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Want more information?

www.thebcs.ca

www.infactcanada.ca

www.kellymom.com

www.breastfeedinginc.ca

Did you know?

There is a 5 minute video on the process for milk donation and processing at www.northerstarmilkbank.ca

The Breastfeeding Committee of Saskatchewan

The Breastfeeding Committee for Saskatchewan, Inc. (BCS) is a network of health professionals that represent many different organizational groups and consumers that work to *protect, promote and support breastfeeding within Saskatchewan* as the optimal method of infant feeding. The BCS formed in 1994 and became a non-profit organization in 2002. The BCS provides education and resources to families and health professionals, recommendations and support to groups and individuals, connections to other provincial groups such as the Milk Bank Committee of Saskatchewan and national groups such as and the Breastfeeding Committee of Canada. The BCS has developed position statements and lobbied the provincial and municipal governments with a strong voice all in the name of breastfeeding. If you want to learn more or check out what The BCS is all about, got to www.thebcs.ca.

Pasteurized Human Donor Milk (PHDM): True or False

1. PHDM loses its value once it is pasteurized.
2. PHDM is only for premature and/or sick babies
3. PHDM is safe.
4. PHDM provides protection against infection
5. Mothers are paid for donating.
6. The Yorkton Regional Health Centre provides PHDM to its newborns.
7. A Human Milk Depot and a Human Milk Bank are the same thing.



Human Milk for Human Babies

Answers:

1. FALSE - The pasteurization process is there to kill harmful bacteria or viruses; it preserves most of the milk's nutrients, immune properties, and other healthy components.
2. FALSE - NorthernStar Mother's Milk Bank will provide donor milk to the sickest and most fragile babies first, but any baby can access/purchase donor milk with a doctor's prescription

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 & Area -
Breastfeeding Support Group

Breastfeeding Support Clinic

150 Independent St., Yorkton
Drop in every Wednesday
between 1-3 pm

3. TRUE - Before a mom can donate she needs to go through a screening process and have a blood test – similar to blood donation. Then the donated milk is pooled, pasteurized & tested to ensure safety.
4. TRUE - Mother's milk is the first recommended source of food for all infants. If the mother has no milk, then PHDM is the next choice, with one of the main reasons being the immunological protection it provides against infections.
5. FALSE - Mothers are not paid for their donation. Some mothers have extra supply to donate, some wish to donate because their baby was a recipient of donor milk, and some mothers who experience infant loss choose to donate as a form of comfort to grieve their loss.
6. FALSE – **for now** – Policies and procedures are being developed to have PHDM available on the Maternity Ward at the YRHC as an option for medical supplementation.
7. FALSE – The Yorkton Milk Drop is a Depot that collects milk to be sent to NorthernStar Mother's Milk Bank in Calgary, who screens, pasteurizes and distributes donor milk.

Kids Expo 2017

The BFI Working Group and Public Health shared a booth again this year at the Kids Expo. With a Dr. Seuss theme, highlighting Pasteurized Human Donor Milk families had the opportunity to play along with truth dare questions and learn about the value of human milk. The couch provided by the BFI Working Group for families needing a rest or snack was appreciated and information listing our Baby Friendly Businesses in our communities was shared. For more information on our Baby Friendly Businesses go to www.yorktonfrc.ca.



Breastfeeding and Lyme Disease

Tick season is in full swing and with that comes the increased risk for Lyme disease. To date there have been no cases of infants contracting Lyme disease through their mothers' milk. By the time symptoms actually appear in a mother, her baby has already been exposed and breastfeeding will help provide an immunity boost. There are medications for Lyme disease that are safe with breastfeeding. Despite there having been no cases of infants becoming infected, your infant should still be monitored for symptoms of the disease should you contract it.

Information adapted from kellymom.com



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