

## Add some smiles to your work

March 2011

Smiles, laughter, humour can benefit both mothers and those who care for them. It can:

- ☺ Reduce stress and tension
- ☺ Assist relaxation
- ☺ Aid communication
- ☺ Open a conversation
- ☺ Help to understand and remember
- ☺ Provide a break

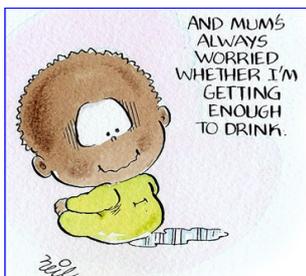
**Remember breastfeeding has kept going for thousands of years - there must be some fun in it. Share a smile everyday.**



**No need to be alarmed by breastfeeding**

It's good for babies, helping to protect them against asthma and childhood diabetes as well as ear and stomach infections. Breastfeeding mums need your support - because every baby deserves the best.

[www.breastfedbabies.org](http://www.breastfedbabies.org)



Cartoons and pictures can bring a smile and help make a point



### What's On

**March 26<sup>th</sup> Dublin**  
[Association of Lactation Consultants in Ireland, Spring Workshop](#)

**May 1 - 31<sup>st</sup> On-line**  
[GOLD: Global On-line Lactation Discussion.](#)

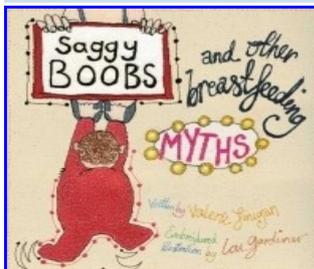
**June 8-10<sup>th</sup> Cumbria, UK**  
[Nutrition and Nurture in Infancy and Childhood: Bio-Cultural Perspectives](#)

**June 18<sup>th</sup> Mullingar**  
[LC Re-cert Exam Prep day](#)

**July 13-17<sup>th</sup> San Diego, USA**  
[International Lactation Consultant Association Annual Conference](#)

**Sept 14-16<sup>th</sup> Sweden**  
[Neonatal BFHI Conference](#)

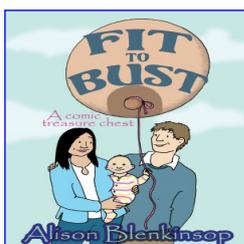
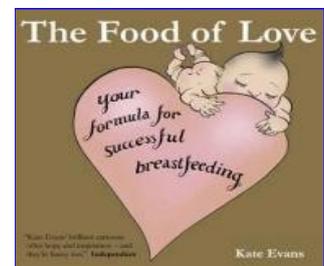
### Resources of the Month : Books to bring a smile



**Saggy Boobs** uses beautiful embroidered drawings to answer many common questions such as "Does breastfeeding make breasts saggy?" and "How do you know how much the baby gets?" Can be used to start a discussion on a topic with a humorous look. Great to have in a support group, for young mothers or a present during pregnancy or for new parents.

[Order on-line](#)

**The Food of Love** reminds readers to look on the funny side and that each baby is unique - not at all the same as the well-behaved babies in other baby books! Cartoons, funny stories blended with accurate useful information. [More info](#)



**Fit to Bust** is a comic treasure chest of stories, songs, pictures and even knitting and cooking recipes about breastfeeding and mothering. [Get your copy here](#)

**SPECIAL Humour OFFER: Buy all 3 books for only €28, while stocks last.**

<<<< More on page 1

**FREE DOWNLOADS and LINKS**

- ☺ Have some fun with [Breastfeeding Bingo Game](#) from ILCA celebrating IBCLC Day
- ☺ [LC Exam practice photo questions](#): from authors of The Breastfeeding Atlas
- ☺ [Watch presentation](#) by US obstetrician debating early versus physiological umbilical cord clamping. Scroll down through many comments to #73 to discussion on mother's blood loss, active management and that delayed cord clamping does not effect PPH.
- ☺ Updated (Jan 2011) [Academy of Breastfeeding Medicine Clinical Protocol #9](#): Use of Galactogogues in Initiating or Augmenting the Rate of Maternal Milk Secretion.

**Flood, earthquake, fire:  
The Importance of  
Breastfeeding in  
Emergencies**

[BFHI Ireland Link Issue 38](#)

[ILCA Position Paper Infant Feeding in Emergencies](#)

[World Alliance for Breastfeeding Action \(WABA\) fact sheet](#) And [WBW 2009 Action folder](#)

[Emergency Nutrition Network training materials](#)

American Academy of Pediatrics, [Infant Feeding During a Disaster](#)

**Did you know? Botulism is not a reason to advise stopping breastfeeding**

Infant botulism is a rare but serious infection. A recent case reported in Ireland was traced to contamination linked to a turtle in the family home. [Read newspaper report](#). The mother was advised to stop breastfeeding. One wonders what evidence there was for this advice as botulism spores are too large to pass into the milk and thus does not transmit via breast milk ([www.infantbotulism.org](http://www.infantbotulism.org)), whilst incidences of UK produced infant formula contaminated with botulism are known. To quote a leading authority:

*“At this time, no reason exists to suspect breastfeeding as a risk for infant botulism, and some evidence suggests a possible protective effect from breastfeeding. Breastfeeding should continue if botulism is suspected in mother or infant.”*

Lawrence R, Breastfeeding a guide for the medical profession (7th ed. 2011)

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