

# The Baby Friendly Initiative Working Group

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## Want more information?

[www.thebcs.ca](http://www.thebcs.ca)

[www.infactcanada.ca](http://www.infactcanada.ca)

[www.kellymom.com](http://www.kellymom.com)

[www.breastfeedinginc.ca](http://www.breastfeedinginc.ca)

## Did you know?

Mom to mom support in groups for breastfeeding has been found to extend how long a mom will breastfeed her baby.

## What is an IBCLC?

IBCLC stands for International Board Certified Lactation Consultant. In order to become an IBCLC, there are different pathways to achieve certification requiring a certain amount of hours of hands on practice and a certain amount of Continuing Education Recognitions Points (CERPs) approved by the International Lactation Consultant Association. Once those requirements are met, an exam is taken and if certified an IBCLC will then be required to write every 5 years to maintain certification. These rigorous professional standards ensure specialized knowledge and skill to acquire international recognition and set IBCLCs apart from other breastfeeding support personnel.

Some of the roles specific to an IBCLC include:

- **Advocate**- an IBCLC will advocate for breastfeeding women, infants, children, families, and communities
- **Clinical Expert**- an IBCLC is trained to counsel mothers and families on initiation, exclusivity, and duration of breastfeeding
- **Educator**- an IBCLC will share current, evidence based information in lactation and breastfeeding to both families and fellow health care professionals
- **Facilitator** – an IBCLC will facilitate program and policy development to support breastfeeding and lactation
- **Policy Consultant**- an IBCLC can provide substantial insight into the viability of practice changes that affect lactation and breastfeeding initiatives
- **Promoter**- an IBCLC is trained to promote breastfeeding by carrying out activities to increase interest in breastfeeding and breastfeeding support

If you are looking for an IBCLC in the Yorkton and surrounding area, there are some available to you. Please call 306-786-0625 or 306-786-0886. If you are interested in becoming an IBCLC- got to [www.ilca.org](http://www.ilca.org)

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## DID YOU KNOW?

### Yorkton Breastfeeding Matters

Starting in May of 2018, a breastfeeding support group, **Breastfeeding Matters**, restarted in Yorkton responding to client demand for the service.

Breastfeeding Matters occurs every first Thursday of the month, at the Yorkton Family Resource Center from 11:30am – 12:30 pm. You can go to [www.yorktonfrc.ca](http://www.yorktonfrc.ca) to preregister, which will automatically give reminders by phone of upcoming group, or anyone is welcome to drop in. Group is open to anyone interested in breastfeeding, and provides a great place for mom-to-mom support to answer any questions and give the opportunity to share experiences. An IBCLC is present as a facilitator to the group and guest speakers

## Breastfeeding Support

There are Lactation Consultants available to you if you need support. They provide home visiting and/or in office visits, will facilitate group sessions, and any educational session requests.

Please call:

### Lactation Services

306-786-0886

### Early Visiting Program

306-786-0625

### Facebook Group

Yorkton Breastfeeding Matters

## Breastfeeding Support Clinic

150 Independent St.,  
Yorkton Drop in every Wednesday between 1:00 – 3:00 p.m.

are periodically invited to share expertise in other areas. First group in May saw a great turnout with a guest, Amanda Buhler, sharing her expertise in baby wearing.



**Yorkton Breastfeeding Matters** is on Facebook! Search for it and ask to join, breastfeeding questions are answered and informational articles are shared.

## Breastmilk is a Communication Tool

Breastmilk has long been understood to be a pathway towards long-term health for both mom and baby. How does this happen? Today many researchers believe that parts of DNA and stem cells found in breastmilk contribute to appropriate developmental pathways for the baby that cause gene activation promoting health for life. This means these cells make human milk the ultimate communicator affecting genetic change for years to come.

The communication that is happening with breastmilk defies what we believed for years that any information from genetics that a body ever needed to grow and develop a person happened at the time of conception. Now we are learning that our most critical development period is from zero to three years old. During that time there is the most impact on how we grow, our personalities, and our long-term health. The maternal environment during pregnancy and then the baby's first nutrition significantly influence our genetic expression, also known as our epigenome. The effects on the epigenome during pregnancy, delivery, and feeding include metabolism, hormone production, and tissue sensitivity. Examples of this include leading research in regards to obesity and obesity related diseases and risks for the same decreased when a baby has been exclusively breastfed. We know that breastmilk lays down the perfect foundation for a healthy micro biome in the gut, boosting and supporting immunity against disease. Studies have shown that breastmilk carries important parts of DNA responsible for building human muscle by signaling the right cells for building and seeking the right proteins to do so. Breastmilk is sometimes referred to as a gene switch, turning on the necessary genes and leaving the unnecessary genes inactivated.

Even Pasteurized Human Donor Milk will maintain these very important communication cells, even through the pasteurization process. Meaning when a mom may not be able to provide her own milk, every effort should be made to provide an infant with PHDM as it impacts their genetic expression. Human milk is for human babies, research continues to uncover just how important and valuable human milk is.

*(" Nutrition and Breastfeeding- The Long Term Impact of Breastmilk on Health", copyright 2018 Mother Journey, by Laura Wilson, IBCLC,CLE,CCCE,CLD)*