

This month we celebrate World Breastfeeding Week from the 1-7th August. Are you going to be part of The Big Latch On - 'The most women breastfeeding simultaneously'? There are events organised around the country. Look for a local event on www.womens-health.org.nz or register your own event. Happy Father's Day next month.

Bronwyn van Hooijdonk
Company Director



antenatal classes

pregnancy, childbirth & early parenting information
13 Porter Drive Havelock North
from 7-9pm Tuesday night

birth support

continuous physical & emotional support during your labour & birth

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for further details or to enrol telephone
hb doulas on **06 8778282** or **027 6775241**
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Photo: Everyone needs to be ready and prepared for emergencies

Laurel K Tharrington

worldbreastfeedingweek.org

World Breastfeeding Week 2009
1-7 August 2009

Thank You Dad - Author unknown

Thank you for the laughter,
For the good times that we share,
Thanks for always listening,
For trying to be fair.

Thank you for your comfort,
When things are going bad,
Thank you for the shoulder,
To cry on when I'm sad.

This poem is a reminder that
All my life through,
I'll be thanking Heaven
For a Special Dad like you.

"I don't care how poor a man is: if he has family, he's rich."
Colonel Potter from M*A*S*H.

"My father gave me the greatest gift anyone could give another person, he believed in me."
Jim Valvano

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Breastfeeding: A Vital Emergency Response Are you ready?

Objectives of world breastfeeding week 2009

- To draw attention to the vital role that breastfeeding plays in emergencies worldwide.
- To stress the need for active protection and support of breastfeeding before and during emergencies.
- To inform mothers, breastfeeding advocates, communities, health professionals, governments, aid agencies, donors, and the media on how they can actively support breastfeeding before and during an emergency.
- To mobilise action and nurture networking and collaboration between those with breastfeeding skills and those involved in emergency response.

Rationale

- Children are the most vulnerable in emergencies – child mortality can soar from 2 to 70 times higher than average due to diarrhoea, respiratory illness and malnutrition.
- Breastfeeding is a life saving intervention and protection is greatest for the youngest infants. Even in non-emergency settings, non-breastfed babies under 2 months of age are six times more likely to die.
- Emergencies can happen anywhere in the world. Emergencies destroy what is 'normal,' leaving caregivers struggling to cope and infants vulnerable to disease and death.
- During emergencies, mothers need active support to continue or re-establish breastfeeding.
- Emergency preparedness is vital. Supporting breastfeeding in non-emergency settings will strengthen mothers' capacity to cope in an emergency.

www.worldbreastfeedingweek.org

Influenza A (H1N1) Swine Flu

Information for pregnant women and breastfeeding mothers

Pregnant women

Pregnant women are thought to be at greater risk of complications from the new Influenza A (H1N1) than many other people. If you are pregnant and have influenza symptoms, you should consult your doctor before taking any antiviral medicine. Your doctor will assess the risks and benefits of this medicine with you, and may need to seek advice from an Infectious diseases specialist.

Breastfeeding mothers

Any influenza can be very serious in young babies. However, babies who are breastfed do not get as sick, and are sick less often, than babies who are not breastfed.

Don't stop breastfeeding if you are ill. Breastfeeding protects babies because breast milk passes on antibodies from the mother to a baby. Antibodies help fight off infection. Limit formula feeds if you can. If you are too sick to breastfeed, express milk and have someone give it to your baby.

Be careful not to cough or sneeze around your baby. You may want to wear a face mask. As long as you take the necessary precautions outlined in the World Health Organization's advice on the use of masks regarding Influenza (H1N1) outbreaks (www.who.int) you will reduce spreading the virus to your baby.

You are able to keep breastfeeding while you take medicines such as Tamiflu to treat the new influenza A (H1N1) virus.

www.moh.govt.nz

Novel H1N1 Flu and Feeding Your Baby: What Parents Should Know

Does breastfeeding protect babies from this new flu virus?

There are many ways that breastfeeding and breast milk protect babies' health. Flu can be very serious in young babies. Babies who are not breastfed get sick from infections like the flu more often and more severely than babies who are breastfed.

Since this is a new virus, we don't know yet about specific protection against it. Mothers pass on protective antibodies to their baby during breastfeeding. Antibodies are a type of protein made by the immune system in the body. Antibodies help fight off infection. If you are sick with flu and are breastfeeding, someone who is not sick can give your baby your expressed milk.

Should I stop breastfeeding my baby if I think I have come in contact with the flu?

No. Because mothers make antibodies to fight diseases they come in contact with, their milk is custom-made to fight the diseases their babies are exposed to as well. This is really important in young babies when their immune system is still developing. It is OK to take medicines to prevent the flu while you are breastfeeding. You should make sure you wash your hands often and take everyday precautions (<http://www.cdc.gov/flu/protect/habits.htm>). However, if you develop symptoms of the flu such as fever, cough, or sore throat, you should ask someone who is not sick to care for your baby. If you become sick, someone who is not sick can give your baby your expressed milk.

Is it okay to take medicine to treat or prevent novel H1N1 flu while breastfeeding?

Yes. Mothers who are breastfeeding and taking medicine to treat flu because they are sick should express their breast milk for bottle feedings, which can be given to your baby by someone who is not sick. Mothers who are breastfeeding and are taking medicines to prevent the flu because they have been exposed to the virus should continue to feed their baby at the breast as long as they do not have symptoms of the flu such as fever, cough, or sore throat.

If my baby is sick, is it okay to breastfeed?

Yes. One of the best things you can do for your sick baby is keep breastfeeding. Do not stop breastfeeding if your baby is sick. Give your baby many chances to breastfeed throughout the illness. Babies who are sick need more fluids than when they are well. The fluid babies get from breast milk is better than anything else, even better than water, juice, or Pedialyte® because it also helps protect your baby's immune system.

If your baby is too sick to breastfeed, he or she can drink your milk from a cup, bottle, syringe, or eye-dropper.

taken from - www.cdc.gov/h1n1flu/infantfeeding

Fighting Winter Cold and Flu's

It's winter time and we are seeing more colds and flu, but becoming infected has nothing to do with being outside in the cold weather. Both colds and flu are infectious and spread by close contact with a cold sufferer.

A child with symptoms such as a very sore throat, vomiting, high fever, blotchy rash, stiff neck, joint or muscle pains, aversion to light, extreme lethargy or irritability should be taken to the doctor immediately to rule out the possibility of serious illnesses such as meningococcal disease.

If colds or flu become complicated by a bacterial infection, you should see your doctor as antibiotics may be helpful. Swine Flu is also a worry at the moment and you should contact your doctor if you, or if you've been in contact with someone who has travelled to an area of concern. Symptoms include nasal congestion, sore throat, cough and fever.

Anti viral medicine Tamiflu may help you get back on your feet again by stopping the virus spreading further inside the body, therefore reducing its severity and duration. It can be prescribed by your pharmacist for adults over winter in certain circumstances. Talk to your pharmacist to see if it is right for you.

For all colds and flu rest in bed is important as is keeping your fluids up. Fruit juice high in vitamin C may be a great way to boost your energy, keep you hydrated and rid your system of toxins. Hot water with lemon and honey is particularly soothing.

Medicines can be helpful to relieve the symptoms of a blocked nose, sore throat and cough. Paracetamol or Ibuprofen may be used to bring down fevers. Inhalants can be added to hot water to help clear the nose by breathing in the vapours. Try aloe vera tissues or barrier creams on the nose to soothe sore, dry skin.

The information provided in this column is to be used as a guide and is not intended as a comprehensive medical service. It should not be used as a substitute for seeking professional medical advice, diagnosis or treatment.

Claire Wallis is a pharmacist from Gilmours Pharmacy (Havelock North) and Ahuriri Pharmacy (Napier). If you have any questions you'd