



Kaleidoscope

Unexpected Pleasures

Rosie Bentley

When organising a reunion there are so many things to think about prior to the event that it is understandable just to look forward to having the day over! Perhaps some of you can identify with this sentiment? That was how I was feeling up until a few days before, mainly due to being unwell.

As Friday approached my excitement grew but nothing could have prepared me for the uplifting, affirming and 'LLLoved up' feeling I brought away from being at the La Leche League NZ Reunion and amongst the mothers, babies and toddlers attending the LLLNZ Conference.

What an abundance of unexpected pleasures!

The organisers of the La Leche League Conference had put much thought into honouring the seven Founding Mothers and the New Zealand women who have contributed over the past fifty years.

Lisa Manning's DVD interviewing of three of the Founding Mothers, **Marian Tompson, Mary Ann Kerwin** and **Mary Ann Cahill**, reminded us of the huge legacy they have given to so many women around the globe.

The integration of Alumnae with current LLL mothers at the cutting of the Anniversary cake, lunch, afternoon tea, the Pioneer Dinner and the Gala Concert was a delight.

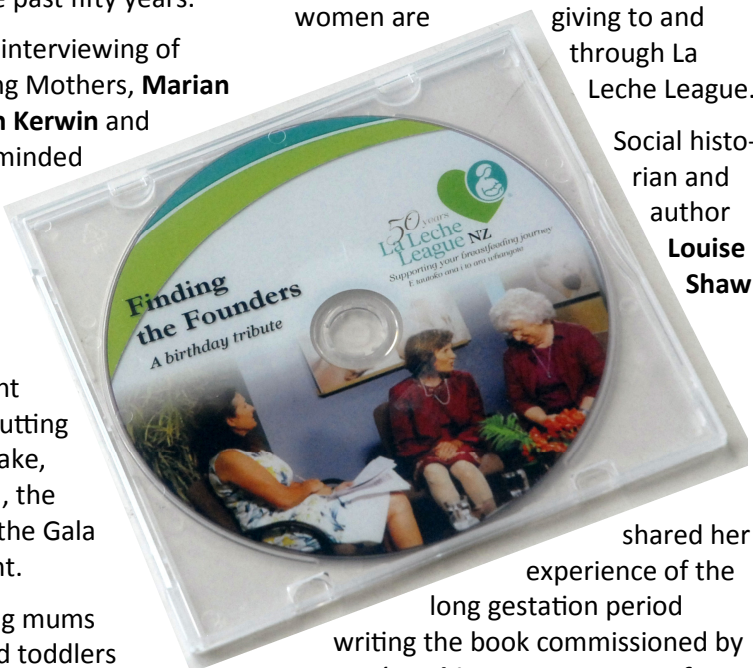
Being amongst young mums with their babies and toddlers was heart warming for Alumnae members and those LLL members will now be aware that they can move to our part of the tribe when the time is right for them.

What a pleasure for those who were fortunate to attend the LLLNZ AGM when, to celebrate the graduation of each of the 37 new Leaders, a candle was lit and passed to them.

Current Leaders were honoured with badges for their years of service - 10, 15, 20, 25 (**Robyn Watkins**, our Alumnae treasurer), 30 and two Alumnae, **Anne Devereux** and **Sue Sutton** have each given 40 years of voluntary service. What a gift of commitment these women are

giving to and through La Leche League.

Social historian and author **Louise Shaw**



shared her experience of the long gestation period writing the book commissioned by LLLNZ: '**Latching On - 50 years of Breastfeeding Support. La Leche League in New Zealand**'.

Louise described how **Alison Stanton**, Director of LLLNZ and a member of the Alumnae Committee, was an able midwife in the birthing of this project. She acknowledged the many people who assisted with information, photos and proof-reading.



Previous coordinators and directors of La Leche League New Zealand. L-R: Current director, Alison Stanton 2010-15; Barbara Sturmfels 2005-10; Rosemary Gordon 1999-2005; Anne Heritage 1994-99; Anne Devereux 1989-94; Alison Craig 1985-89; Rachel Walker 1979-85; Catherine O'Donnell (Pulley) 1976-79; Yvonne Foreman (Procuta) 1969-76

While there may be many sources of information via lactation consultants, midwives, other professionals, books and internet, mother to mother support and encouragement is still needed.

As the candle that had been lit at the beginning of the day was extinguished, the Alumnae were encouraged to take their light into their families and communities – we have so much knowledge and experience to share!

Of course the **great** pleasure was meeting up again with familiar friends and making new friends, all with similar philosophy and values. It was such a pleasure to be reminded of the far-reaching influence of La Leche League in the choices we have made or not made over the years based on this foundation.

The Gala Concert was another pleasure as many women took themselves out of their comfort zones to perform in front of each other.

The finale was a brilliantly orchestrated item by current Leader and Alumnae membership coordinator, **Rosemary Gordon**, and LLLNZ Honorary Member, **Fran Crossland**, a professional singer which had everyone up dancing by the end!

It was the culmination of a great event! La Leche League is a beautiful example of feminine power – the spirit of cooperation, support, encouragement, affirmation and nurturing.

For me, the unexpected pleasure was a powerful sense of 'Coming Home', like having rediscovered some lost members of my tribe and remembering what the feminine part of me is passionate about.

Rosie Bentley

and after the Reunion they said . . .

LLL concepts are fundamental for life.

Loved seeing old friends and soulmates – what a treat!

Learning that multi-tasking is 'overrated'!

So many wonderful LLL women from decades gone by who are still inspiring for those who came after.

Seeing the 'now' of LLL in action – babies and mamas and love.

FEMININE POWER!

I loved the interview with LLL's Founding Mothers and bought the DVD.

Breastfeeding is the shortest food mile!

Carol Bartle's presentation was dynamic!

We are part of a wonderful pioneering group whose effects are still being felt 50 years on.

We mattered.
We still matter!

Thank you so much!

I loved Rosie's last words at the end of the day: "Take the light of all the former LLL women back to your communities, make contact – continue to be with your tribe."



Memorable moments captured at LLLNZ's 50th Anniversary Conference and Reunion



Sue Sutton was awarded her 40 year long-service badge. Sue is one of the longest serving members of LLLNZ and has helped literally hundreds of mothers on their breastfeeding journey



Good friends Rosemary Gordon, Fran Crossland, Anne Heritage, Alison Craig and Jenny Middlemass catch up at the LLLNZ Reunion



Sisters Jid Champness and Holly Gardner enjoyed spending family time together



L-R: My sister Sue McMiken was a leader in the Pukekohe Group; our niece and new leader Aimee Skelton; my daughter Cheree Ridder and me, Chris Ridder. Front row 2nd cousins Mya (Cheree's daughter) and Livia (Aimee's daughter) both 18 months.



Raewyn Parke and Colleen Bassett were founding members of the Cambridge LLL group formed in 1967

Chris Ridder wrote: "I attended on Friday, Saturday and Sunday and had my sister, daughter and niece to share the experience with which was great. I felt very proud to see my niece Aimee become one of the new leaders, two of her sisters and her partner came in to see and support her which was really nice. I found it to be a very emotional experience with lots of tears and laughter and felt very proud to be part of such a caring and nurturing organisation".

In Memoriam

During LLLNZ's AGM held on Friday evening 3 October a simple but moving ceremony remembered with gratitude and love, the contribution made by New Zealand's La Leche League Leaders who have sadly died but whose memory lives on in our hearts.

These women are not just names on a page but our dearly loved friends and mentors; La Leche League mothers who have worked alongside us; who have shared their parenting knowledge, encouraged us, laughed and cried with us and whom we will never forget.

STANDING ON THE SHOULDERS

by Joyce Johnson Rouse

I am standing on the shoulders of the ones who came before me
I am stronger for their courage, I am wiser for their words
I am lifted by their longing for a fair and brighter future
I am grateful for their vision, for their toiling on this Earth.

We are standing on the shoulders of the ones who came before us
They are saints and they are humans, they are angels, they are friends
We can see beyond the struggles and the troubles and the challenge
When we know that by our efforts things will be better in the end.

They lift me higher than I could ever fly
Carrying my burdens away
I imagine our world if they hadn't tried
We wouldn't be here celebrating today.

I am standing on the shoulders of the ones who came before me
I am honored by their passion for our liberty
I will stand a little taller, I will work a little longer
And my shoulders will be there to hold the ones who follow me.

They lift me higher than I could ever fly
Carrying my burdens away
I imagine our world if they hadn't tried
We wouldn't be so very blessed today.

I am standing on the shoulders of the ones who came before me
I am honored by their passion for our liberty
I will stand a little taller, I will work a little longer
And my shoulders will be there to hold the ones who follow me.

1977	Cushla	Atkin
1982	Kath	Peace
1986	Judy	Jensen
1988	Joanna	Dwerryhouse
1990?	Hilary	Dickson
1996	Irene	McNeil
1997	Bernice	Mills
1997	Anita	Wright
1997	Irene	O'Connor
1998	Claire	Griffiths
1999	Pat	Thomas
2000	Christine	Pearson
2001	Jennifer	Wyborne
2001	Colleen	Gordon
2005	Laraine	Longhurst
2006	Vin	Healy
2007	Elizabeth	Norton
2007	Debbie	Hodson
2007	Vicky	Seymour
2007	Sue	Neal
2010	Wendy	Batchelor
2011	Sandra	Hamilton
2012	Loraine	Reid
2012	Linda	Skelton
2012	Kate	Mooney
2013	Lynne	Allen

"Standing On The Shoulders" composed by Joyce Johnson Rouse was chosen in 1995 as the theme song for the celebration of the 75th Anniversary of Women's Suffrage in the USA. Since then many organisations have used "Standing On The Shoulders" to honour their leaders, graduates, retirees and those who have gone before. The song continues to be performed world-wide and has been translated into many languages.

Mary Ann Cahill (1927- 2014)

We were all saddened to hear of the death of yet another Founder in late October. Mary Ann Cahill had been suffering ill-health for a year or so after breaking her hip while packing for an LLLI Alumnae trip to New Mexico.

I was privileged to meet all of the Founders during my trips to various LLLI Conferences and during my six years on the LLLI Board of Directors, and I have to admit that Mary Ann became my personal favourite.

Mary Ann was the author among the Founders, having been the principal author of the very first edition of *The Womanly Art of Breastfeeding*, as well as authoring *The Heart Has Its Own Reasons*, written for mothers who decide to stay at home with their children, and *Seven Voices One Dream*, an amazingly frank and fascinating account of the relationships between the seven women who founded La Leche League.

She also wrote the preface to the eighth edition of *The Womanly Art of Breastfeeding* in 2010. I am sure that she would have loved *Latching On*, our new book on the history of LLLNZ.

Mary Ann was delightful. Always a lady, always beautifully dressed, always full of wisdom and the voice of experience for all of us on the LLLI Board of Directors. We affectionately called her MAC for short - which became rather confusing when Mary Ann Kerwin also rejoined the BOD and was also a MAK!

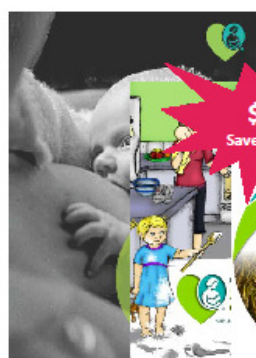
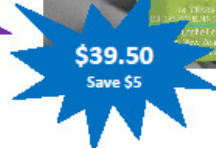
For those who viewed the LLLNZ DVD, *Finding the Founders*, made by Lisa Manning, at our recent conference, it would have been obvious that Mary Ann was very frail, but her mind was still as sharp as a tack. She delighted in LLLNZ's new, fresh logo and tagline and shared with us her memories of LLL and her hopes for the future – that LLL would be a household name and an organisation worth supporting. Now that Mary Ann has passed way, that DVD is especially precious and poignant.

Rosemary Gordon, former LLLNZ Director and LLLI Board member



*Lisa Manning with Mary Ann Cahill during the filming of **Finding the Founders**. Lisa said: "I do feel very sad at her passing of course. But yes, very pleased we now have a permanent record of her recollections . I loved her - she was so sweet and kind and gracious with a huge generosity of spirit."*

Purchase your special
La Leche League
memento today



LLLNZshop.org.nz



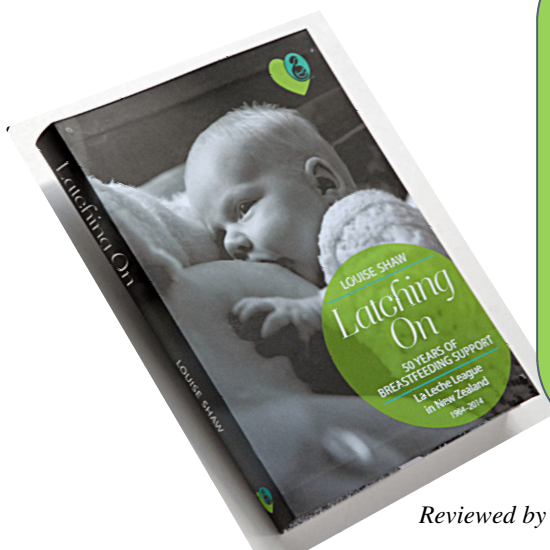
LLLNZ Alumnae Association

appreciates the generous gifts
offered to the LLLNZ Reunion for the raffles
drawn at the Pioneer Dinner
on Saturday 3rd Oct 2014

We are also grateful to the many LLL women
who kindly donated money to assist
the funding of the LLLNZ Reunion

2014 SPONSORS

Moses Basket	<i>Baby Trenz</i>	Tracy Anderson
Kathmandu Baby Carrier	<i>Kathmandu</i>	The Base, Hamilton
Dimples Snuggleswrap	<i>Dimples</i>	Jane McAllister, founder
Mokopuna Merino Baby Cardigans	<i>Phil & Teds</i>	Wellington
Quilted Play Mats	<i>Lesley Dalley-Williams</i>	Long-service LLL Leader
Crocheted Giraffe	<i>Robyn Saint</i>	Alison Stanton's sister
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Donavan's Heart Chocolates	<i>Sharon Breen</i>	Prolife Foods, Hamilton
Presentation Flowers	Kerry McQuoid Memorial Fund	



Reviewed by Dr David Swain

This is a nicely-produced, well-illustrated and profusely but discreetly referenced book on very important topics – no, not just breastfeeding and mothering, although they are indeed very important topics, but also the story of an “imported” voluntary organisation that became very much our own alongside our Parents Centre, Playcentre and Plunket Society.

Its 290 pages comprise 14 chapters, a select bibliography, an index, endnotes and a timeline. The chapter topics are diverse and don't easily fall into an obvious sequence or structure or narrative theme but they comprehensively document the nature and history of LLLNZ – and it's a very interesting kiwi story.

The book rightly refers – albeit gently – to the tensions and choices around the degree to which LLL in New Zealand took a radical (or a conservative) stance on broader issues relevant to breastfeeding, and LLL in New Zealand might usefully have been compared with Parents Centres which generally grasped these nettles and achieved major institutional and professional changes (e.g. fathers' presence at childbirth, parents staying with small children in hospital).

The author is spot on when – mentioning Jane Ritchie's observations of LLL in the USA (pages 19–20) – she writes that “cultural differences [between the USA and New Zealand] had to be negotiated with the parent organisation” and as a result LLLNZ became “a unique adaptation” of its parent body. However rather than presenting her extensive material about LLLNZ with an underlying narrative story such as this, the author describes her approach as structuring the book “around various themes” (page 20) – which comes across to me as somewhat fragmented, hopping from one topic to another.

LLL is rightly acknowledged as making a significant contribution to New Zealand's more recent breastfeeding pattern being better than other societies such as the USA and UK (page 16) but I would have welcomed more mention of such factors as women's employment, changes in hospital policies and practices, maybe even changing attitudes by breastfeeding women's male partners in New Zealand's overall

Latching On

50 YEARS OF BREASTFEEDING SUPPORT
La Leche League in New Zealand 1964 - 2014
by Louise Shaw

breastfeeding statistics. In the same way, improvements in mortality and morbidity in the 19th century have often been attributed to the heroic efforts of health professionals, whereas cotton underwear and sewage schemes were at least as important!

The author has clearly researched LLLNZ as deeply and comprehensively as the limitations of a voluntary organisation with a changing active membership and limited archives permit, and the book thus seems to bring together in one place pretty much what we can know from a combination of key informants (the sixteen interviews with “inspirational” women), primary sources (e.g. minutes, memoranda and the like) and secondary sources (books, chapters, scholarly articles, theses and dissertations and newspaper and magazine articles).

Some readers will read through the book from beginning to end but I imagine that others will dip into the chapters that particularly interest them – maybe Chapter 12, “Maternalism meets feminism” or Chapter 14 “New horizons” for example, but more recent new parents may value learning about their mothers' and even grandmothers' world in Chapter 1 (see below), Chapter 3, “Small beginnings: the origins of LLL in New Zealand” or Chapter 8, “Spreading the word”.

For a longer review essay on this book email David Swain at dswain@paradise.net.nz for a copy.

David Swain was a family sociologist at Waikato University for more than forty years (his PhD was on the transition to parenthood), and active in Parents Centre (and LLLNZ) from the late 1960s - and is presently Patron of Hamilton Parents Centre. He was for several years one of the editors of the Parents Centre Bulletin that became Kiwiparent.

David and Maggie have been married for 47 years, have two adult children and five grandchildren. David has published a variety of books, book chapters and articles on family topics. Now he is retired and writing and publishing family histories!

Editor's Note: David was also the only man present at the LLL 'mini-conference held at Waikato University in 1969.

*see **Latching On** [P. 66]*

Editor's Note

I apologise for the lateness of this issue of Kaleidoscope. The LLLNZ Reunion, the heavy cold that followed and our long-awaited holiday all conspired to push this newsletter a little further down the queue. I consoled myself by knowing that as you are LLL women you would surely understand if I didn't make my deadline.

As Rosie Bentley has written, the Reunion organised by the LLLNZ Alumnae committee was a success beyond our wildest dreams. Were there things we could have done better or differently? For sure! We have read the evaluation forms carefully and your recommendations will help as we plan future gatherings.

This Kaleidoscope includes a few of the many comments we received and we believe the photos give some idea of the wonderful time everyone enjoyed - but you really had to be there.

Speaking of photos – this one was taken when my partner Bill and I travelled to French Polynesia. Sitting on the pier at Rangiroa was this beautiful young mum, **Hinerava Yu Tsuen** nursing her first baby, a daughter whose name, **Tangihere**, means First Love. She was so casual, relaxed and happy it made our hearts sing; a definite highlight of our holiday.



LLLNZ Mementos: Please look at the items available through LLLNZ on [Page 6](#). Not only will your purchase assist LLLNZ financially, you will have a permanent memento of the LLLNZ 50th Anniversary Conference.

We highly recommend the package deals which offer a combination of the DVD, *Finding the Founders*, plus the very comprehensive history of LLLNZ, *'Latching On – 50 years of breastfeeding support with La Leche League in New Zealand 1964 – 2014'* and the new *'Mothering Time Cookbook'*

A group of us watched the DVD again recently—and again it brought tears to our eyes. It is indeed a precious taonga and Lisa Manning is owed a huge debt of gratitude for her dedication and fine work in bringing the remaining LLL Founders for us to cherish—especially now we have lost Mary Ann Cahill, yet another of those inspiring women. [See P. 5](#)

Tongariro Crossing: A challenge and fundraiser for LLLNZ

On November 29th several LLLNZ women plus friends and family will walk the Tongariro Crossing. The goal is to raise \$10,000 of sorely needed funds for LLLNZ to support its wonderful mother-to-mother work by seeking sponsorship.

Two Alumnae committee members, Alison Stanton, LLLNZ Director and Rosie Bentley will be undertaking this walk. Please encourage them to achieve their goal by donating—every amount be it large or small makes a difference.

Supporting this venture gives us a tangible way to help LLLNZ. La Leche League has charitable status so any donations over \$5 are tax deductible. Your donation, no matter what size, is another step towards our goal and you can still donate by going to: <http://www.givealittle.co.nz/event/LLLNTongariro>

Long Term Badges: **Robyn Watkins**, our Alumnae treasurer was among the recipients of long-term badges presented at the LLLNZ Conference. Congratulations, Robyn, on receiving your badge for 25 years of service to LLLNZ. That's amazing!

Robyn told us later that other Alumnae women thought they too could be eligible. The Alumnae plans to investigate whether retrospective badges can be awarded but we realise it may be difficult to identify who may be entitled.

Did you give 10 or more years of LLeadership to League? Or do you know of someone who did – perhaps the Leader who supported you through your breastfeeding journey?

If so, please submit your name (or with their permission, the name of another Leader) and information about your years of service by the end of this year (2014) and perhaps tell us a little of where your journey has taken you since your League days. Send to:

LLLNZ Alumnae Association, PO Box 23 056 Hunter's Corner, Auckland 2155 or Email: llnzalumnae@gmail.com

Alumnae Changes: Before the recent Reunion **Rosie Bentley** (Hamilton) decided to step down from her role as co-editor for *Kaleidoscope*. Rosie and I have worked in tandem since 2007 when we, along with **Sue Malcolm**, began planning the LLLNZ Reunion held at St Peter's School (2008). Out of that Reunion the LLLNZ Alumnae was born and we have happily co-operated ever since to establish the Alumnae committee and then organise the 2014 Reunion.

Rosie and I have found we have been able to share the load and support each other through illness, family responsibilities, joys and sadness, and travel. Most of all, we have further nurtured a warm friendship that began nearly 40 years ago when we first met through La Leche League.



Rosie has moved sideways to become the Waikato's new regional representative. Sue Malcolm has been regional rep. since 2008 and since then has enthusiastically organised about three events a year held in a number of Waikato towns and venues. A brilliant effort. Thank you so much, Sue.

Christine Scothern (Waihi) is the newly appointed co-editor of *Kaleidoscope* and is looking forward to her new responsibility. More about Christine in the next issue.

Yvonne Foreman

Do older people decline with age?— not so!

Sarah Knapton
Science Correspondent
The Telegraph
January 2014

Occasionally we come across an article we think might interest you. This one is interesting but surely not quite yet for any of us—we are all much too young! However, there is no doubt we are all getting older so it might just be worthwhile tucking this information away somewhere in the far reaches of the brain in case we ever have to explain our increasing tendency to forget names, places and obscure mathematical equations.

Older people do not decline mentally with age, it just takes them longer to recall facts because they have more information in their brains, scientists believe.

Much like a computer struggles as the hard drive gets full up, so too do humans take longer to access information, it has been suggested.

Researchers say this slowing down it is not the same as cognitive decline.

“The human brain works slower in old age,” said Dr. Michael Ramscar, “but only because we have stored more information over time

“The brains of older people do not get weak. On the contrary, they simply know more

A team at Tübingen University in Germany programmed a computer to read a certain amount each day and learn new words and commands.

When the researchers let a computer “read” only so much, its performance on cognitive tests resembled that of a young adult.

But if the same computer was exposed to the experiences we might encounter over a lifetime – with reading simulated over decades – its performance now looked like that of an older adult.

Often it was slower, but not because its processing capacity had declined. Rather, increased “experience” had caused the computer’s database to grow, giving it more data to process – which takes time.

“Imagine someone who knows two people’s birthdays and can recall them almost perfectly.

“Would you really want to say that person has a better memory than a person who knows the birthdays of 2000 people, but can ‘only’ match the right person to the right birthday nine times out of ten?” said Dr Ramscar.

The study provides more than an explanation of why, in the light of all the extra information they have to process, we might expect older brains to seem slower and more forgetful than younger brains.

And researchers say some cognitive tests which are used to study mental capacity may inadvertently favour young people.

A cognitive test called ‘paired associated learning’ invites people to remember a pair of words that are unrelated like ‘necktie’ and ‘cracker.’

Studies have shown that young people are better at

this test, but scientists think that older people struggle to remember nonsense pairs – like ‘necktie’ and ‘cracker’ – because they have learned that they never go together.

Prof. Harald Baayen, who heads the Alexander von Humboldt Quantitative Linguistics research group where the work was carried out said: “The fact that older adults find nonsense pairs harder to learn than young adults simply demonstrates older adults’ much better understanding of language.

“They have to make more of an effort to learn unrelated word pairs because, unlike the youngsters, they know a lot about which words don’t belong together.”

Scientists say this could explain why older people struggle to remember unusual first names.

The study was published in the Journal of Topics in Cognitive Science



They Teach it at Stanford

In an evening class at Stanford the last lecture was on the mind-body connection - the relationship between stress and disease. The speaker (head of psychiatry at Stanford) said, among other things, that one of the best things that a man could do for his health is to be married to a woman whereas for a woman, one of the best things she could do for her health was to nurture her relationships with her girlfriends. At first everyone laughed, but he was serious.

Women connect with each other differently and provide support systems that help each other to deal with stress and difficult life experiences. Physically this quality 'girlfriend time' helps to create more serotonin - a neurotransmitter that helps combat depression and can create a general feeling of well-being. Women share feelings whereas men often form relationships around activities.

We share from our souls with our sisters/mothers, and evidently that is very GOOD for our health. He said that spending time with a friend is just as important to our general health as jogging or working out at a gym.

There's a tendency to think that when we are 'exercising' we are doing something good for our bodies, but when we are hanging out with friends, we are wasting our time and should be more productively engaged - not true. In fact, he said that failure to create and maintain quality personal relationships with other humans is as dangerous to our physical health as smoking!

So every time you hang out with a gal pal, just pat yourself on the back and congratulate yourself for doing something good for your health! We are indeed very, very lucky.

Anne Devereux comments:

'Now I know another sound reason why LLL is such a fantastic organisation not just when we need help with breastfeeding and mothering but for the rest of our lives. Think of the wonderful times of talking, laughing and crying that we have had with our 'girl friends' - serotonin boosters!'

Since there's always a chance of misinterpretation and confusion, and because this is so interesting, the person who gave the lecture was located. Dr. David Spiegel is Director of the Centre on Stress and Health, Professor in the School of Medicine, Associate Chair, Stanford University School of Medicine - Psychiatry and Behavioural Sciences.

The Centre on Stress and Health researches interrelationships among the social environment, mind, brain and body to understand how stress and support can influence health - a field known as integrative medicine.

Dr. Spiegel was happy to report he did give the lecture and said research has proved that creating and maintaining quality personal relationships with other humans is good for our physical health.

Dr. David
Spiegel
Stanford



Dr. Spiegel has conducted some ground-breaking research: *'Healing And Feeling: Stress, Support, and Breast Cancer'* provided positive research that mind-body interventions can improve mood, quality of life and coping skills, as well as alleviate symptoms.

Spiegel found stress can elevate the chance of developing breast cancer, and that the stress of dealing with cancer can wear down the endocrine, nervous and immune systems, affecting the body's ability to fight disease.

The landmark study also found that women with advanced metastatic breast cancer involved in a support group, along with traditional medical care, not only experienced reduced anxiety, depression and pain, but survived an average of 18 months longer than women who did not take part in a support group. If we can modulate emotional and psychological responses, we can have a direct effect on physical health.

"These studies underscore the importance of treating people's psychosocial needs, not just their biological ones," Spiegel said. *"Integrative medicine needs to be an integral part of cancer care."*

Paying attention to the whole of our lives, to the wellness parts, pays huge dividends. When we're well supported by people, and both inner and outer resources we have many more options for addressing any challenge. We have a stronger sense of security and connection. We know who to count on for what, and how to ask for and graciously accept help, paying kindness forward. It just makes sense, being part of a healthy emotional community keeps us healthier and happier.

A letter from UNICEF Executive Director Anthony Lake on the occasion of World Breastfeeding Week 2014

Giving all children the best start in life begins with breastfeeding - one of the simplest, smartest, and most cost-effective ways we have of supporting healthier children, stronger families, and sustainable growth.

World Breastfeeding Week highlights the vital role breastfeeding plays in the lives of children and the critical importance of promoting the value of breastfeeding globally, nationally, and at the community level. This year's celebration, 'Breastfeeding: A Winning Goal - for Life!' underscores the crucial link between breastfeeding and the achievement of the Millennium Development Goals.

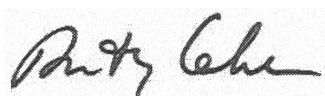
This linkage is especially clear when it comes to achieving MDG 4 - decreasing child mortality. Since 1990, the number of children under the age of five dying from preventable causes declined by a remarkable 47%. But nearly 7 million young children still die every year - and over 40% of those children are newborns.

Immediate breastfeeding within the first hour of birth could prevent 1 in 5 of these unnecessary deaths. That's more than 1,500 children every day. And breastfeeding does more than help children survive; it helps them to thrive, with benefits that last a lifetime. It is the foundation of good nutrition, reducing the risk of malnourishment in early childhood and the risk of obesity later in life. By supporting nutrition and strengthening the bond between mother and child breastfeeding also supports healthy brain development. This, in turn, may prevent stunting - a global tragedy that affects millions of children, undermining both their physical and cognitive development and the further health of their societies.

Knowing all this, it is hard to believe that fewer than half of the world's newborns benefit from breastfeeding. Even fewer are exclusively breastfed for the first six months. To shift this then, we need to change social practices, working first and foremost with communities and families to encourage more women to breastfeed. And we must work across sector - nutrition, maternal, newborn and child health, early childhood development, and communication development - to develop a more integrated approach, thus increasing the effectiveness of all our interventions to promote breastfeeding.

Global momentum to support breastfeeding is growing, through major international advocacy efforts such as A Promise Renewed, to reduce preventable child mortality, and the Scaling Up Nutrition Movement (SUN), to reduce stunting. And the recent Global Newborn Action plan includes increasing breastfeeding counselling and support as an essential part of community maternal and newborn care programmes.

This world Breastfeeding Week comes on the heels of the World Cup - which unites millions in the spirit of sport. Let's come together again in the spirit of progress and score for children by making breastfeeding a global priority - to help give every child the best possible start in life.



Anthony Lake
UNICEF Executive Director

MDG Millennium Development Goals
MDG 4 *Reduce Child Mortality*
See: <http://www.un.org/millenniumgoals/>



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Deadline for next issue is **30 January 2015**

Opinions expressed in Kaleidoscope are those of the contributors and are not necessarily those of the LLLNZ Alumnae Association.

LA LECHE LEAGUE ALUMNAE ASSOCIATION of NEW ZEALAND

Aims and Goals

The Purpose of the La Leche League NZ Alumnae is:

- ♦ *to uphold and support the philosophy, values and spirit of La Leche League in the wider community*
- ♦ *to provide networking and educational opportunities for former La Leche League members and long-term active members*
- ♦ *to maintain close and regular communication and liaison with the La Leche League NZ Board*
- ♦ *to offer support to LLLNZ and undertake where possible, such projects as can be reasonably managed*
- ♦ *to recognise the accomplishments of former La Leche League Leaders and members.*
- ♦ *to reconnect, reflect and refresh*



Just before lunch on Saturday 3 October we gathered to have this photograph taken of the LLLNZ Reunion delegates. How many women do you know from this group? Many, but not all, joined LLL in the 1970s.

Yvonne's partner, photographer Bill Lindberg, took the photo and was an enthusiastic participator at the recent LLLNZ Conference and Reunion. The cover photo on "Latching On", photographed back in 1968, is of Bill's late wife, Joy, breastfeeding their baby son. Bill also shot the pic of Hine nursing her baby featured on P. 8.