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Breastfeeding Support

Lactation Services

306-786-0886

DROP IN Breastfeeding Support

Yorkton Public Health
Wednesdays 1:00-3:00

Kamsack Public Health
2nd Thursday 10-12:00

Early Visiting Program

306-786-0625

Facebook Group

Yorkton & Area -
Breastfeeding Support
Group

Sunrise Health Region-
Baby Connected-Get
Connected

Want more information?

www.thebcs.ca

www.infactcanada.ca

www.kellymom.com

www.breastfeedinginc.ca

Who are we?

The Baby Friendly Initiative Working Group is comprised of members from different departments in the Sunrise Health Region and the Yorkton Tribal Council. The group works on projects to promote, protect, and support breastfeeding in following with The Baby Friendly Initiative's 10 Steps. The Baby Friendly Initiative is a joint project with the World Health Organization (WHO) and the United Nations International Children's Emergency Fund (UNICEF) launched in 1991. For more information and where we stand as a country in this initiative, please go to www.breastfeedingcommitteeofcanada.ca.

Working Group Members:

Carolee Zorn-	Health Services Manager
Heidi Russell-	Lactation Consultant(LC)/Public Health Nurse
Tracy Bielinski-	RD, Public Health Nutritionist
Danielle Switzer-	Community Dietitian, Yorkton Tribal Council
Melissa Manum-	Early Visitation Program Public Health/LC
Lana Popowich-	Public Health Nurse/RN
Jackie Ellis-	Public Health Nurse/RN
Alexandra Galli-	Registered Nurse Obstetrics
Alanna Armbruster-	Registered Nurse Obstetrics

Milk Drop Anniversary



On November 24th, 2016 **The Yorkton Milk Drop celebrated their 1-year Anniversary** at the Yorkton Family Resource Centre. The Yorkton Milk Drop is currently 1 of 3 milk drops available in Saskatchewan and to date has received over **160 L of donated breastmilk!**

Thank-you to our donating mothers!

During the event, donating mother's shared their experiences. Between tears and laughter, their heartwarming stories conveyed feelings of gratitude, appreciation, and hope. **"The Milk Drop was just what I hoped for. A place to bring my milk, giving me a chance to help the most fragile of babies."** (Amanda Buhler, donating mom)

Most of all, the mother's expressed they were grateful to be able to contribute their extra breastmilk knowing it will help ensure sick and fragile babies have the right to access the life-saving nutrients found in pasteurized human donor

Did you know?

Breastfeeding Matters Support Group

Yorkton - 1st Thursday of the month

10:30 am
Yorkton Family Resource Center

Canora - 2nd Thursday of the month

1:30 pm
Canora Public Library

Esterhazy - 3rd Thursday of the month

1:30-3:00 p.m.
Esterhazy Public Library

Langenburg - 1st Thursday of the month

2:00-3:30 p.m.
Langenburg Public Library

Melville - 4th Thursday of the month

1:30-3:00 p.m.
Kidsville, Community Works.

If you have questions about the group or where it will be located please check out our Facebook page(s) :

- Yorkton & Area-Breastfeeding Support Group as well as
-Sunrise Health Region Get Connected-Baby Connected page!

milk (PHDM). **“Besides the physical benefits the babies gain from breastmilk, there is also the unmeasurable gift to the parents, that at least one worry can be lifted from their shoulders, that somewhere, someone thought of them and their baby, and wanted to give them their best chance.”** (*Crystal Dyste, donating mom*).

During the celebration, the Baby Friendly Initiative Working Group (BFIWG) shared with the community that **Sunrise Health Region clients will soon have access to PHDM**. Through this exciting new development, PHDM will be available for as an alternative to infant formula for babies who medically require supplementation.

On behalf of the BFIWG, we would once again like to take this opportunity to thank all the mothers who have graciously donated their breastmilk and the community members who have helped make the Yorkton Milk Drop a huge success!

For more information and regular updates regarding the Yorkton Milk Drop and other BFI events and initiatives, follow our BFIWG newsletter which is emailed to Sunrise Health Region staff every four months and available online at <http://www.sunrisehealthregion.sk.ca/default.aspx?page=101>. Also you can check out the Northern Star Mother's Milk Bank at www.northernstarmilkbank.ca for more information.

Breastfeeding and Heart Health



Breastfeeding is such a wonderful gift for you as well as your baby! Breastfeeding releases those feel good hormones. Who does not want that?!

-Prolactin: Produces peaceful, nurturing sensation that allows you to relax & focus on your child.

-Oxytocin: Promotes a strong sense of love & attachment between the two of you.

Among the many known benefits that breastfeeding provides you & your baby (see www.healthychildren.org for more details on the benefits of breastfeeding), in particular we wanted to point out the benefits related to heart health (as February is Heart Health Awareness Month!) ♡

Here's something interesting:

- 1) Lower rates of hypertension, type 2 diabetes, rheumatoid arthritis, high cholesterol & cardiovascular disease have been shown in postmenopausal women who were able to have an increased duration of lactation in their lifetime.
- 2) Breastfeeding in infancy was associated with a modestly reduced BMI and elevated HDL (Good Cholesterol) levels in adulthood. Even after accounting for participant and maternal education, lifestyle factors and cardiovascular disease risk factors.
- 3) Pregnancy makes the cardiovascular system work harder, increasing the risk for cardiovascular disease, & studies suggest that lactation helps restore maternal physiological systems to their pre-pregnancy state.
- 4) Eventually, maybe breastfeeding may not only be seen as an important

behavior to enhance child health, but may also be seen as a unique opportunity to prevent cardiovascular diseases in women.

<https://www.ncbi.nlm.nih.gov/pmc/articles>

Baby Friendly Businesses in SHR



We have a number of businesses in the Sunrise Health Region who have joined our Baby Friendly Business initiative! Currently we have 30 businesses in Yorkton, 16 in Melville, and 7 in Foam Lake who have joined!

Businesses making the decision to participate and become Baby Friendly are playing a vital role in creating a community that supports breastfeeding

- Businesses are provided with the "Baby Friendly Business Tool Kit" which outlines information on how to be a Baby Friendly Business. This includes ways to create a supportive environment for breastfeeding families, such as having a place available in your business that a mother can sit and feed her child. Not all businesses are the same, and not every business can provide a separate room for moms to breastfeed. Being supportive means you will let them breastfeed anytime, anywhere. Only babies determine when they are hungry.
- A "Breastfeeding Welcome Here" decal is posted in a highly visible place (window, door, cash register, menu). By displaying this decal, businesses let breastfeeding families know they are welcome in their business.
- Ensure that all staff are aware of this initiative and that they will support/assist breastfeeding families when they enter your business.

Call 786-0886 or 786-0622 to get your Baby Friendly Business Tool Kit.

*The **rights of a breastfeeding woman** are protected under the Federal Labor Standards Maternity-Related Reassignments and Leave, Maternity Leave and Paternal Leave (pamphlet 5). The Saskatchewan Human Rights Commission also **recognizes breastfeeding as a Human Right**. What does this mean? **This means that women can breastfeed their children anytime.***

@SunriseRegion

