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**From:** Ellen McIntyre <[ellen.mcintyre@flinders.edu.au](ellen.mcintyre%40flinders.edu.au)>
**Date:** Sun, 29 May 2011 21:54:21 -0700
**To:** "<Undisclosed recipients:;>"
**Subject:** Breastfeeding News - May 30, 2011

**Breastfeeding discrimination outlawed**
**ANYONE who discriminates against breastfeeding mothers is breaking the law under changes to the Sex Discrimination Act passed last night by the Australian Federal Parliament.**
<http://www.breastfeeding.asn.au/media/index.html#110525>

**Australian National Breastfeeding Strategy 2010-2015 - update**
Please find attached an update on progress in implementing the *Australian National Breastfeeding Strategy 2010-2015*.  This information has also been provided to members of the Breastfeeding Jurisdictional Senior Officials Group to assist in updating breastfeeding stakeholders at the state/territory level.  You may further distribute through your networks if you wish. [**http://www.health.gov.au/breastfeeding**](http://www.health.gov.au/breastfeeding) **<**[**http://www.health.gov.au/breastfeeding**](http://www.health.gov.au/breastfeeding)**>**

***from the UK Baby Friendly Initiative…***
**The effects of Baby Friendly Initiative training on breastfeeding rates and the breastfeeding attitudes, knowledge and self-efficacy of community health-care staff**
This study, the initial results of which were presented at the Baby Friendly Initiative Annual Conference in 2009, looked to evaluate the effects of Baby Friendly Initiative community training on breastfeeding rates, staff and mothers in a large Primary Care Trust (PCT).

A total of 141 health visitors and nursery nurses were trained on mandatory three-day Baby Friendly Initiative courses during 2008. Breastfeeding attitudes, knowledge and staff confidence in helping mothers to breastfeed were measured using a validated Breastfeeding Questionnaire and a self-efficacy tool at three time points before and after training.

Breastfeeding rates at eight weeks increased significantly, and a baby born in 2009 was 1.57 times more likely to be breastfed than one born in 2006. Statistically significant improvements in staff breastfeeding attitudes, knowledge and self-efficacy were seen after attending the course, in addition to increases in the appropriate management of breastfeeding problems.

Process evaluation interviews with 43 health visitors, nursery nurses and managers explored views of the training and changes in practice. The response to the course was overwhelmingly positive and felt to be extremely worthwhile. It has led to renewed enthusiasm, improved the consistency of advice among team members and raised confidence levels of all staff who help mothers with breastfeeding. Health visitors felt confident about enabling nursery nurses to take a greater role in breastfeeding support. Making the training mandatory across the whole PCT has improved the consistency of breastfeeding information and confidence of all health-care staff who help breastfeeding mothers.

Jenny Ingram, Debbie Johnson and Louise Condon. The effects of Baby Friendly Initiative training on breastfeeding rates and the breastfeeding attitudes, knowledge and self-efficacy of community health-care staff. Primary Health Care Research & Development. Published online: 04 February 2011 DOI:10.1017/S1463423610000423 <<http://comms.unicef.org.uk/t/360849/2221397/2652633/0/>>

**Breastfeeding and child behaviour in the Millennium Cohort Study**
A new study on breastfeeding and its association with behavioural problems has received widespread coverage in the media today.

Researchers, using data from the Millennium Cohort Study, have found that babies who are breastfed are less likely to become children with behaviour problems by the time they reach the age of five than those who receive formula milk.

A total of 10,037 mother–child pairs from white ethnic background (9,525 term and 512 preterm children) were included in the analyses. Duration of any breastfeeding was ascertained from parental interview at study baseline, when the children were aged 9 months. They used a Strengths and Difficulties Questionnaire (SDQ) completed by the parents to score children and identify potential behavioural problems, defined as “inappropriate behaviours that occur repeatedly over a period of time, have a negative impact on the child's development and interfere with the child's or their family's everyday life." These can include emotional (e.g. clinginess, anxiety), hyperactivity (e.g. restlessness), and conduct (e.g. lying and stealing), by the time the child was aged five.

The authors found that abnormal scores for the questionnaires, which indicate potential behavioural problems, were less common in children breastfed for at least four months (6%) than in formula-fed children (16%). The lower risk of a full-term breastfed child having abnormal scores for behaviour were also noted even when the researchers took into account other influences such as socio-economic or parental factors.

The authors concluded: “Our findings suggest that longer duration of breastfeeding (at all or exclusively) is associated with having fewer parent-rated behavioural problems in term children.”

Katriina Heikkilä, Amanda Sacker, Yvonne Kelly, Mary Renfrew, Maria Quigley. Breast feeding and child behaviour in the Millennium Cohort Study. Arch Dis Child 2011; doi:10.1136/adc.2010.201970 <<http://comms.unicef.org.uk/t/359948/2221397/2652441/0/>>

***Other new research***
Breastfeeding by mothers carrying the Hepatitis B virus <<http://comms.unicef.org.uk/t/359948/2221397/2652442/0/>>

Systematic review concludes that breastfeeding does not contribute to mother to child transmission of Hepatitis B

Breastfeeding, brain activation to own infant cry, and maternal sensitivity <<http://comms.unicef.org.uk/t/359948/2221397/2652443/0/>>

A small study of seventeen mothers of healthy infants investigated the association between breastfeeding, maternal brain response to own infant stimuli, and maternal sensitivity in the early postpartum period.

Does breastfeeding reduce the risk of epilepsy? <<http://comms.unicef.org.uk/t/360849/2221397/2652634/0/>>
An observational study of 69,750 infants born in Denmark has concluded that breastfeeding may decrease epilepsy in childhood.

Do health professionals understand mothers feeding choices? <<http://comms.unicef.org.uk/t/360849/2221397/2652635/0/>>

In this small study, a total of 20 UK health professionals completed a semi-structured interview exploring the reasons they believed mothers chose to use formula milk. The authors conclude that contrary to maternal beliefs of poor professional understanding, professionals had a clear perception of influences affecting early milk feeding choice.

*in the May 2011 issue of the Journal of Human Lactation….*

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2. **Risperidone as galactagogue?(Letter to the Editor).** <<http://find.galegroup.com/itx/infomark.do?type=retrieve&prodId=EAIM&userGroupName=flinders&version=1.0&source=gale&digest=37d6e10c6c92d425be3e4b1c774b9171&docId=A257145318&docType=IAC&tabID=T002>>  Amitabh Parashar, Anjali Varma and Brett Sharp. **Journal of Human Lactation** 23.2 (May 2007): p143(1).
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5. **Does exclusive breastfeeding increase after hospital discharge? A Greek study.(Report)(Survey).** <<http://find.galegroup.com/itx/infomark.do?type=retrieve&prodId=EAIM&userGroupName=flinders&version=1.0&source=gale&digest=37d6e10c6c92d425be3e4b1c774b9171&docId=A257145321&docType=IAC&tabID=T002>>  Chryssa Bakoula, Polyxeni Nicolaidou, Alexandra Veltsista, Anargyroula Prezerakou, Maria Moustaki, George Kavadias, Demetrios Lazaris, Andreas Fretzayas, Xenofon Krikos, Themistoklis Karpathios and Nikolaos Matsaniotis. **Journal of Human Lactation** 23.2 (May 2007): p165(9).

*from other journals…* **Spoiled Milk: An Experimental Examination of Bias Against Mothers Who Breastfeed**Jessi L. Smith, Kristin Hawkinson and Kelli Paull
*Pers Soc Psychol Bull* published online 18 March 2011
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