

# ALCI Newsletter February 2007

February  
2007

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## Council News Update

The launch of the new ALCI website is a step forward for all involved with the organisation. Council would like to encourage all members to visit the site at [www.alcireland.ie](http://www.alcireland.ie). Comments of any kind would be much appreciated as this is a work in progress and needs our members' input.

To this end over 75% of our members are using e-mail to contact our administrator and we would like to encourage everyone to supply an e-mail address when you renew your membership in 2007. We understand that access to the internet is not always possible from home but would encourage members to set up an e-mail address which could be accessed from your local library or internet café. The BFHI Link newsletter can now be accessed either directly from [www.ihph.ie/babyfriendlyinitiative/](http://www.ihph.ie/babyfriendlyinitiative/) or via a link at our own website. Any member who has a problem accessing a copy please contact Catriona Corcoran ALCI Administrator who will supply a copy.

Please check out the list of items from the library which will be auctioned at the Spring Study Day on the website. If you would like to purchase any item before the day please contact Caitriona.

In preparation for the EGM which will take place after the Spring Study Day on Saturday 31st March in the Pillar Room in the Rotunda Hospital, ALCI Council would like to bring members attention to the two items of constitutional change which need your attention, membership of ILCA and the amount of time a member of ALCI needs to be a member before they can sit on council. The voting papers and explanations/ rationales are included with the newsletter for your convenience. Please return the ballot papers at you earliest convenience. Last but not least if members wish to discuss Any Other Business (AOB) at the EGM please submit these to Cait-

## World Breastfeeding Week 2007 1st-7th August...

The message from WABA for World Breastfeeding Week this Year is just one simple slogan which will effect over a million babies if implemented.

"Begin breastfeeding within one hour of birth"

Woman need support from the health professionals and their families to achieve this aim. A policy of not separating mother and baby after delivery is essential. As is the avoidance of artificial nipples/teats and pre-lacteal feeds.

WABA wish to collect data on the percentage of woman who begin breastfeeding within the 1st hour of birth from each country. The closing date is March 1st and further details are available from [waba@streamyx.com](mailto:waba@streamyx.com)

A photo contest is also taking place. These photos should be taken within the first hour of life. Again further details from [www.worldbreastfeedingweek.org](http://www.worldbreastfeedingweek.org) Closing date 15th March.

**ALCI Spring Study Day March 31st 2007  
Pillar Room Rotunda Hospital Dublin.  
Book Early Details enclosed.**

Also in this  
ALCI Member's  
mailing:  
Membership  
Renewal Form  
Reminder

Flyer and Reg. Form  
for Study Day  
EGM Agenda

Nomination forms for  
Election to Council

## How the Irish Government can improve the health of the population through it's support of breastfeeding.

Many countries are now looking at how their governments can play a greater leading role in the support of breastfeeding and improve the populations health. This is evident within Australia, when Alex Somlay (Chairman of the House of Representatives, Standing Committee on Health and Ageing ) announced a new parliamentary inquiry into the health benefits of breastfeeding. In 2001, approx. 54% of babies were breastfed at 3 months of age, with 32% of infants breastfeeding by 6 months of age. There is considerable evidence suggesting the health of the population may be improved by increasing the rate of breastfeeding.

[www.aph.gov.au/house/committee/haa](http://www.aph.gov.au/house/committee/haa).

In Ireland the non-smoking campaign and the drink-driving campaign have had great publicity and substantial government funding. Why can't the same intensity be put into other just as important health issues. Breastfeeding is one commodity that does not cost anything to implement and can lead to great health benefits to both the family unit and the population as a whole. The fact that a general election is coming up is a bonus. On the doorstep health will be a very important issue. The health care system is in a crisis and all electorates are eager for seats. Now is our chance to get their attention. When they come knocking we will have some questions ready to make them think!!! Think BREASTFEEDING.

1. Do you know how you were fed ?
2. Was there much support then ?
3. Did you or your partner breastfeed ?
4. Where was the support in the community ?
5. Why isn't breastfeeding seen as a valuable asset for the country ?
6. Why is the breastfeeding campaign so badly supported by the government ?
7. What local financial support is there ?
8. Why is the financial support in the community for breastfeeding not on an equal footing with other health issues ?
9. What are the facilities available to breastfeeding mothers locally ?
10. Why isn't the government evaluating the impact of marketing of breast milk substitutes on breastfeeding rates?

GOOD LUCK WITH YOUR MISSION.... Submitted by Liz Clancy IBCLC.



### All INO Members who are Also ALCI Members.

How do you feel when you open your WIN journal ? Does it bother you that your union accepts financial assistance from the formula companies. Our union does a good job for us in so many other ways.

Write to them let them know how you feel !!!

Liam Doran Editor-in-Chief, INO  
Whitworth Building, North Brunswick St.,

## What Mothers and their families read on the internet.

I think it is wise for us as lactation consultants and promoters of breastfeeding to be aware of the information on breastfeeding that is available on the internet. I googled breastfeeding news and one of the web sites I came across is

**Pro Mom ([www.promom.org/101/](http://www.promom.org/101/)) this web site gave a list of 101 reasons to breast feed your child.** I liked this list because it gave an explanation after each reason and research references to back up the reasons.

### A sample of the reasons were;

- ◆ The American Academy of Pediatrics recommends breastfeeding: According to the AAP, "Human milk is species-specific, and all substitute feeding preparations differ markedly from it, making human milk uniquely superior for infant feeding."  
<http://aapolicy.aappublications.org/cgi/content/full/pediatrics;115/2/496>
- ◆ Breast milk contains immunities to disease and aids in the development of baby's immune system.  
[http://www.fda.gov/fdac/features/895\\_brstfeed.html](http://www.fda.gov/fdac/features/895_brstfeed.html)
- ◆ Breastfeeding protects baby against bacterial meningitis. Again many journals were referenced.
- ◆ Breastfeeding decreases chances of osteoporosis.
- ◆ Bone mineral density decreases during lactation, but after weaning showed higher bone mineral density than those who did not breastfeed. Again this was referenced.
- ◆ Breast milk aids in proper intestinal development. The gastrointestinal system of a new born baby is not yet mature. It is still permeable, allowing bacteria, viruses and toxins to pass through. This intestinal permeability decreases more slowly in formula fed babies.

Reference J Newman "How Breast milk Protects Newborns"  
[http://www.promom.org/bf\\_info/sci\\_am.htm](http://www.promom.org/bf_info/sci_am.htm)

- ◆ Breastmilk has never been recalled due to manufacturing problems. Formula has been, sometimes after causing injury or death. There were 22 "significant" recalls of formula including 7 potentially life threatening situations. Babbit, V., "FDA recalls Baby Formula, 1998", Breastfeeding.com, Inc.

For the full list go to <http://www.promom.org?101/>

Both reviews on this page were submitted by Susan Vaughan IBCLC

## The Role of Personality and Other Factors in a Mother's Decision to Initiate Breastfeeding,

Wagner et al, *Journal of Human Lactation* 22(1), 2006.

A study was carried out in the US to measure the impact of personality and other factors on the decision to initiate breastfeeding. It found that mothers who chose to breastfeed were of higher socioeconomic status, married, better educated and older. Mothers who had chosen to formula feed tended to be younger, of lower socioeconomic status, less educated and single. The study found that a woman's own life experiences influenced her decision to initiate breastfeeding. Most of the women who themselves had been breastfed chose to breastfeed. If the infant's father had been breastfed, mothers were more likely to initiate breastfeeding.

A third of mothers had made their decision on the type of infant feeding before conception, half during pregnancy; and the remaining at the time of delivery. Many mothers stated that plans to return to work or school were a factor in their feeding decision. Breastfeeding mothers were more likely to cite the baby's health as their reason for choosing to breastfeed.

Mothers who chose formula feeding were more likely to list convenience as the reason for their feeding choice.

This study found that the women who had severe complications during their pregnancy which required hospitalization were more likely to breastfeed. Mothers who had babies in the NICU were more likely to breastfeed than formula feed.

Women who planned their pregnancy were also more likely to breastfeed. Breastfeeding and formula feeding mothers were found to differ on three major personality factors, extraversion, openness and agreeableness. As a group, the personality of the breastfeeding group were associated with being affectionate, friendly, active, optimistic, receptive to emotional experience and willing to try new activities. In comparison, the personality of the formula feeding group were associated with being reserved, less exuberant, less likely to try new activities, less likely to acknowledge feeling states as important and more sceptical.

The article concluded that a woman's decision to breastfeed is likely to be based on a number of factors: - her culture, experiences, intrapsychic factors such as personality traits, support system, knowledge base about the benefits of human milk and the basic understanding of how a woman breastfeeds.

In countries where breastfeeding rates are high (Sweden and Norway) cultural norms overshadow intrapsychic factors. In contrast, as was demonstrated by this study, where breastfeeding rates are low, the role of intrapsychic factors become more discernible. In cultures that promote breastfeeding, breastfeeding will be the norm for women with a variety of personality traits.

The authors end by saying "That health educational programmers such as peer counselling programs that consider the impact of maternal socioeconomic, cultural, attitudinal and experimental factors as well as the mothers own personality traits on her decision to breastfeed are more likely to be successful than educational models that do not take into account a mothers reception to new information presented in a medicalised or impersonal manner".

**Interesting Statistic from the Report on Perinatal Statistics for 2003**

Breastfeeding percentages have increased from 31.85% in 1991 to 41.32 in 2003

[http://www.esri.ie/UserFiles/publications/20070129172926/BKMNINT194\\_Perinatal%20stats%202003.pdf](http://www.esri.ie/UserFiles/publications/20070129172926/BKMNINT194_Perinatal%20stats%202003.pdf)

**What would you do in this situation?**

**When asked by parents on the best advice on co-sleeping or bed sharing with a breastfeeding baby.**

UNICEF UK Baby Friendly Initiative in conjunction with the Foundation for the Study of Infant Deaths give up to date researched advice on sharing your bed with your baby at [www.babyfriendly.org.uk](http://www.babyfriendly.org.uk)

Deadline for next issue:  
May 14th 2007

**Resource Review**

Share your views on a book, video, or other resource.

Contact either:  
[susvaughan@gmail.com](mailto:susvaughan@gmail.com)  
Or  
[verondaly@hotmail.com](mailto:verondaly@hotmail.com)  
Newsletter Editors



**An Article Worth Revisiting**

Implementing skin-to-skin in the immediate postnatal period.

First published in MIDIRS Midwifery Digest vol. 11, no. 2, pg 247. This is available on the UK Baby Friendly website [www.babyfriendly.org.uk/item\\_detail.asp?item=45](http://www.babyfriendly.org.uk/item_detail.asp?item=45)

This article discusses the barriers that exist in delivery suites that prevent skin-to-skin from taking place. As part of achieving the BFHI award these barriers will need to be recognised and overcome. Audits of practice are encouraged, with space provided in the maternal notes that allows the recording of the incidence and duration of skin-to-skin. The article also discusses the benefits that become apparent beyond the immediate postnatal period.



# Trainer's Topics and Tips Breastfeeding and Infant Feeding Courses 2007 Continuous Education

## Needing to refresh your breastfeeding knowledge?

Why not do it in your spare time online, log on to [www.breastfeedingbasics.org](http://www.breastfeedingbasics.org). This is an academic, non-commercial, short course on the fundamentals of breastfeeding. It is geared primarily for the medical practitioner, although anyone is welcome to browse, take the course and test his or her knowledge.

**Course Outline:** Breastfeeding Benefits and Barriers, Anatomy & Physiology, Growth & Development, Breastfeeding Around The World, The Breastfeeding Couple, The Term Infant With Problems, Breast Milk & Drugs.

I found the course interesting and stimulating. No Cost involved only time.

Camilla Barrett Continuous Education Officer



ria Administrator ALCI by 1st March 2007. [cdcorcoran@eircom.net](mailto:cdcorcoran@eircom.net)

- ◆ **Breastfeeding : Practice and Policy Course 18 June-13 July 2007**  
**4 week WHO/UNICEF collaborative course (Modules 1 & 2)**



Module 1, 2 weeks in duration,  
Breastfeeding : Clinical Management and Public Health 18-29 June  
(also runs as an MSc module 12-23 March 2007)

Module 2, 2 weeks in duration,  
Infant and Young Child Feeding: Addressing Challenges to Optimal Practice 1-13 July

**COURSE COSTS:** The fee is £2,300 for the full 4 week course  
University College Hospital, London. For further details e-mail [bfeed@ich.ucl.ac.uk](mailto:bfeed@ich.ucl.ac.uk).

- ◆ **ILCA (International Lactation Consultant Association) Independent Study Module Breastfeeding and the Law - Be Prepared**

1.5 E-CERPs Expires December 1st 2008. For Further Details contact [info@ilca.org](mailto:info@ilca.org)  
Course Costs ILCA member 15 US Dollars non-members 30 US Dollars.

## Dates To Note For 2007

- ◆ La Leche League of Ireland Annual Conference 10th-11th March 2007  
Venue: The Westport Woods Hotel, Westport, Co. Mayo.  
Keynote Address 2.15pm Saturday  
My Child Won't Eat! How to Prevent and Solve the Problem  
Carlos Gonzales M.D. For Further Details See  
<http://www.lalecheleagueireland.com>
- ◆ Lactation Consultants of Great Britain Conference Master Class and AGM  
23rd– 24th March 2007 Venue: Coventry, England.  
"Breastfeeding– International Perspectives 2007"  
For Further Details See [www.lcgb.org](http://www.lcgb.org) or Phone 020 83399577
- ◆ Cuidiú ICT Antenatal Teachers Panel conference for Health Professionals  
Normalising Birth in Ireland- Motivation for Change. Thursday 29th March Dublin.  
Keynote Speaker Dennis Walsh
- ◆ ALCI Spring Study Day — 31st March 2007  
Venue: Pillar Room, Rotunda Hospital, Dublin.  
"Keeping It Going" Issues around the support of breastfeeding and  
clinical competencies for IBCLC practice. The ALCI website will also be launched.  
For Further Details See [www.alcireland.ie](http://www.alcireland.ie)
- ◆ National Breastfeeding Week Northern Ireland Mid May 2007  
For Further Details See [www.info@hpani.org.uk](http://www.info@hpani.org.uk)
- ◆ IBLCE Exam, Monday 30th July 2007 Dublin.
- ◆ La Leche League 50th Anniversary Conference 20th-23rd July 2007  
Venue: Chicago, IL, USA. For Further Details See [www.lalecheleague.org](http://www.lalecheleague.org)
- ◆ World Breastfeeding Week 1st-7th August 2007  
For Further Details See [www.waba.org.my](http://www.waba.org.my)
- ◆ ILCA Annual Conference 15th-19th August 2007  
**Venue:** San Diego, California, USA. For Further Details [www.ilca.org](http://www.ilca.org)

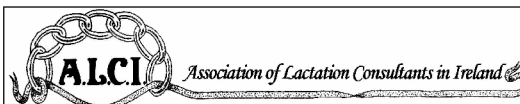


A helpful website for people doing the  
IBCLC Exam is

[www.health-e-learning.com](http://www.health-e-learning.com)

Email to

[admin@health-e-learning.com](mailto:admin@health-e-learning.com)



The Association of Lactation Consultants  
in Ireland provides support, education  
and networking for those who specialise  
in assisting breastfeeding women and  
their babies.

**For information on the Association or  
membership, contact:**  
**Caitriona Corcoran ALCI Administrator**  
[cdcocoran@eircom.net](mailto:cdcocoran@eircom.net)