



**Australian
Breastfeeding
Association**

National Head Office

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www.breastfeeding.asn.au

ABN 64 005 081 523

Breastfeeding Helpline

1800 mum 2 mum

(1800 686 268)

Lactation Resource Centre

www.lrc.asn.au

Retail Subsidiary

www.mothersdirect.com.au

Breastfeeding: What difference can one bottle make?

One of the world's leading breastfeeding experts claims that one bottle of either formula or breastmilk undermines breastfeeding.

Jack Newman MD, from the International Breastfeeding Centre in Toronto, will be in Launceston, Melbourne, Canberra and Brisbane from March 3-7 presenting to health professionals 'Just One Bottle: How can it hurt?' By exploring the reasons why supplementing babies with bottles is unnecessary Dr Newman brings to light the interventions that cause harm to the health of mothers and babies.

'Mothers are receiving messages that giving bottles to babies doesn't matter when in fact the opposite is true', says Newman. 'Babies and mothers learn to breastfeed by breastfeeding and interventions such as sticking an artificial teat into a babies mouth interrupts this experience and should be a last resort', he continues.

'Breastfeeding: Working it Out', is the seminar series presented by the Australian Breastfeeding Association (ABA). 'As the leading breastfeeding authority in Australia, we believe it is important to make the latest breastfeeding research available to health professionals, so they can assist parents in making informed decisions about feeding their children', said ABA's spokesperson, Karen Ingram.

Dr Newman will be joined by fellow researchers from across the globe, including Associate Professor Kathie Marinelli from the University of Connecticut School of Medicine, Dr Danielle Gallegos from QUT, Dr Julie Smith from the Australian National University, and Dr Ching Tat Lai, who will be presenting his research on feeding human milk to pre-term babies.

'The Association's mission is to educate society and support mothers, using up-to-date research findings, and influence society to acknowledge breastfeeding as normal. These seminars help us achieve this goal', concluded Ms Ingram.

The seminars will be valuable to all health professionals working or studying in the area of human lactation and anyone else with a professional interest in breastfeeding. Visit the seminar's website at: www.breastfeedingseminars.asn.au for details.

Media Enquiries:

Launceston: Marion Bowen 03 6425 5780

Melbourne: Karen Ingram 0414 865 018

Canberra: Kate Mortensen 0408 566 862

Brisbane: Dr Maya Griffiths 0447 335 760

Speaker liaison: Liz Milne 0411 795 857

Links:

www.breastfeeding.asn.au

www.breastfeedingseminars.asn.au



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Jack Newman MD

Dr Jack Newman graduated from the University of Toronto medical school in 1970, interning at the Vancouver General Hospital. He did his training in paediatrics in Quebec City and then at the Hospital for Sick Children in Toronto from 1977–1981 to become a Fellow of the Royal College of Physicians of Canada in 1981 as well as Board Certified by the AAP in 1981. He has worked as a physician in Central America, New Zealand and as a paediatrician in South Africa (in the Transkei). He founded the first hospital based breastfeeding clinic in Canada in 1984. He has been a consultant for UNICEF for the Baby Friendly Hospital Initiative, evaluating the first candidate hospitals in Gabon, the Ivory Coast and Canada.

Dr Newman was a staff paediatrician at the Hospital for Sick Children emergency department from 1983 to 1992, and was, for a period of time, the acting chief of the emergency services. However, once the breastfeeding clinic started functioning, it took more and more of his time and he eventually worked full time helping mothers and babies succeed with breastfeeding. He now works at the International Breastfeeding Centre based at the Canadian College of Naturopathic Medicine in Toronto.

Dr. Newman has several publications on breastfeeding, and in 2000 published, along with Teresa Pitman, a help guide for professionals and mothers on breastfeeding, called, *Dr. Jack Newman's Guide to Breastfeeding*, as it's known in Canada, and *The Ultimate Breastfeeding Book of Answers*, as it's known in the US. The book has been translated into French, Spanish, Indonesian and Japanese. In 2006, Dr. Newman, along with Teresa Pitman, published *The Latch and Other Keys to Breastfeeding Success* (Hale Publishing) and this book has now come out in French. He has also, along with Edith Kernerman, developed a DVD as a teaching tool for health professionals and mothers.