



September/October 2009

Newsletter

Breastfeeding Week Canada



Canada is having Breastfeeding Week from October 1 to 7, 2009. The theme for this year is "Breastfeeding Saves Lives: Protecting Infant Health Everyday and in Emergencies".

In natural and human-made disasters child mortality can rise up to 70 times higher than average, and babies are among the most vulnerable; malnutrition, diarrhea, and illnesses like pneumonia are a big part of the reason why. Breast milk provides perfect nutrition, as well as helping babies' immune systems fight infections like those causing diarrhea and pneumonia.

We will be holding some Breastfeeding Week celebrations and a Breastfeeding Challenge on October 3rd. Watch for more details!



Breastfeeding in Emergencies:

- While extreme stress can make milk temporarily dry-up, when milk doesn't dry up, or after it restarts, breastfeeding is calming for mother and child.
- Breast milk (90% water) rarely needs to be 'supplemented' when a child has diarrhea.
- With help, it *is* possible for mothers to resume breastfeeding after they have stopped.
- Breastfeeding women require extra food to keep up the energy they will need to care for themselves, children and others in emergency situations.
- In emergencies water is often contaminated. Formula made with contaminated water causes diarrhea and other health problems.
- Supporting breastfeeding when there is no emergency, by making breastfeeding convenient and accepted, and providing help with breastfeeding problems, helps mothers to be prepared if an emergency arises.
- Trained lactation health professionals can help mothers start or restart breastfeeding, or overcome problems, either before or during emergency situations.

Sources: www.infactcanada.ca www.worldbreastfeedingweek.org
www.who.int/mediacentre/events/annual/world_breastfeeding_week/en/index.html

Too Hot to Handle: Managing Menopause without Blood, Sweat and Tears



November 5 and 12, 2009, 7:00 to 9:00pm
Peterborough Public Library Auditorium

A two-part workshop exploring the physical, social, emotional and other aspects of menopause, and ways to cope. Coffee and tea provided; to reduce waste, bring your own mug. *Registration required, please plan to attend both evenings.* For more information or to register, please call us at: (705) 743-4132 or 1-800-419-3111.

New Stuff in the Library



100 Questions and Answers About Anorexia Nervosa
Sari Fine Shepphird, 2009

**The Pregnancy and Postpartum Anxiety Workbook:
Practical Skills to Help You Overcome Anxiety, Worry,
Panic Attacks, Obsessions and Compulsions**
Pamela Wiegartz, 2009

**Transgender Child: A Handbook for Families and
Professionals**
Stephanie Brill, 2008

To see more of what's new in our Library go to:
www.librarything.com/catalog/WomensHealthPtbo
(click on 'tags' and then 'NEW')

New Breastfeeding Resource:

On the Health Information page of our website you can find a Breastfeeding Pathfinder that will direct you to useful books, places, websites etc. for finding information about breastfeeding.



Week Without Violence October 11 to 17, 2009

Peterborough Regional Health Centre

Between October 11 and 17 you may see nurses wearing "We Ask Because We Care" buttons at PRHC. These nurses are part of a Domestic Violence education program. For Week without Violence PRHC is going to be providing training to Emergency Department nurses and doctors about recognizing signs of Domestic Violence and how to respond to and support these patients. Several Emergency nurses will be chosen as Champions; their goal will be to educate and act as resources to other nurses in identifying domestic violence. The Champions will receive training and be given resource packages that they can distribute to their team members. We hope this program will be engaging and encourage discussion and identification of DV in our community.

The Peterborough Domestic Abuse Network

PDAN is announcing a new website to serve as a resource for victims and survivors of domestic violence in Peterborough City and County. If you visit between October 11 and 17 you can enter a draw to win dinner for two at Boston Pizza. You'll find their new site at: www.pdan.ca

Want to host your own WWV event? Here's how:

1. *Choose an event and a theme.*
Events: Art Show, Workshop, Lunch and Learns, Petitions, Movie Night, Blog-a-thon, etc.
Themes: Making Schools Safer, Confronting Violence Against Women, Eliminating Discrimination, etc.
2. *Plan* – Who is the audience? Where is it taking place? How much will it cost? etc.
3. *Advertise* – Put up flyers. Let local organizations and media know. Make a facebook event. Tweet it. Blog it.
4. *Hold your event* - have fun!
5. *Evaluate your event* - Make a few notes on how the event went, and get some feedback. What would you do differently?

Adapted from YWCA Toronto:
www.ywcatoronto.org/advocate_change/week_without_violence.htm



Take Back the Night Peterborough

September 17, 2009, 7:00pm Victoria Park
Rally and march, followed by refreshments and open mike at Saint Paul's Presbyterian Church. For information contact the Kawartha Sexual Assault Centre at (705) 748-5901 or 1-866-298-7778.



Eating Disorder / Body Image Programs

Turning Points:

September 21 to October 5, Mondays, 7:00 to 8:30pm
For people who have symptoms of Anorexia and Bulimia.

Making Changes:

October 19 to November 23, Mondays, 7:00 to 8:30pm
For those who have already completed an education and support program and are ready to address the thoughts, feelings and behaviour changes necessary to recover from an Eating Disorder.

For more information or to register, please call us at:
(705) 743-4132 or 1-800-419-3111.

Person's Day, October 18

80 years ago, on October 18, 1929 the Judicial Committee of the Privy Council in England overturned a 1928 decision of the Supreme Court of Canada, and ruled that women were persons under the law.

This ended an eight year fight by Judge Emily Murphy, Nellie McClung, Irene Parlby, Louise McKinney and Henrietta Muir Edwards (the Famous Five). Their opponents claimed that where the word "person" appeared in Canadian laws, women were not included. The Judicial Committee of the Privy Council found those arguments unconvincing – and we've marked that decision with Person's Day each year since.

Keep an eye out for Person's Day events near you.

The Archivist 119, "Are Women Persons? The Persons Case"
Library and Archives Canada
www.collectionscanada.gc.ca/publications/archivist-magazine/015002-2100-e.html



Well Women on the Road

Magnify your Magnificence

Thursdays, October 1 to 29, 2009. 5:00pm to 6:30pm
YWCA Women's Centre, 11 Bobcaygeon Road, Minden
Are you getting ready for a relationship? Join us and discover who you are, what's important to you, and how to move toward your dreams and keep your momentum going. Please call for more information or to register:
YWCA Women's Centre **(705) 286-4040** or
Women's Health Care Centre **1-800-419-3111**

Blossoming Our True Self:

Building Confidence by Exploring Who We Are.

Wednesdays, October 7 to 28, 2009. 1:00pm to 3:00pm
Growing into our awareness brings us meaning, harmony and balance. Join us in a creative and reflective journey with a small group of women. Please call for more information or to register **1-800-419-3111** or **(705) 743-4132.**