

World Breastfeeding Week, August 1-7, 2011



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

Breastfeeding is the best way to provide newborns with the nutrients they need. 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.

<http://worldbreastfeedingweek.org/>

Utah Milk Donation Site

The University of Utah opened the state's first breast milk donation site in February. The University's Redwood Health Center in South Salt Lake will be a supply point for the Mother's Milk Bank in Denver. Utah women interested in donating first must go through a telephone pre-screening with the Denver center, complete paperwork and have their blood drawn. Women who get the necessary approvals would collect the milk at home, freeze it and bring it to the Redwood center. The Salt Lake Mothers' Milk Donation Center is financially supported by the Herbert I. and Elsa B. Michael Foundation.

<http://healthcare.utah.edu/primarycare/redwood/breastmilk/index.php>
(801)213-8841
milkdonation@utah.edu

Article Spotlight!
Research articles on donor milk
Contributed by Jessica Bartlett

<http://www.walc.net/wp-content/uploads/2011/01/benefits-of-donor-milk-Bertino-09.pdf>

<http://www.breastmilkproject.org/docs/McGuire.pdf>

<http://www.breastmilkproject.org/docs/Benefits%20of%20human%20milk%20for%20preterm.pdf>

<http://www.nih.gov/news/pr/oct2007/nichd-01.htm>

<http://jhl.sagepub.com/content/20/3/335.short>

<http://www.nature.com/jp/journal>

"Mothers See! Mothers Do!"
In Public, in Pictures and Online too!"
Utah Breastfeeding Coalition & LLL of Utah
Kick off World Breastfeeding Week with the
6th Annual Breastfeeding Café!

Mothers See! Mothers Do!
In Public, In Pictures & Online Too!

6th Annual Breastfeeding Café

August 1-14
Open Daily 10 am
(Sun 1pm-5pm) in the SLC
Main Library SHARE Space

Classes, events and mothers' discussion circles to enhance the mother/child relationship

You're invited to Café After Hours! August 3 & 10 7-9pm
Check our online sites for more information!

Breastfeeding Cafe SLC
bcafeslc
www.breastfeedingcafe.org
Volunteering or Questions: bcbngray@gmail.com
brought to you by Utah Breastfeeding Coalition & La Leche League of Utah

Cafe events:

- **Baby Wearing Flash Mob** (date and time announced at final practice). Practices will be held on July 15th & 29th at 4 pm at the LLL of Murray location: 494 East 5300 South in Murray. Bring your baby! Sleepy Wrap/Boba is sponsoring so they will be donating 25 carriers to our flash mobbing parents and be taking footage for their own website!

- **Kick off event** (July 27, 5:30 pm, 494 East 5300 South in Murray) We will have three avenues of "communication" represented with three 10 minute presentations. "Milk Beliefs" and "Breastfeeding Around the World" by Liz Payne, Gina, a WIC Breastfeeding Peer Counselor will talk to us about how we, as breastfeeding supporters, can cross various cultural and socio-economic barriers, and Kate Landfair-Balaban will be tackling some information about online presence with breastfeeding information. Informal discussion circles will follow. Bring your family and a picnic dinner, dessert will be provided. Support the Breastfeeding Cafe by participating in the silent auction (auction will continue online through duration of the cafe.)

- **The Big Latch On** (August 6, 10:30 am, Lawn on Library Square). In locations across the USA, nursing mothers will gather to celebrate World Breastfeeding Week and try to break the record for the most women breastfeeding simultaneously! We need people to help staff the event, so even if you are not nursing, we'd love your involvement. Men are welcome! Email mclimbra@hotmail.com or jmjones@gmx.com. If you live outside of the Salt Lake City area, consider organizing a Big Latch Event in your location. Go to <http://www.llusa.org/wbw/BigLatchOn.php> for more information.