



la leche league
international | lll.org

La Leche League South Africa Newsletter

The mission of La Leche League is to help mothers worldwide to breastfeed through mother-to-mother support, encouragement, information, and education, and to promote a better understanding of breastfeeding as an important element in the healthy development of the baby and mother

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- Simela - everything
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- Leana - Publications Coordinator: please send **all** your news and contributions to leana@lllsa.org

Welcome!

Welcome to the La Leche League South Africa newsletter! The aim is to publish a Newsletter for La Leche League South Africa three times each year—three trimesters ;-), with articles on personal growth, current breastfeeding research and news, family and parenting, book reviews, LLL activities, articles of interest and much more!

contributions to leana@lllsa.org.

We need YOUR help in doing this.

1. First off we need a "catchy" name for our newsletter and you are invited to submit your ideas. Please send your ideas to leana@lllsa.org.

2. Please supply us with your latest news, be it personal news, a written article, breastfeeding news or your views on a breastfeeding book you have read lately, interesting articles, etc.

3. Tell us what you enjoyed most / learned at the LLLI Online Conference, "Building a Legacy"! Send your

4. Every issue will feature an interview with a member of the Area Personnel, as well as snippets of happenings inside LLLSA. Leaders are encouraged to send a short snippet about themselves or their groups to share with all.



Happenings inside LLLSA

Recent appointments:

Claire Lai Lam is the Area Stock-keeper. Contact Claire at books@lllsa.org to stock your LLL Library!

Claudia Blackwood is LLLSA Breastfeeding Advocate. Contact her at claudia@lllsa.org if you feel you have come across a breast-

feeding related issue LLLSA needs to add their voice too.

Remember to let Ruth Mathias (LLLSA Area Secretary) know of any changes to your personal details and those of your group at mathias.ruth@gmail.com.

Please send all your news and contributions to leana@lllsa.org

Please let Simela know at Simela@lllsa.org if you can help out on the very busy (37 000+ strong) LLLSA Facebook group.

Meet LLLSA's Area Personnel : Simela - our ACL

Meet Superwoman Simela....

Simela Petridou lives in Melkbosstrand. She is Greek, but grew up in Germany where she lived for 30 years. Simela worked in a nursing care home unit for high needs elderly, studied a practical year as a hypnotherapist and went into sales, working as a rep before working for 10 years in the hospitality industry, running her own business. At the moment she is running a business from home selling nuts and dried fruit. Simela is married to a Greek-looking Afrikaans guy named Hugo. They have two children, Christina (11) and Nikolaos (7).

When asked how she become involved in LLL, Simela answered: "I always felt very passionate about breastfeeding. I could see myself supporting other mothers in their nursing journey once I became a mother, as I realized through my own bad experience how little accurate information and support there is and had initially planned to become an IBCLC. I paid membership at my first meeting as it was love at first sight. I felt this group of women was just too fabulous to not be supported. I attended two meetings a month for a while. I loved it so much, I quickly realized this was what I wanted to do too and felt

that becoming a LLL leader was my calling; seeing myself as an IBCLC became irrelevant at this time."

Simela says what amazes her about breastfeeding/breastmilk is the "connection it forms without doubt and the amazing mothering tool that it is" and "the magnificent impact it provides for the immune system".

Simela says her wish for breastfeeding in South Africa is to "have the highest exclusive breastfeeding rate in the developing world, that we could provide more breastfeeding support in all parts of our society and that we will have La Leche League Leaders or /and Peer Counsellors in every small town in South Africa one day."

In her free time Simela loves reading (researching), exercising, cooking, baking with the children (and eating it), and gardening, but she says with the drought that has been put on hold. Simela adds she loves "supporting moms online".

When asked about her favourite music, movie, book and food, Simela says, "This is difficult as there are just too many to mention all. I love

classic, rock, heavy metal, pop music, really just depending on my mood and the situation. I don't have a favourite movie

either; I love a good romantic story, like the *Notebook*, but a good inspiring one or a drama I need lots of tissues for too." Simela says she enjoys Paulo Coelho's books and food, "Hey", she says, "I'm Greek, we celebrate food, we live food." She says there is no real favourite; she loves eating as long as it's good food made with love or by an artist, or both, no particular cuisine.

Simela says she feels most proud of her children, "perfection personified".

This is the kind of legacy she wants to leave behind, (what her tombstone should say): She loved people and laughter and leaving a better world, that's all that counts.



Relactation and Adoptive Breastfeeding

Have you ever thought it possible to breastfeed a baby again*, after weaning prematurely or breastfeed an adopted baby even though one has never been pregnant before**?

The processes are called *relactation and **adoptive breastfeeding.

Relactation is the re-establishing of milk secretion after weaning and adoptive breastfeeding (sometimes called induced lactation) is the induction of lacta-

tion in a woman who was not pregnant with the current baby and may involve hormonal preparation (oestrogen and progesterone or progesterone alone - simulating a pregnancy) followed by sudden cessation of the hormones (simulating a birth) and then the commencement of pumping or suckling and a galactagogue that increases prolactin secretion.

For both adoptive breastfeeding and relactation the aim is devel-



This gorgeous baby adopted by one of our Leaders, here 14 ½ weeks (3 months) old, is breastfeeding for the first time!! and mom using a SNS for the first time!
(Photo used with permission)

oping or re-developing (bringing back) the milk supply and at the same teaching or re-teaching baby to feed at the breast. These two are interconnected endeavours, as the best thing for a milk supply is to have a baby breastfeeding frequently and a baby is more likely to breastfeed or return to the breast if there is plenty of milk there!

The difference between the two is that it MAY be easier with relactation to get back to a full milk supply if it was already well established during the first 4-6 weeks postpartum. However, moms who did not establish a good milk supply in the beginning and adoptive moms who have never breastfed can also get good results with a little bit more work. With a natural pregnancy, the milk making tissues are built during the pregnancy whereas with adoptive breastfeeding (if a mother has never been pregnant or even had a menstrual cycle or has other hormonal issues), she may need, as mentioned, hormonal preparation.(1) For many adoptive mothers, it may be more about connecting deeply with the new baby than producing large volumes of breastmilk.(2)

Some reasons mothers may wean prematurely are maternal illness, illness of baby, lack of support to breastfeed, lack of knowledge of breastfeeding, breast and/or nipple problems and maternal time commitments.

Some of the reasons mothers want to relactate are regretting weaning, baby wants to continue breastfeeding, baby refuses other milks or food, baby illness, baby allergy to breastmilk substitutes, times of crisis or emergency.

Some of the reasons a woman may decide to induce lactation are to breastfeed her baby born by a surrogate, to breastfeed a baby she has adopted, to breastfeed a baby whose mother is unable to breastfeed, or to breastfeed an abandoned baby.

If a mother is committed to relactating or breastfeeding her adopted baby or her baby born via surrogacy, she can do it. Any amount of breastmilk she is able to provide for her baby is a precious gift. A study done in the early 2000's evaluated whether mothers with babies less than 6 weeks of age can initiate or establish lactation. Mothers who had either stopped breastfeeding or were not able to initiate breastfeeding received help with establishing lactation at an outpatient clinic. Within 10 days, 91.6% of the mothers established lactation, with 83.4% achieving complete lactation and 8.2% achieving partial lactation.(3)

The following are some factors associated with more success:

- A younger baby
- If relactating, a shorter gap between weaning and relactating (sometimes called a "lactation gap")
- The willingness of the baby to take the breast
- Having assistance from a La Leche League Leader or International Board Certified Lactation Consultant

These factors may influence a mother's chance of meeting her goals, but each mother-baby pair is different, and relactation and adoptive breastfeeding may still be possible even if she doesn't meet the most "favourable criteria". A mother may need to decide whether it is important to her to provide as much breastmilk as she can or to have that special relationship, the special closeness and the emotional attachment of breastfeeding. There is no right or wrong way to set goals for relactation.(4) One adopting mother said: "I want to breastfeed. If the baby also gets breastmilk, that's great." Although there is little research on relactation, the available studies strongly suggest that, with proper support, most mothers can partially or fully relactate.(3)

(References on Page 4)

B r e a s t f e e d i n g N e w s : W B W 2 0 1 7

World Breastfeeding Week (celebrated yearly from 1 – 7 August) is coordinated by the World Alliance for Breastfeeding Action (WABA), a global network of individuals and organisations concerned with the protection, promotion and support of breastfeeding worldwide. In 2016, WABA began the 15-year journey to achieving the Sustainable Development Goals (SDGs) by linking each of these goals to breastfeeding. However, sustainable development cannot be achieved without multi-level partnerships at all levels. The World Breastfeeding Week's



25th year in 2017 celebrates working together for the common good, which produces sustainable results, greater than the sum of our individual efforts. Read more about how WABA grouped the 17 SDGs into four Thematic Areas, that relate to each other and to breastfeeding, here: <http://worldbreastfeedingweek.org/>

LLLSA WEBSITE COMING
SOON!

LLLSA website is coming soon and we need your help!!

Please send all your contributions to Yolandi at
yolandi@lllsa.org

Relactation and Adoptive breastfeeding references:

1. Lenore Goldfarb and Jack Newman, *The Protocols for Induced Lactation: A Guide for Maximizing Breastmilk Production* (based on the Original Induced Lactation Protocol conceived and published by Jack Newman): http://www.asklenore.info/breastfeeding/induced_lactation/gn_protocols.shtml
2. *The Womanly Art of Breastfeeding* 8th edition, 2010, La Leche League International.
3. Judith Lauwers, *Counseling the Nursing Mother*, 2015, Jones & Bartlett Publishers.
4. <http://theleakyboob.com/2011/12/your-guide-to-relactation/>

Book review, articles of interest

There is an old saying that "the more things change, the more they stay the same." This is certainly true of breastfeeding. Over the past hundred years, breastfeeding has gone in and out and back into fashion, but the basic principles have stayed the same. Breastfeeding continues to help babies grow and thrive. Yet there is always something new to say about breastfeeding, and La Leche League Leaders and health professionals are always finding new ways to help women breastfeed. That is why LLL revises its classic book *THE WOMANLY ART OF BREASTFEEDING* regularly. The newest edition of *THE WOMANLY ART OF BREASTFEEDING* was published in 2010.

Did you know that LLLI has made a **Tear-Sheet Toolkit from *The Womanly Art of Breastfeeding* 8th edition, Chapter 20** because sometimes you want to be able to tear something from a book! Each page is complete on its own, ready to be removed. You can put these sheets on your refrigerator or by your computer, or hand them to your family or day care provider—whatever you need. Go to <http://www.llli.org/toolkit>, and **click a title to download full pdf documents.**

Members: R320.00. Non-members: R370.00. Contact Claire at books@lllsa.org to stock your LLL Library!

