

GREY BRUCE BREASTFEEDING COALITION

To promote, educate, advocate, support, & normalize breastfeeding for all families

Winter Newsletter 2016

*Save the date for the
Spring
Breastfeeding
Coalition meeting!*

Tuesday,

March 22, 2016

9:00 – 12:00

**Hanover and District
Hospital Boardroom
90 7th Ave**

If you plan to attend, email
Kelsey and Amy at
k.mighton@publichealthgreybruce.on.ca and
amy@hanoverfht.ca by
February 22, 2016.



- * The purpose of this Winter update is to share agenda items for the March meeting, notices of upcoming workshops or events related to breastfeeding, and topics of interest that might influence the context of breastfeeding.
- * **First, let's hear about some Grey Bruce breastfeeding success stories!**
 - * Congrats GBHS Owen Sound on receiving your Baby Friendly designation! [Article in Owen Sound Sun Times](#)
 - * South Bruce Peninsula passed motion to have municipality adopt [Breastfeeding Friendly Business Toolkit](#) in October 2015.
 - * Congrats Amy Dow! Amy became an IBCLC in November 2015. Amy has a breastfeeding clinic at the Hanover FHT. Monday to Thursday, patients can call to book an appointment at 519-506-4348. Clinic Location: Hanover and District Hospital, 90 7th Ave (2nd floor).
- * **Agenda items for the March meeting:**
 - * Welcome/introductions/updates/resources/success stories
 - * Cradlelink versus Healthy Babies Healthy Children
 - * Breastfeeding Education Session: Breast Pumps
 - * Bringing [MILK](#) Documentary to Grey Bruce: Planning
 - * Business Arising: Future meeting dates and planning
- * **Upcoming workshops and events:**
 - * [Upcoming BFI Train the Trainer Workshops](#)
 - * [iLactation Online Breastfeeding Conference: March 2 - May 2, 2016](#)
 - * [FREE iLactation Presentation: Why Milk Matters by Maureen Minchin](#)
 - * Breastfeeding Level 1 and 2 Courses offered in Oakville. For information, click [here](#). Also offered at Guelph General in April and June. See attachments in email for details.
- * **Environmental scan and ideas:**
 - * [Baby Friendly Initiative \(BFI\) 101 Online Course](#)
 - * [Academy of Breastfeeding Medicine \(ABM\) Protocols](#)
 - * [LactMed FREE App](#). Info about maternal and infant drug levels and possible interactions with lactation. Also provides alternative drugs/supplements to consider.
 - * **NEW** website and App for parents: [OMama](#)
 - * **NEW** website: [Breastfeeding Information for Parents](#)