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Editorial



Spring has just about sprung - days are getting longer, warmer and sunnier finally! And although we're already about quarter of the way through 2016, you might not be yet be aware that this is officially Year of the Dad, a cause BfN is delighted to be supporting, as although the focus of our support is always mother centred, we recognise the vital role dads can play in supporting breastfeeding. In this edition of BfN news, you'll find a guest article written

by Nick Thorpe of Fathers Network Scotland, the organisation behind the Year of the Dad campaign.

We also have a comprehensive round up of the recent study day in Portsmouth, the launch of our annual Mums' Milk Run fundraiser, information on BfN's part in an open letter on the crisis in breastfeeding, plus our invitation to the Houses of Parliament. You can also find out more about why Kirsten Burnett chose to become a BfN Director and, as always, there's knitted breasts and BfN cake!

Message from a Director

I joined the board back in the summer of 2014. I'd heard that the Board was looking to recruit someone with an HR background and thought it would be an interesting, challenging and rewarding experience. Doing something really worthwhile on a voluntary basis is a great way of getting that magic feelgood factor.

As a mum of two, I feel really strongly about breastfeeding being the best start you can give a child. With my son, I just found it a much easier way to feed him; I bought into the health benefits for both of us and it all felt very practical. My daughter was then born prematurely at 31 weeks after my waters had broken 3 weeks earlier. The first few weeks were anxious as she was in SCBU and I could only visit. I felt pretty helpless and all I could do was take in my little bottles of expressed milk until she could feed normally.

It made that breastfeeding journey particularly emotional because it seemed so important to her development and to our bonding. At times breastfeeding was difficult and painful, like when thrush hit. I didn't find the medical professionals very helpful and relied heavily on information and others' experience from online forums and from books. In hindsight, I wish I'd known more about BfN then, that its approach was supportive, not judgmental.

For instance, I sometimes gave a bottle when I needed a few hours break. While I was comfortable with that choice, I wrongly thought breastfeeding supporters would treat me with disapproval. The way BfN now uses the opportunity to engage with people through social media is great and I think will help overcome these kind of barriers.

My paid job (4 days a week) is in local government. I'm Head of HR in a district council within East Lancashire.

I also lead on infant mortality prevention so have brought my passion for breastfeeding into that role, including co-ordinating some work into signing up breastfeeding friendly businesses and making sure my own organisation sets a good example with a clear breastfeeding policy, for staff and customers.

It's a really challenging time for the whole public sector as the funding cuts and demands just keep coming relentlessly from all angles. This makes for a pretty hostile environment for organisations like BfN, as potential funders face impossible decisions and are struggling to fund their statutory responsibilities.



I see my role on the board as helping the organisation keep changing as necessary in response to this and by supporting Shereen and other staff with a range of HR issues.

BfN is a complex organisation, spread geographically, a mix of paid (but often fixed term) staff and volunteers, all of whom are working really hard to support mums and families as well as providing quality training and campaigning for positive policy changes. It makes for some difficult board discussions: we have to make tough decisions to make sure that the books are balanced and the right priorities are made and communicated. We're all too aware that these decisions impact on people who in easier times would be better rewarded and resourced.

I cannot express how much I admire the work that goes on and I feel proud and honoured to be part of BfN.

Kirsten Burnett

BfN invited to speak in Parliament

On Tuesday 15th March, BfN were delighted to be invited along to speak at the second All Party Parliamentary Group meeting on Infant Feeding and Inequalities. The group is chaired by Alison Thewliss MP and BfN were asked to speak this time about the barriers to breastfeeding. The first APPG meeting had suffered from a bit of a disappointing turn out of MPs, so this time, although there was still a fairly lengthy list of apologies, there were also a good cross spread of MPs from the SNP, Labour and Conservative parties. Since the meeting we have produced a written version of the presentation to be sent to those MPs who weren't able to be there. We focused our talk on women's voices, and presented two fictional case studies of mums facing barriers to breastfeeding. Although the stories weren't real, the scenarios will be very familiar to those of you supporting mums on a day to day basis, and you can read them here. We also highlighted the role the media has to play in how it portrays breastfeeding, breastfeeding supporters and 'breastfeeding wars'.

Following the presentation, there was a lively discussion with questions and comments from MPs, as well as representatives from other voluntary sector bodies, peer supporters, mums, midwives and others. The day after the meeting we were contacted by the office of the Conservative MP present asking for more information, so hopefully our messages got through.

The next APPG meeting is scheduled for mid May, and it would be great if you could write to your MP (again!) and ask if they would be able to attend. We will post more details on the BfN Facebook and Yahoo groups as and when we get it.

Click [here](#) to view the written version of the presentation, and you can view the slides that go alongside it [here](#).

Year of the Dad – celebrating the difference a great dad can make

Guest article written by Nick Thorpe, Fathers Network Scotland



If there's one message standing out above the chorus of approval already greeting Year of the Dad, it's that when fathers are positively involved from the very start of their children's lives, everybody benefits.



From the moment we conceived the idea for this celebration of the difference a great dad can make, it was clear that the most important voices would be those of children – and if you're among the thousands of people who have watched [Song for Dad](#), written and sung by Edinburgh primary school kids, you'll have felt emotively how much dads mean to them!

A raft of studies gives academic heft to that "yes", showing how children whose fathers are closely involved over the course of their childhoods tend to be happier, healthier, do better at school, have greater self-esteem with fewer behavioural problems.

But crucially we also believe, in common with our funders at the Scottish government and a

huge raft of family-friendly organisations, including the Breastfeeding Network, that "celebrating the difference a great dad can make" will create a win-win for mums and dads.

Shared parenting is as important to gender equality and flexible working as campaigning for equal pay for women in the workplace. Our gender-balanced workforce and board at Fathers Network Scotland is an expression of this.

As campaigner Gloria Steinem put it memorably: "Women are not going to be equal outside the home until men are equal in it."

What does that mean for breastfeeding? At first sight, shared parenting can seem a threat to this most natural and nurturing of mother-child bonds.

But, [as BFN's Sarah Edwards said in her excellent recent blog for Fathers Network Scotland](#), the new right for partners to split Shared Parental Leave doesn't have to mean an end to breastfeeding when mum goes back to work, thanks to the wonders of expressed milk.

And even without expressing, author Gideon Burrows, speaking at the Year of the Dad conference recently, told how with a bit of determination and fatherly devotion, mum shouldn't even need to bear the brunt of disturbed sleep, thanks to what he called "extreme breastfeeding".



"My wife and I took a one-night on/one-night off approach," [explained](#) the author of [Men Can Do It!](#) "On my nights I'd fetch the crying baby, bring her to my sleeping wife and help the baby latch on to my wife's breast. I'd then sit awake until the baby had finished feeding, burp and change her nappy then put her back to bed. It took us some time to get it right, and you'll want to work out your own way. But that doesn't mean dad sleeping in another room because he has work tomorrow."

And if you're willing to express, Burrows points out that it does give the father a hands-on role bottle feeding the baby breast milk during the day and the night –

which gives mum her turn to rest, and allows a fairer opportunity for women to go back to work.'

As our year-long campaign gathers momentum, touching on issues of flexible working, employer innovation, and issues of social exclusion, we're hearing from more and more dads who want to defy last century's outdated gender stereotypes and take a deeper role in their children's lives.

Tim Porteus, a storyteller, father-of-five and passionate advocate for dads in Midlothian, puts it particularly well: "A lot of men are now saying I want to be engaged with my children, I want to be that nurturing dad.

"But then ironically they come up against the same patriarchal barriers that women experience, but from the other side – about being forced into the role of being the breadwinner, where social and health services focus on motherhood as quintessential parents while dads are peripheral."

In his work at [Midlothian Sure Start](#), Tim works to support men who want to be better parents, through support groups, advocacy and even baby massage classes for dads. "We're not forcing change – it's the dads who are demanding it. And that will obviously have benefits for women – for every extra hour of childcare a dad does, that's an hour mum has to do something else – but the main beneficiaries are children.

Clearly, the age-old dad-stereotype of married breadwinner and distant disciplinarian no longer serves us in an age of increasing diversity and gender equality.

Today's father can be single or married; externally employed or a stay-at home dad; gay or straight.

While some biological dads don't do fathering, other non-biological dads can and do - whether that's grandfathers, uncles, foster fathers, adoptive fathers or stepfathers. Whoever they are, it's time to celebrate and support the key contribution fathers make to child development, family and community life.

In the coming year we'll continue to seek dialogue with all who share an interest in children's wellbeing and we welcome feedback in an open spirit of dialogue of mutual respect - whether that's encouragement or help in identifying our inevitable blind spots.

We do hope members of the Breastfeeding Network will join the celebration of Year of the Dad by signing up at www.yearofthedad.org, and spreading the word, through social media and other channels.

[Song for Dad](http://www.yearofthedad.org/song_for_dad) is a particularly powerful reminder of children's love for their fathers – will you watch it, share it, help us to go viral with this message? www.yearofthedad.org/song_for_dad

Best Beginnings

Best Beginnings is a charity which aims to break down inequalities in child health in the UK. You may already be aware of their 'Bump to Breastfeeding' films; their 'Small Wonders' project for parents of premature babies; and their Baby Buddy app. 'Out of the Blue' is a new project from Best Beginnings focusing on maternal mental health. It is set to be a series of short films covering many mental health issues, including postnatal psychosis, OCD, Anxiety, post traumatic stress disorder, suicidal thoughts, mother and baby units and the effect on partners. Each film allows real life mums and dads to tell their own stories in their own words. They have also produced a short drama as well alongside the real life films.



BfN are part of the stakeholder group for this project and have been involved in discussions around each film. We hope the project will link in with our Drugs in Breastmilk information on mental health treatments and breastfeeding.

Find out more on the [Best Beginnings website](http://www.bestbeginnings.org).

‘Mothers say that BfN support made them feel more confident, happier, relaxed and relieved their isolation’

Last year, thanks to funding from Third Sector Early Intervention Fund (Scottish Government), BfN was able to commission an independent evaluator ‘Blake Stevenson’ to help us gather evidence to show BfN’s impact on women and families who we support. The work has allowed us to develop both a ‘theory of change’ and ‘logic model’ for the charity that were drafted based on discussions with BfN staff, examined and adapted by the BfN Board and further refined by a working group and QUeST, comprising varied roles, before being finalised. The key themes of the model were then tested through the evaluation activities of surveys and interviews. Many of you across the charity were involved in the surveys and interviews either as participants or as promoters. Thanks to all of you who have supporting this valuable piece of work, that will help us, plan, evaluate and importantly communicate the journey of change that BfN uniquely provides with partners, policy makers and funders.

The following short summary report gives background to the work and also shows early findings:



Evaluation Summary

Breastfeeding Network (BfN) commissioned Blake Stevenson Ltd to undertake a range of activities to support its understanding of its impact and provide a basis for the further development of the organisation and the services it offers. These included the development of models (logic model, theory of change) and evaluation with mums and health professionals.

Evaluation methods - an online survey distributed to mums who had had contact with BfN services gained 203 responses. 26 mums were interviewed by telephone and 12 mums attended focus groups in Kilmarnock and Blackpool. 13 health professionals with experience of BfN services were also interviewed. All of those involved in the evaluation were asked about their experience of BfN services and their impression of peer support as an approach.

Findings

Fig.1 Before BfN support



Fig.2 After BfN support (focus group comments)



Reasons for breastfeeding - whilst practical factors such as cost and convenience were mentioned, the 'most important reason' why mums had decided to breastfeed or give their babies breastmilk was that it was 'good for their baby's health'. Mums typically identified that what they had liked best about breastfeeding was the bond and unique relationship with their baby which they felt breastfeeding had provided.

How mums heard about BfN – online and social media were the most common ways that mums had heard about BfN support. Signposting by health professionals was another important route. BfN's direct approach to mums, for example on maternity wards also played a part.

How mums experienced support – the evaluation found that mums received and valued BfN support given in a variety of ways from antenatal contact, support on the maternity ward, text message, one to one home visit, Facebook advice and ongoing involvement at breastfeeding support groups. There was evidence of the value of each of these interventions supporting mums depending on their personal preference or sometimes depending on their emotional state at the time – the value of each form of support could be seen impacting positively on mums' level of knowledge, confidence or ability to breastfeed.

Breastfeeding challenges – just over half of mums who had breastfed said that their experience of breastfeeding to date had been good or very good (109, 53%). However a significant minority (81, 40%) described breastfeeding as 'difficult at first but got better'. Common issues faced which they had asked BfN to support and advise on related to feeding position and attachment for feeding, and painful breasts or nipples as well as wider parenting matters such as baby's sleep or medication and support to mums in relation to returning to work, meeting other mothers and mental health issues.

The role of peer supporters – the evaluation found that breastfeeding mums greatly appreciate the support of other mums who have breastfed. They valued the understanding and practical guidance they received based on the peer supporters' personal experience. Peer supporters were also seen to be impartial and to have more time to offer than health professionals. The evaluation established that mums experience BfN's values in practice as they felt listened to, respected and supported in their choices.

Complementing other support - health and social care professionals highlighted the value of BfN's peer supporters in complementing their own work and in providing a crucial form of support which was valued and accepted by mothers. They believed that this support enabled mums to sustain breastfeeding for longer and filled a vital gap with a professionally managed service which other forms of current support did not have sufficient resources to fill.

Summary of impacts of BfN support - Mothers reported that support from BfN made them feel

- more confident to breastfeed (128, 63%)
- that they were not on their own (139, 68%)
- happier and more relaxed about breastfeeding (112, 55%)
- more confident about breastfeeding in public (79, 39%).

Impact on overcoming breastfeeding challenges – during the evaluation mothers recalled specific challenging experiences, often very early in their breastfeeding journey, which they believed would have ended their breastfeeding, but which they had been solved with information and support from BfN. Therefore the evaluation found that BfN could strongly influence the practical actions of breastfeeding mothers, impacting on their decision-making at challenging times and supporting them to continue.

Impact on duration of breastfeeding – the evaluation found evidence of mums deciding to breastfeed for longer than they had originally intended (in some cases for many months more). BfN support had helped them to reach a new level of understanding about the benefits of breastfeeding babies beyond six months and the example of other breastfeeding mums had given them confidence to continue.

Summary – The activities over the course of this evaluation established BfN's position within a national and local context and found evidence of a positive and crucial impact on mums and their varied breastfeeding journeys, many of which would have been significantly shorter without BfN support. The evaluation found evidence that mums who need information relating to breastfeeding, who may not be fully positive about breastfeeding, or who lack confidence in breastfeeding, can experience personal change in these areas as a result of BfN services. We found many mums increasing their understanding of the benefits of breastfeeding, feeling listened to and valued, being inspired and encouraged to deal with challenging situations and gaining confidence in breastfeeding. These things enabled them to make choices and be more empowered to breastfeed for as long as they chose.

The evaluation also showed that health professionals, working strategically in communities to support breastfeeding, regard the information and peer support from BfN as complementary to their own work, so much so that they want BfN services to grow to match demand and help them to meet policy intentions in this area of health and wellbeing for mothers and babies.

One of the future challenges for BfN is working with partner organisations to secure resources for peer support to be made available so that mums can be empowered to make choices about feeding. We look forward to sharing the detailed work with you at our internal events coming up with Tutors & Supervisors in May and at our Conference in October.

For further details please contact ceo@breastfeedingnetwork.org.uk

We welcome Emilia Raszteborska to the BfN team

Emilia joined the Breastfeeding Network in February 2016 as a Finance Officer. She joined our Paisley office after moving to Glasgow from Inverness, where she worked as project accountant for Capgemini PLC. Emilia is passionate about being involved with BfN - a great social initiative which can make a real difference.



A big thank you to Julie Henderson for valuable services to BfN and wish her well in her future endeavours.

National Breastfeeding Helpline Update

It's been an extra busy time on the National Breastfeeding Helpline over the last couple of months. During January, we held our first ever 'have a go/take a call challenge' week with the aim of getting every trained volunteer to log on and take at least one call during that week. We were aiming for a call answer rate of 60% and we very nearly made it – 57.4% of calls were answered during the week, and lots of volunteers logged on for the first time in a long time, so thanks to everyone who had a go.

We have several new volunteers who have come through the fast track online training course now, and the plan is to run another fast track, online training course starting very soon, so if you are a qualified, active helper and you'd like to apply for a place on the course, or if you're a tutor that is interested in being involved, [get in touch](#) asap.

We have noticed a significant increase in the number of webchats requested and answered recently too. We have trained several new webchat volunteers over the last few months and it's making a real difference to this service.

We have also been running a campaign called #thanksNBH, getting callers thoughts on the helpline service and celebrating what our volunteers give. We have had some brilliant feedback via an online survey. 100% of respondents said they were satisfied or very satisfied with the service they received and 100% said they would recommend the service to a friend. Here are just a few of the comments we have received, we'll be sharing these and more across our social media sites over the coming weeks:

"I felt anxious before the call, but the supporter's calm manner and the helpful information she gave reassured me."

"I called when my young son refused a couple of feeds and I grew extremely anxious, more so due to being home alone with a screaming, hungry baby acting out of character. A lovely lady answered the call, reassured me and suggested a few solutions. Soon got little one breastfeeding again."



"I was really nervous before ringing. My baby was less than two weeks old and had been admitted to hospital as failure to thrive. I was being put under a lot of

pressure by doctors to give her formula (we've since found out she has severe allergies and this would have made her much more poorly). The lady I spoke to was so reassuring and gave me lots of practical advice. I was so close to quitting at that point but managed to continue feeding until she self weaned at 16 months."

"I was very nervous about calling, the lady on the phone was so friendly and knowledgeable she made me feel like I was chatting to my best friend."

"What a fantastic service the NBH offers. I came across the number in my red book and I'm very happy I did. What a fab job your volunteers do."

Felicity Lambert (NBH Manager)

Join us for the Mums' Milk Run 2016

Mums' Milk Run - Building a community of support'

Our 4th annual national fundraising event – Mums' Milk Run – will take place between 7th and 21st May 2016 and you are invited to take part and help us raise funds to support the work we do across the UK.

Recent research in the Lancet says *'Success in breastfeeding is not the sole responsibility of women – the promotion of breastfeeding is a collective societal issue'* and we want to help women and families across the UK have access to a community that is supportive of breastfeeding, either in their local area, via social media or by using the helplines to speak to a mum who knows about breastfeeding. We need you to help us support more families have access to a supportive community by taking part in our national Mums' Milk Run events and fundraising for us.

The Mums' Milk Run is all about being active, having fun and raising money. You can walk, run, swim, cycle or Zumba (or any other activity you enjoy!) and you can do it as an individual or as a group of volunteers. Get your community involved by inviting local friends, family and neighbours to take part as well.

Running local events can help raise awareness about breastfeeding and the BfN and show that your community supports breastfeeding families as well as giving you a chance to highlight your local breastfeeding welcome scheme or local project if you have one.



We are also hoping lots of you will join our national Mums' Milk Run team and be one of the volunteers, families and friends of the BfN who come together to take part in our national 'virtual' event on Saturday 14th May. Look out for details soon about how to join the team via our Justgiving page, decide what you want to do and then we can all raise funds for BfN whilst we run, cycle, swim or zumba at the same time across the UK on 14th May! Be part of a community that supports breastfeeding!

Look out for more information coming soon on the [yahoo groups](#), [Facebook](#) and on the [BfN website](#), but meanwhile please save the date and have a think about how you could get active, have some fun and join the #milkrunteam!

Local Events:



Local families, BfN volunteers from across Scotland and BfN Chief Executive Shereen Fisher were delighted to meet the Minister for Public Health, Maureen Watt MSP, at an event in Paisley recently. The Minister was keen to hear more about the BfN and how we support families and also to talk to mums about their experiences of breastfeeding.

Kate Bovill at the Gather Scotland event organised by Volunteer Scotland.



BfN supports open letter on the crisis in breastfeeding

Open letter on the current crisis in breastfeeding in the UK – UK mothers are being let down

An open letter on the crisis in breastfeeding in the UK was issued on 9th February, signed by midwives, health visitors, paediatricians, lactation consultants, breastfeeding counsellors, peer supporters, university researchers and others who work for professional organisations and charities that support families.

The open letter states: “**The breastfeeding crisis in the UK is in fact a crisis of lack of support for those mothers who choose to breastfeed.**” It highlights the recent cuts to breastfeeding support services and the infant feeding specialist posts, which are driven by cuts to public health, which amount to £200 million in total in England.

Full text of the open letter available [here](#).

The letter was featured in the [Guardian](#), [Community Practitioner](#) magazine and [mentioned by Alison Thewliss MP in the House of Commons](#).

FUNDRAISING



The Board would like to recognise the commitment and effort of all our fundraisers.

Last year, nearly £16,000 was raised for BfN via [JustGiving](#).

Caroline Shackelford deserves a special mention for raising £1,500 by running the Royal Parks half marathon.

Thank you Caroline and all BfN fundraisers!



In the BfN office we were recently delighted to receive two large boxes of around 400 beautifully hand knitted woolly boobs!



They were knitted and donated by [Kelty & District Loving Hands](#) who knit, crochet and sew for charities. The knitted breasts are a great resource for our Helpers, Supporters and Tutors to use while demonstrating positioning and attachment at the breast to mums and at training sessions.

We hope to use this kind donation of knitted breasts to raise money for our wonderful Drugs in Breastmilk Helpline, supporting mums to breastfeed while taking medication. We are very grateful to the talented knitters at Kelty & District Loving Hands. Keep up the good work!

Know some knitters? Please contact Melanie in the Central Admin Team for more information on 0844 412 0995 or email admin@breastfeedingnetwork.org.uk.

South Hampshire Study Day 2016



Our 6th annual study day in Portsmouth was a joint collaboration between the Portsmouth, Havant & Waterlooville and Fareham & Gosport BfN teams and was this year focused upon breastfeeding within hospital. With 5 fantastic speakers and some delightful cakes baked by our multi-talented team – the day was informative, infuriating and at times emotional. Here we round up some of what the speakers shared with us on the day:



Helen Calvert – Hospital Breastfeeding

We were privileged to have Helen Calvert from [Heart Mummy](#) talk to us at the study day about the need for breastfeeding support within paediatric hospital units. The #hospitalbreastfeeding campaign aims to improve the breastfeeding experience of families when admitted to hospital by helping the “medical professionals to understand what’s in it for them”.



Helen touched upon her own experience of breastfeeding a child with a congenital heart defect on the paediatric unit at Alder Hay Children’s Hospital in Liverpool. Her personal breastfeeding experience, along with another mother whom she meant whilst being resident on the ward, has set her on this path of setting up a campaign for changing and improving the breastfeeding knowledge and support available on hospital paediatric units.

She highlighted the need for paediatric staff to have a better understanding of breastfeeding and the need for support for breastfeeding families “as this can help them to do their jobs, by aiding in the child’s recovery and well being”. She went onto explain how we as peer supporters can help support and educate paediatricians and thus improving the support the families we see, if they ever need paediatric care, by encouraging our local hospitals to undergo the BFI paediatric accreditation and by following the @heartmummy campaign. If you would like to know more about the #hospitalbreastfeeding campaign visit www.heartmummy.co.uk

Michelle Silver – BfN Supporter- Havant & Waterlooville

Beth Chapman (Cognitive Behavioural Psychotherapist) – Anxiety and Parenthood

Beth started her talk by explaining the very important difference between anxiety and



worry. Anxiety being outcome of worrying constantly about something. She informed us that she would be using the Dugas model of generalised anxiety and worry (1998). It’s a simple model which follows a general pattern; trigger – what if questions – worry – anxiety – final feelings (exhaustion, anger, embarrassment etc). From what Beth said, it seems that breastfeeding and anxiety is a fairly common occurrence as there is nobody to normalise what you’re going through.

Every individual journey is unique to those in it. Becoming a mum is also a

source of anxiety, nothing is certain again, it’s all new. Beth used a brilliant analogy to explain rumination, and I only wish I had a copy of her drawing of a cow! Essentially, cows are known for chewing the cud. This relates to parenthood as we tend to go over and over things, and feel unable to let things go. This leads to one of two routes; seeking constant reassurance but not taking anything on board, or avoiding going out or socialising. But what is essential for either is support. Support from trained breastfeeding counsellors or peer supporters, otherwise the mum may be party to advice giving, which is unhelpful in these circumstances. Other ways to help mums are through normalising breastfeeding via sharing of experiences (her being given the opportunity to share her experience is necessary to allow her time to process what has happened). Finally, and possibly most importantly, listening. Allowing the mum space to “talk through her worries without giving glib reassurances”.

Ways in which someone could be signposted for information and support are through signposting to the [Breastfeeding Network factsheets on anxiety and breastfeeding](#), the [Exeter worry scale](#), [getselfhelp](#), Centre for Clinical Interventions. Also through a referral to their GP, [IAPT](#) or [iTalk](#). Finally, when being given medications to help with anxiety, being aware of certain ones that may lead the mum to become drowsy as this can then lead to further problems.

Roxie Prior – BfN Supporter – Fareham & Gosport

Lynn Timms - Preventing hospital re-admissions



A registered nurse with a private and NHS background, and also an international board certified lactation consultant, Lynn's talk on preventing hospital re-admissions for both mums and babies was both informative and interesting. She discussed the importance of how our role can positively impact feeding and prevent further admissions by understanding the need for frequent feeds, how to stimulate the breasts particularly when mum is separated from baby, the value of colostrum and the importance of mum and baby being together in order to get breastfeeding off to a good start. We can also help breastfeeding mothers by providing early and ongoing support, celebrating any breast milk intake and understanding separation stress levels to both mum and baby.

Kirsty Angell – BfN Helper – Portsmouth

Mark Harris – The feminine/masculine dance of birth/breastfeeding



Speaker [Mark Harris](#) woke us all up from our post lunch slump with his energetic and hilarious presentation about breastfeeding and the role or involvement of the partner in supporting the longevity of breastfeeding.

Mark suggests when breastfeeding education evolves to properly include partners (men or same sex partner), breastfeeding rates will also improve as an informed partner can provide a constant support to help the breastfeeding mother overcome difficulties in her breastfeeding journey.

Despite his 45 minutes being crammed with as many jokes as a stand-up routine, countless swear words and references to masturbation; sex and orgasms, it is clear that Mark is serious about his subject matter.

Mark is a former nurse and Midwife as well as a father of six, with six grandchildren, whose book and 'birthing4blokes' podcasts present Mark's interest and experience of occupying this typically female space, whilst being a 'bloke.'

Charlotte Raw – BfN Supporter – Portsmouth

Wendy Jones – Breastfeeding & Medication for Mothers who are hospitalised

Bringing the end of another great study day was our very own Wendy Jones. Wendy first discussed the types of medication that mothers who are hospitalised may require which included anaesthetic and analgesics.



She gave real life examples of women who had been told that procedures either couldn't be carried out if they were breastfeeding or that they would have to stop breast feeding to have the necessary treatment. She shared with us her frustration that manufacturers state that their product was not suitable for breastfeeding women, simply because they are not required to do any more than that. Then that HCP's go on to share this information with their patients. These included ailments such as thread worms, ingrown toenails and even teeth whitening. She later went on to say that she hoped that GPs and other healthcare professionals would read the information sheets available on the BfN website and encouraged the audience to share the details of this. Wendy explained that she receives enquiries from all over the world via her Facebook page, email and telephone. It's easy to see how passionate Wendy feels about this subject and she manages to impassion her audience too.

Jessica Bailey – BfN Supporter-Fareham & Gosport

Special thanks to all the volunteers who offered to write on the speakers.



Congrats to probationary supporters Eleanor Bryant and Kymm Holloway

Thanks to their tutor Alison Garrod

Congrats to probationary supporter Hazel Munton

Thanks to tutor Carolanne Lamont

Congrats to probationary supporters Deborah Pickering, Hayley McLaren, Jessica Bailey, Michelle Francis, Roxie Prior, Gillian Boorn, Michelle Silver, Ginny Dupont and Hana Young

Congrats to helpers Steffani Lawrence, Katy Glasby, Sophie Kynoch, Natalie Hoque, Lisa Badman-Dunphy, Kirsty Angell, Bianca Vermeulen-Smith, Sarah Walshe, Caroline Martin, Corinna Bray and Francesca Failes

Thanks to tutor Eleanor Johnson

Congrats to probationary supporter Hannah Leonard

Thanks to tutor Heidi Hembry

Congrats to helpers Alexandra Aldridge, Sabrina Epple, Natalie Knight, Halszka Konieczek, Aifric Reilly, Rachel Sutton, Maria Wilhelmsson, Lindsey Brooks, Dominique Bartholomew, Kathryn Gallop, April Jones, Helen Tilsley, Louise Thornton, Amey Tunney, Amanda Terry and Yasmin Williams

Thanks to their tutor Helen Palmer

Congrats to helper Samantha Jones

Thanks to tutor Joy Jones

Congrats to helpers Sarah Adams, Carrie Bryson, Nicole Carr, Clare Duncan, Jaye Gould, Lorna Low, Karen Meikle, Angela Munro, Gillian Rooney and Katrona Templeton

Thanks to tutor Karen Patterson

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