

Wiimali Chronicle

Volume 11 Edition 8

Sunny, High 30, Low 25

Mothers Promote Breastfeeding

The local group of the Australian Breastfeeding Association held a picnic last Sunday to promote breastfeeding and to celebrate World Breastfeeding Week.

More than 50 mothers and their families gathered in the park to share their positive health message. According to their spokesperson, Jane Ferguson, they had lots of people coming by and asking questions. ‘There was a lot of interest and that’s a very good sign. A lot of young women came and talked to us’ she said. Wiimali has a very active group of breastfeeding mothers who are keen to share the benefits of breastfeeding with the community.

World Breastfeeding Week is celebrated every year from 1 to 7 August in more than 120 countries to encourage breastfeeding and



improve the health of babies around the world.

World Breastfeeding Week commemorates the Innocenti Declaration made by WHO and UNICEF policy-makers in August 1990 to protect, promote and support breastfeeding.

Jill Anson, the leader of the local group and a breastfeeding counselor with the organisation told us “breastfeeding is the best way to provide newborns with the nutrients they need and the WHO recommends exclusive breastfeeding until a baby is six months old, and continued breastfeeding

with the addition of nutritious complementary foods for up to two years or beyond.”

The manager of the Community midwife service Lara Stern, enjoyed the picnic and said that the positive message the women were sending was good for the community. “Women need good support to successfully breastfeed and our midwives spend time during pregnancy helping women and their families understand what is important to succeed. The midwives also provide an excellent postnatal support service and four of the midwives are lactation consultants. The really important success factor however is the family and the community. When families are supportive, women can do anything, including breastfeed well”.

Warning: Kids left in hot cars die

A father ‘forgot’ his baby son was in the back seat of his car when he rushed to an important work meeting last Friday. He was supposed to drop the toddler off at day care on

the way. The father found his son dead in the back seat of the car when he returned to the car that afternoon. What do you do if you see a child

alone in a hot car? Call 000 and seek immediate medical attention. Don't go looking for the parent.