



australian
breastfeeding
association



November 2009

–
April 2010

Tenterfield/
Granite Belt

bulletin

Group leader
& breastpump hire
Kate
07 4681 1936

[www.granitenet.com.au/
groups/women/aba](http://www.granitenet.com.au/groups/women/aba)

help: **1800 mum 2 mum**
1800 6 8 6 2 6 8 6

Trouble connecting? If you are unable to access the Breastfeeding Helpline it may be due to your phone service using internet technology (eg. VOIP phone) Drop the last number and call 1800 686 268

Info & e-counselling: www.breastfeeding.asn.au

shop: www.mothersdirect.com.au

13HEALTH: **13 43 25 84**
24h/7days

Group leader welcome

Hello everyone and welcome,

Thanks to those who responded to the online group survey and thank you to Michelle for organising it. Your contributions have helped our group to plan the activities for the next six months. So that you have another opportunity to contribute, we will send out a print survey next year. Your anonymous responses will help to steer the direction of the group in the future. I look forward to reading your ideas and to having that help with the 2010 bulletins.

Our group has a lot to offer mums at all stages of their "baby" years. Our electric breastpump hire rates are heavily discounted and our group library is bursting with excellent books on breastfeeding, pregnancy, parenting and womens' health. All our books have been reviewed by a panel of ABA counsellors and medical advisors. We also have several baby slings that mums can borrow. If you're not sure if a sling will help or which one to buy, why not try one of ours first and see if it does the trick?

Of course the regular cuppa and catch up meetings are a wonderful way to learn about breastfeeding and parenting in a supportive, non-judgemental atmosphere. All mums are welcome to attend the meetings, regardless of how they feed their babies or how old their children are. Mums are welcome to attend two meetings to see if ABA is what they want and if it is then we ask that you support the Association and subscribe. This will cover you for insurance while attending meetings, provide you with a free copy of our wonderful book Breastfeeding Naturally, access to the subscriber section of our web site, discounted electric breast pump hire and six issues of our colour magazine Essence. The new renewal rate is heavily discounted so don't miss out on your ABA "fix" just because you're past the new baby stage.

Thanks to your input we have some excellent activities planned for this bulletin. I look forward to another great six months of supporting, promoting and protecting breastfeeding in Tenterfield and Stanthorpe.

Yours in mothering,
Kate Shapcott

07 4681 1936
olleyfamily@bigpond.com

See you online at
www.granitenet.com.au



Breastfeeding Helpline
1800 mum 2 mum
1800 6 8 6 2 6 8 6

what's been going on in our group?

10 great reasons to come along to a local group meeting

- 1 Chance to meet and share experiences with other mothers in your area. You might make a new friend or establish a network.
- 2 Access to up-to-date information.
- 3 Gets you & your baby out of the house for a morning.
- 4 Get to know your local breastfeeding counsellor. Some mums feel more confident ringing us when they can put a face to a voice.
- 5 Talk to a trained breastfeeding counsellor available at all group meetings. If you like, they can watch you feed or answer questions during the discussion or in private afterwards.
- 6 Borrow books from our breastfeeding and parenting library.
- 7 Everyone is welcome – mums, dads, partners, grandparents, friends, babies and children of all ages. We sometimes have family activities.
- 8 View a range of ABA booklets & other items from Mothers Direct catalogue.
- 9 Watch babies of various ages & get a 'preview' of the next stage.
- 10 Learn from other mums. Some learn through observation rather than reading.

Our group has been amazingly active over the last six months and this has been due to the fantastic involvement of many of our subscribers. A big thank you if you have taken on a group job or have helped in any of the activities that have been organised. Here is a quick summary of what we have been up to.

Leah has contributed to the antenatal classes held at the hospital and has confirmed with the new coordinator our continuing involvement.

Anita, Michelle, Rebecca, Leah, Dee and Kate with help from Ailsa and Rebecca from Toowoomba group have made three presentations to medical students on their rural rotation placements in Stanthorpe. The ABA's LRC in Melbourne has supplied resources for this using a grant from the Federal Government. Some of you will have met some of these students when they visited our group meetings as part of the training. More presentations are planned. Anita, Alison and Kate also plan to write about what we have learned by making these presentations. That way we can share with others what we have learnt.

World Breastfeeding Week was a great success this year. Alison organised a Family Fun Day in Weeroona Park. As a fundraiser this earned our group \$455. This will pay for the registration fees for three of our four trainee counsellors to attend the Queensland Branch Conference next year. Sincere thanks to the many people involved in making this day the success it was. The weather was perfect and we all had a lovely relaxed and fun day in the park. Shall we do it again in 2010? Let us know in your survey response.

In conjunction with World Breastfeeding Week in August, Anita, Alison, Leah and Michelle raised awareness with many eateries in our district by publicising the ABA Breastfeeding Welcome Here awards. Free cuppas and cake were offered to all breastfeeding mums during the first week of August. Look for the Breastfeeding welcome here stickers at your favourite cafe. If you know of a cafe, restaurant or cellar door cafe that would like to be included in next year's promotion we'd love to hear about it.

Several of our trainee counsellors have also written to the Shire Council asking for an improved parenting room to be included in the Farley St. Facility renovations.

In August Maree, Anita, Michelle, Rebecca and Kate attended a breastfeeding seminar organised by a group member and featuring the renowned Lactation Consultant Robyn Noble. This was a marvelous learning opportunity for us all and a great way to network with health professionals from all over southeast

group directory**Group leader, breastfeeding counsellor, electric breast pump hire**

Kate 07 46811936
olleyfamily@bigpond.com

Trainee Counsellors

Leah, Anita, Wendy, Maree,
Michelle C.

Community Educators

Leah, Alison, Alana

Publicity

Anita assisted by Maree in
Stanthorpe and Rachel in
Tenterfield

Library

Stanthorpe Vacant

Tenterfield Michelle P. (02 67364227)

Medical Students Presentations

Anita and Rebecca T.

Antenatal talks

Leah, assisted by Michelle C., Anita

Treasurer

Samantha

Births Secretary

Rebecca B.

GraniteNet web site & bulletin

Michelle C.

recipe: creamed corn pikelets

These are a pretty failsafe way of getting some veggies (or any food!) into my toddler. Sometimes I add some other grated veggies for variety. A can of whole corn can be whizzed to replace the creamed corn.

Ingredients:

- 1 x 425g can creamed corn
- 150g (heaped cup) self-raising flour
- 100ml milk

Combine flour and corn and then whisk in milk until a batter is formed (you may need to add more milk to get the right consistency).

Fry in olive oil until bubbles form (like when you make pikelets), then flip and cook on other side until golden.

Michelle

what's been going on in our group? (cont.)

Queensland. We displayed ABA literature and the Lactation Resource Center in Melbourne donated resources to give to those who attended. Several of our trainee counsellors have also attended workshops in Brisbane and Toowoomba as part of their training.

We have also been involved in moves to reopen the ABA Warwick group. A lactation consultant in Warwick has initiated meetings and Ailsa from Toowoomba and Rebecca from Pittsworth have offered to support these meetings along with our trainee counsellors. Whenever possible ABA meetings must have a trained volunteer counsellor present to guide the discussion and ensure the Code of Ethics is observed.

Thanks to Laura and Michelle, our group library was audited and updated on the website list www.librarything.com. Michelle has created our own group website at www.granitenet.com.au. She has also kept our group in the public eye with regular contributions to the Border Post and Southern Free Times.

Thanks to Samantha our group books passed the annual audit with flying colours.

For me, personally, the most memorable experiences have been the regular meetings in Stanthorpe and Tenterfield. These cuppa and catch up mornings have been such a wonderful way to share and learn. There is always a great warmth and welcoming atmosphere at the meetings. Over the next six months we have some great topics planned. Check out the calendar in this Bulletin for details.

Kate

Group Leader and Electric Breast pump Hire

Book review

Parenting for a Peaceful World by Robin Grille

A large section of "Parenting for a Peaceful World" presents the evolution of parenting over the centuries, and how it impacted on society as each generation of children grew up. I found this part of the book very confronting, and at times, heart wrenching, but I also found it very interesting and it gave me an insight into an important part of our history which I had not known much about. The book then goes on to discuss the current stage of the parenting evolution, presents hope for the future and ideas that can be incorporated into our own parenting philosophies.

Leah



safe & healthy at meetings

At ABA we strive to provide a safe, welcoming and clean environment for all our meetings. To help us achieve this here are some things for us all to consider.

As ABA meetings are attended by vulnerable people such as pregnant women and small babies, if you suspect or know your child is sick we would appreciate it if you could take this into account when planning to attend. If you have any concerns regarding this issue or the topic under discussion, Kate our Group Leader would be happy to chat and we would love to see you at our next meeting.

If you have attended a meeting and then find your child or yourself has a contagious illness please let Kate know so she can alert other attendees.

Hot beverages, such as tea and coffee are often served at meetings. Please be mindful of where your hot drink is in relation to your own and other children.

We often have a wide age range of children attending ABA meetings, from very small babies to preschool aged children. We try to accommodate and keep entertained the older babies and children in attendance by supplying a number of toys for play. Please be aware of age appropriate toys and keep small toys out of reach of young babies and toddlers. Adults should also be aware of where toys are to prevent tripping accidents.

Although we endeavour to hold meetings/events in child friendly venues, please remember that we are all personally responsible for our own child's/children's safety at any ABA event.

As our venues are different, at each group meeting the person leading will highlight any potential risks to be aware of and facilities available, such as stairs, electrical cords, exits, toilets, baby change facilities, etc.

If you identify a risk or hazard whilst at a venue, please bring it to the attention of Kate or the member leading the meeting.

We look forward to welcoming you to a meeting soon!

Want to come to a meeting?

Don't be scared—we were all newbies once too!

All ABA discussion meetings are informal opportunities to share ideas and personal experiences. Everybody is welcome regardless of how you choose to feed your baby.

Meetings start at 9.30am, but usually we start the discussion meeting at about 10am so we have time for a cuppa and a catch up before. Children can be unpredictable – we will understand if you are running late and will welcome you the same.

Bring a plate to share if you are having a good day.

All venues are child-friendly areas, so toddlers and older children are welcome.

Successful grant!

At the regional conference on the weekend of the 10th and 11th October, all counsellors and trainees were given a copy of the classic breastfeeding text, Breastfeeding Management.

We were lucky enough to have the author, Dr Wendy Brodribb in attendance who also signed some copies!

These books were the result of a successful grant application with the Gambling Community Benefit Fund. We thank the fund for choosing our application.

Counsellors and trainees are already finding this resource extremely useful for those tricky counselling questions.



Counsellors and trainees receiving their Breastfeeding Management texts with author Wendy Brodribb

cheap breastfeeding tops

If you're like me, the sheer touch of my bubbas arms touching my belly when they are feeding sends me crazy with tickles! I also don't enjoy my not so sleek belly being on show.

While you can purchase breastfeeding tops, the cheapest alternative I've found is to wear a singlet top that is big enough to pull down under your breast and then wear a normal top over the top. You can then lift the upper top when you need to feed your baby without exposing your ticklish skin!

Michelle

when you are STUCK

Ask

- "What am I good at?"
- "What am I happy about?"
- "Who or what do I love?"
- "Who or what loves me?"
- "How do I get the best of me into today?"

Enjoy life, no one gets out alive anyway!

from an article by Shane Ellis "Stuck? Here's your way out" Spirit of Learning vol 6 p 6.s & buy someone else's treasures!!

code of ethics

The Code of Ethics plays a crucial role within ABA. It protects the rights of members, the Association and the wider community. The code is binding on all in attendance at an ABA meeting

Basically, we try to discourage discussion of anything by brand name, discussion of any medical advisors, hospitals or health professionals, politics or religions

Australian Breastfeeding Association Subscription Form

PO Box 4000, GLEN IRIS VIC. 3146
Telephone (03) 9885 0855 Facsimile (03) 9885 0866 or online
www.breastfeeding.asn.au

Title: _____ First Name: _____

Surname: _____

Street: _____

Suburb: _____ State: _____ Postcode: _____

Tel: (____) _____

Fax: (____) _____

e-mail: _____

Birthdate: _____

1 year new \$65.00 2 year new \$95.00 1 year renewal \$50.00 2 year renewal \$85.00

Concession [No. _____] New \$50.00, Renewal \$35.00

Total \$ _____

Enclosed is my cheque/money order (payable to Australian Breastfeeding Association) **OR**

Please charge my Visa/Mastercard

Card Expiry Date ___/___

Card Holder's Name: _____

Signature: _____

I am a new subscriber to the Australian Breastfeeding Association

When you join you will receive a copy of the Association's comprehensive and invaluable book on breastfeeding, Breastfeeding ... naturally. This book usually retails at \$34.95 Please tick this box if you do NOT want to receive a copy

YOUR PRIVACY IS IMPORTANT TO US

The Australian Breastfeeding Association collects names, addresses and payment information for the purpose of providing Association services. Your personal details will not be given to any other party unless legally required to do so. Our privacy policy can be viewed at www.breastfeeding.asn.au or obtained by calling 03 9885 0855 during business hours. Your personal details may be used for internal fundraising purposes. Should you prefer not to receive these requests, please contact us.

ABN 64 005 081 523
Tenterfield/Granite Belt Group

lactation aids

Breast pumps

cleaning your equipment

Here are some important points about cleaning your equipment. Please note that cleaning well is important when using your pump kit and bottles. Note that you must clean your new kit before the first use.

If your baby is in hospital or is ill, be guided about extra cleaning by your medical advisers.

Care of your breast pump kit

If you are the only person to use your breast pump kit, you are expressing several times a day and if your baby is healthy, breast pump kit parts should be:

- Rinsed well in cold water after each use to remove surface milk. Store in a clean, closed container OR the kit can be stored unrinsed in a closed container in a fridge.
- Cleaned well once a day when in frequent use, or after each use if used only occasionally.

How to clean well

- First wash your hands well, with soap, and dry them on new paper towel or a clean, unused cloth towel.
- Take the breast pump kit apart, and separate all pieces. Rinse in cold water all the parts that have been in contact with your milk.
- Take care to remove all traces of grease, milk and dirt with a small amount of dishwashing liquid and hot water. Use a brush kept only for this purpose.
- Rinse all parts in hot water, at least twice.
- Drain bottles and containers upside-down on new paper towel and cover with more paper towel while they air dry. Finish drying all containers with new paper towel before putting away. Store the dry kit in a new plastic bag, plastic wrap, more paper towel or clean, covered container until next use.

Many new mothers have heard of the term 'expressing milk'. Milk can be expressed in a few different ways: by hand into a cup or container, using an electric breast pump or with a manual breast pump. There may be situations and times in which it is not possible to breastfeed your baby and you need to express milk. Some of these reasons may include:

- Your breasts are too full or uncomfortable;
- You need to be away from your baby and leave him/her with a care giver;
- You are going back to work, study or other commitments;
- Your baby is unable to suck because she was born prematurely, has cleft lip/palate or other difficulties with sucking;
- Your baby is in hospital and you cannot be there for every feed;
- You need to be in hospital and your baby cannot be present for every feed;
- You wish to relactate or induce lactation;
- Breast refusal ;
- Blocked ducts .

There may also be other reasons for needing to express milk not mentioned above.

Expressing comes easily for some women, and not so for others. The key to successful expressing, by hand or pump, is to trigger the 'let-down reflex', otherwise known as milk ejection. This process is what allows your baby to get most of the milk your breasts have made. Briefly, what happens is that the cells around the milk making tissue (alveoli) contract and squeeze the milk down the expanded milk ducts and towards the nipple. Some women notice a tingling sensation, a sudden feeling of fullness or hardness in their breast, or milk dripping from the other breast when this reflex is activated. The efficient removal of milk from the breast depends upon the let-down reflex. Not all women feel the let-down; the sure sign that a let-down is occurring is that a baby's sucking pattern changes after the let-down reflex occurs, from a quick suck-suck and swallow to a rhythmical suck-swallow pattern as the milk begins to flow.

When expressing, you can encourage your milk to let down using a variety of techniques, for example:

- Consciously trying to relax;
- Gently massaging your breasts by stroking down towards the nipple;
- Gently rolling the nipples between your fingers;
- Thinking about your baby;
- Having someone support you;
- Diverting your attention from the fact you are expressing;
- Habit – following a routine can help with the let down e.g. a drink, the same chair, relaxing.
- For a manual pump, small, fast pumping actions at the beginning and then long, rhythmic pumping strokes once the let-down occurs.

The ABA has a few different types of breast pumps available through the Mother's Direct catalogue or online www.mothersdirect.com.au. It also has an 'Expressing and Storing Breastmilk' booklet which covers this topic in more detail. The booklet can be purchased through our local breastfeeding counsellor at a nominal cost of \$5.

Breastfeeding supplementers

A breastfeeding supplementer is generally used when the mother's milk supply is so low that supplementary feeding is necessary. Supplementary foods may be the mothers' own expressed breast milk, or formula.

A small bottle filled with the supplemental milk is hung around the mothers' neck (to allow gravity to assist with the flow) and a tube is slipped into the baby's mouth as they nurse from the breast. As they suck the breast they also draw the supplemental milk from the bottle.



This has the effect of the baby getting more food at the feed, and also of the baby stimulating the mother's milk supply, as the more the baby sucks the more milk the breast will make. It also saves time, as baby can feed at the breast and doesn't need another bottle feed afterwards. The baby also continues to associate the breast with nutrition and comfort, which can help avoid breast refusal.

if you are planning to use a breastfeeding supplementer you might find it helpful to be in contact with another mother who has used one. Your local ABA counsellor or LC may also be able to assist with this. Supplemental systems can be tricky to use correctly, which is why the guidance of an experienced person is important. You may also find that it takes a couple of weeks to get proficient at using the system.

Using a breastfeeding supplementer is not easy or discreet, but if it is your last chance at maintaining a breastfeeding relationship it may be worth considering. You may find you only need to use it for a couple of weeks before your supply picks up. Please note that you may still have to work at this issue of low supply or breast refusal in other ways as well, such as taking time to have long feeds, resting, triggering the let down reflex ,etc.

Storage of breastmilk for home use

Breastmilk	Room temperature	Refrigerator	Freezer
Freshly expressed into container	6–8 hours (26°C or lower) If refrigeration is available, store milk there	3–5 days (4°C or lower) Store in back, where it is coldest	2 weeks in freezer compartment inside refrigerator 3 months in freezer section of refrigerator with separate door 6–12 months in deep freeze (–18°C or lower)
Previously frozen — thawed in refrigerator but not warmed	4 hours or less — that is, the next feeding	24 hours	Do not refreeze
Thawed outside refrigerator in warm water	For completion of feeding	4 hours or until next feeding	Do not refreeze
Infant has begun feeding	Only for completion of feeding	Discard	Discard

activity guide november 2009—may 2010

Everyone is welcome at meetings—mothers, fathers, partners, grandparents, friends, babies, and older children. A simple nutritious plate of food to share is appreciated but not expected. Our get togethers are relaxed, friendly, and enjoyable. Your shared experience may make the difference to another mother.

A Breastfeeding Counsellor is available at all discussion meetings. All venues are baby and toddler friendly unless otherwise stated.

**Note: all meetings now start at 9.30am
Starting time stated is local time.**

Warwick meetings are included on this bulletin for your interest. At time of printing Warwick topics had only been decided until the end of 2009. Check the ABA page on GraniteNet for updates: www.granitenet.com.au. You are welcome to attend meetings in any location.

November	Mon 9th 9.30am	When to take your child to the doctor Guest speaker	The Hub 8 Corundum St	Stanthorpe
	Thurs 12th 9.30am	Emergency Breastfeeding Bushfires, wild storms, traffic jams... maybe your baby is refusing to feed. Come and share your stories, tips and learn about how breastfeeding could save you and your child!	QLD Ambulance meeting room 68 Percy St	Warwick
	Thurs 26th 9.30am	Baby massage Learn how to massage your baby	Salvation Army Hall Logan Street	Tenterfield
December	Sat 5th 11am QLD	End of year break up Join us with our families to celebrate the end of the year! 12 noon NSW time	Girraween National Park	Girraween
	Thurs 10th 9.30am	Christmas family celebration Wind down with some fun, lunch and Secret Santa at the park to celebrate Christmas together	Contact Rebecca on 4541 8002	Warwick
February	Mon 8th 9.30am	Photographing family and friends Learn tips on how to take great photos of your little ones.	The Hub 8 Corundum St	Stanthorpe
	Thurs 25th 9.30am	What a midwife can offer you How can a midwife assist in your birthing experience?	Salvation Army Hall Logan Street	Tenterfield
March	Sun 7th All day	Apple & Grape ABA will be having a feed and change tent at the Apple & Grape festival. Come join us for a break from the crowds!	Weeroona Park	Stanthorpe
	Mon 8th 9.30am	Breastfeeding: what's normal? Come along to discover all things breastfeeding.	The Hub 8 Corundum St	Stanthorpe
	Thurs 25th 9.30am	How to deal with unwanted advice We've all been there, now it's time to share what worked.	Salvation Army Hall Logan Street	Tenterfield
April	Mon 12th 9.30am	Quickies in the kitchen: Nutrition for breastfeeding families. Share your favourite recipes. Student free day, so The Hub is unavailable—we will meet at the swings in Weeroona Park.	Weeroona Park	Stanthorpe
	16-18th	ABA Queensland Branch Conference		Brisbane
	Thur 22nd 9.30am	Night-time parenting Sleep—who's getting it? How to get more.	Salvation Army Hall Logan Street	Tenterfield
May	Sunday 9th	Mother's Day Last day of selling ABA National Raffle Tickets.		Australia
	Mon 10th 9.30am	Breastfeeding and allergies Can babies be allergic to mother's milk? Can breastmilk help with allergies?	The Hub 8 Corundum St	Stanthorpe
	Thurs 27th 9.30am	Weaning Time to stop—why & how?	Salvation Army Hall Logan Street	Tenterfield