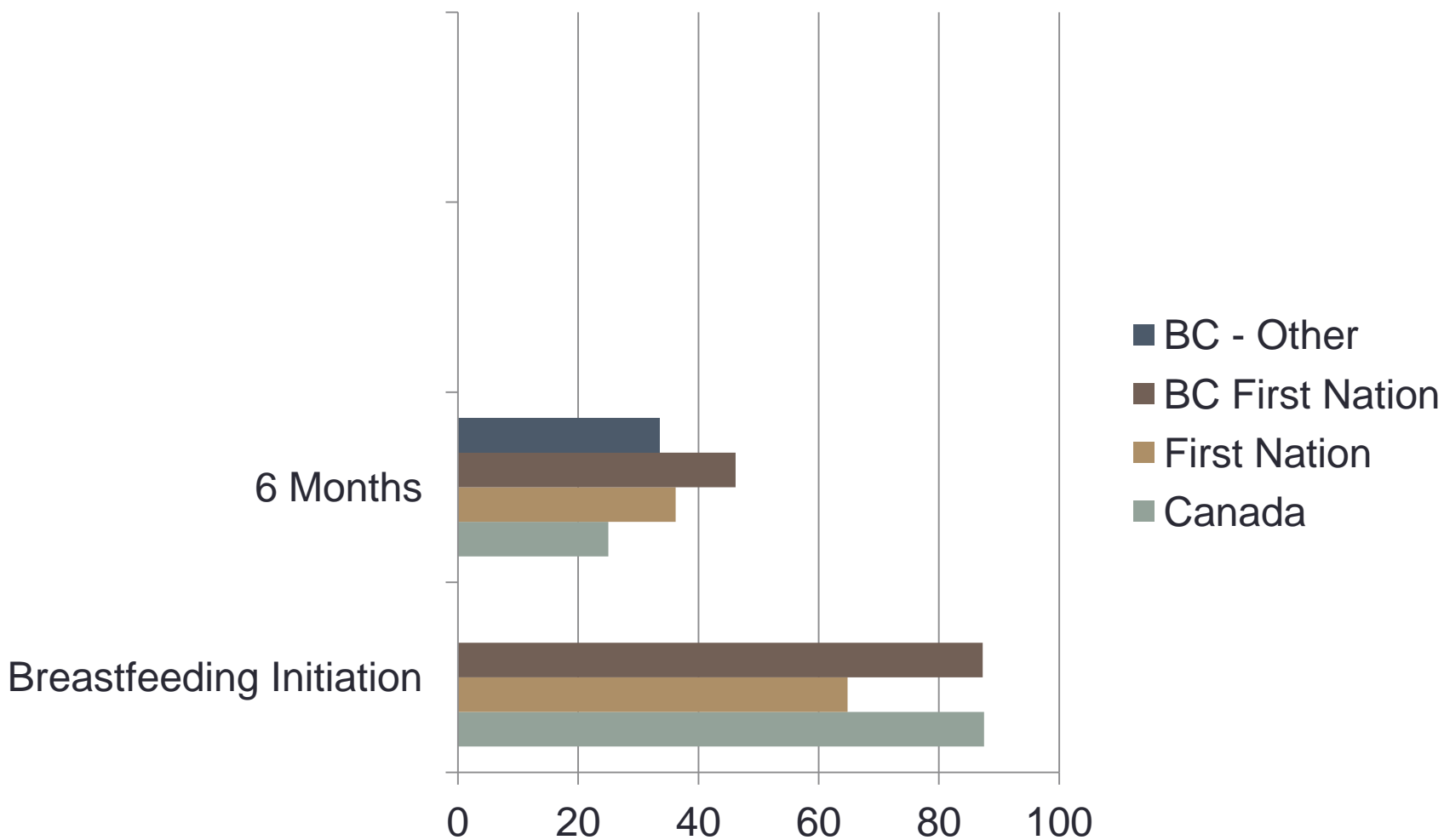
Nutrition for Healthy Term Infants: Recommendations from birth to six months DRAFT

5. Commercial infant formulas are the only acceptable alternative to breastmilk.
6. Milk provided to infants must be free of pathogens and fed safely.
7. Routine growth monitoring is important for assessing infant health and nutrition.

Nutrition for Healthy Term Infants: Recommendations from birth to six months DRAFT

8. Avoid unnecessary interventions for common infant health conditions and illnesses.
9. At six months, infants need complimentary foods along with continued breastfeeding to meet their nutrient needs.

Breastfeeding Report Card



JUST ONE BOTTLE WON'T
HURT? OR WILL IT?

Risks of NOT Breastfeeding

For the Mother	For the Baby	For Society
<p>Increased risk of breast cancer, reproductive cancers, retained gestational weight, diabetes, metabolic syndrome and osteoporosis</p> <p>Additional visits to Provider with sick baby/ time lost at work</p> <p>Financial cost of formula</p> <p>Increased risk of shorter pregnancy intervals</p>	<p>Increased risk of otitis media, gastroenteritis, and pneumonia</p> <p>Elevated risks of childhood obesity, type 1 and type 2 diabetes, leukemia, and sudden infant death syndrome (SIDS).</p> <p>Allergies and respiratory ailments</p> <p>May become a picky eater; does not learn variety of tastes from formula</p> <p>Danger of manufacturing errors and formula recall</p>	<p>Public Health care cost increased i.e. increased chronic illness</p> <p>Special needs programs i.e. hearing, vision, speech problems</p> <p>Children missing school due to illness</p> <p>Increased pregnancy rates</p> <p>More waste in landfill i.e. formula cans</p> <p>Factory created pollution from production of artificial breast milk</p> <p>Increased absenteeism in the work place</p>

Reclaiming our natural foods

- Breastfeeding has kept our people and traditions strong since the beginning of time.
- Since before anyone can remember, Native women have made enough breastmilk for their children, often more than one child at a time. Trust your body, you will have enough.
- We are here today because our ancestors breastfed.
- All of our great leaders were breastfed.
- Our ability to breastfeed has not changed.
- You can do this!
- Talking with an elder, friend or mother can help you begin this most sacred passage into motherhood.
- Nurture yourself as you would nurture your baby.

Decision Making Influences

- Sociocultural and Environmental Influences
 - Life experiences
 - Culture
 - Support (Networks, programs, hospital)
 - Outside Influences
 - Poverty
 - Breastfeeding Climate



Decision Making Influences

- Attitude toward feeding method



Decision Making Influences

- Knowledge, information and beliefs
 - Sources of information and knowledge
 - Infant feeding beliefs



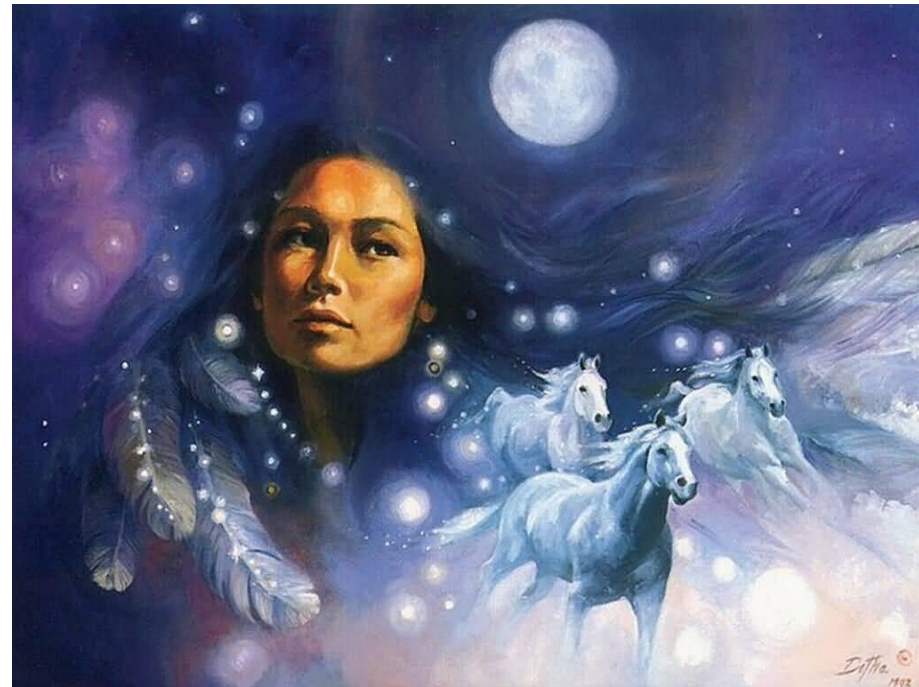
Decision Making Influences

- **Infant Feeding Experiences**
- Previous Breastfeeding Experiences
- Lactation Problems
 - Latch problems
 - Milk supply issues



Decision Making Influences

- Psychological Influences



Recommendations

- **Assist women to make an informed decision both pre-conceptually and during the prenatal period.**
- **Protect and support the decision to breastfeed .**
- **Provide information on solving lactation problems .**

Recommendaitons

- **Address fundamental knowledge deficits regarding :**
 - The Process of Lactation
 - Milk Supply Issues
- **Involve members of the lay social support network .**
- **Recognize that each breastfeeding experience is unique .**

Recommendations

- **Help to cope with outside influences such as work and school.**
- **Provide support for breastfeeding in public .**

Aboriginal Resources

- Native Breastfeeding Council

- www.nativebreastfeeding.org
- Motivational Interviewing
- Mom's Got Milk (youtube video of puppet play)
- Colouring sheets

- Indian Health Services

- Breastfeeding Education ToolKit
- http://www.ihs.gov/health/index.cfm?module=toolkit_bf
- Breastfeeding Guide
<http://www.womenshealth.gov/publications/our-publications/breastfeeding-guide/BreastfeedingGuide-NativeAmerican-English.pdf>

Motivational Interviewing for Native Women: Breastfeeding

- Providers can make a difference!
- Studies show that women respond to your encouragement. Motivational interviewing is an effective means to convey your message while also being empathetic to the particular experience and challenges of your patients.



Where to find help in BC

- As a health professional:
 - BC Women's Hospital - Professional education and support for health care providers throughout B.C.
 - For Information about breastfeeding, please call:
604-875-2282 or page 604-875-4200 pager 01445 or 01767
- For Clients
 - Click on www.HealthLinkBC.ca or call **8-1-1** for non-emergency health information and services in B.C.

Training for Health Care Providers

- Breastfeeding Course for Health Care Providers – Douglas College & offsite locations – 39+ hours
- 18 Hour Breastfeeding Course (3 days)
- In the future: Public Health Agency of Canada is currently developing an on-line training program that is intended to help health providers and other supportive networks increase their knowledge to support breastfeeding women.

Resources

- Infant Feeding Timeline Game – Health Canada
- www.healthlinkbc.ca

Medications and Mother's Milk	Thomas W Hale	Not adapted	English	bookstores	Reference for evaluating medication use in breastfeeding mothers	As a resource when you need evidence based recommendations
Clinical Lactation, A Visual Guide	Kathleen G Auerbach, Jan Riordan	Not adapted	English	bookstores	A visual guide to help asses and recognize clinical conditions	As a resource when you need evidence based recommendations
Coach's Notebook: games and strategies for lactation education	Linda J Smith	Not adapted	English	bookstores	Fun and user friendly compilation of games and activities for teaching breastfeeding and human lactation	Useful for training sessions, workshops and seminars in the area of breastfeeding