

# La mère à boire

Journal pour les groupes de soutien à l'allaitement

## Mom's for milk

## Bon printemps !

Par Constance, responsable du journal

J'ai longtemps espéré la venue de notre premier enfant. Il tardait à venir, mais je continuais malgré tout de rêver. Je me voyais le berçant, lui caressant les cheveux, l'allaitant. Quand il est enfin arrivé dans nos vies, c'est avec l'hésitation et la fébrilité



Moment doux, avec mon fils Félix, 13 mois

d'une débutante que je lui ai offert le sein pour la première fois. Alors que mon fils s'accrochait à mon sein, je m'accrochais à l'allaitement. Je ne me doutais pas que commençait à ce moment-là une belle histoire qui durerait plus de 13 mois.

J'avais toujours su que j'allaiterais, mais jamais je n'aurais cru que ça me tiendrait autant à coeur et que j'en retirerais autant que mon fils.

Parce que l'allaitement a pris une nouvelle dimension dans ma vie, parce que je me suis surprise à vouloir aider les femmes autour de moi qui commençaient leur belle histoire d'allaitement, j'ai décidé de me joindre à La Mère à Boire.

C'est donc avec plaisir que je suis devenue marraine d'allaitement et que j'ai pris en charge le journal. Que ce soit pour poser un geste écologique (et économique!) en vous convertissant aux couches de coton, pour vous faire découvrir les sites internet préférés des mairaines d'allaitement ou pour vous inciter à aller faire des activités de plein-air avec vos bébés, j'espère que vous trouverez inspiration et informations dans ce numéro.

Bonne lecture et bon printemps !

## Hair loss

by Naznin Hébert, RN, IBCLC

You have just had a baby and are concerned about the amount of hair you are losing? Rest assured because hair loss after giving birth is natural!

In a normal hair loss cycle, a person loses 100 hairs per day. During pregnancy, hair synchronizes in a resting phase and it is normal to lose only 5 to 10 hairs per day. This is why, during pregnancy, hair is thick and lush. However, after pregnancy, once hormones reset, hair loss occurs at the rate of 100 hairs per day for each day of pregnancy.

Thus, losing a fistful of hair to the point of a receding hairline, is a normal postpartum occurrence.

## La perte des cheveux

par Naznin Hébert, RN, IBCLC

Vous venez d'avoir un bébé et vous êtes inquiète de la quantité de cheveux que vous perdez? Rassurez-vous, la perte de cheveux est normale après l'accouchement.



Dans un cycle normal de perte de cheveux, une personne perd 100 cheveux par jour. Pendant la grossesse, les cheveux sont en repos et il est normal de perdre seulement 5 à 10 cheveux quotidiennement. C'est pourquoi notre chevelure semble plus épaisse pendant la grossesse. Par contre, après la grossesse, une fois les hormones revenues à la normale, la perte de cheveux équivaut à 100 cheveux par jour pour chaque jour de la grossesse.

Bref, perdre ses cheveux par poignées est normal après l'accouchement.

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# 5 months and still going strong

By Marianne, Julien's mom

When my husband and I first told our friends that we were going to use cloth diapers on our baby, most reacted by saying "Yeah, we'll see how long THAT lasts!" But we were adamant. The truth is, we'd read a staggering statistic that Quebecers use enough diapers in ONE year to fill the entire Olympic Stadium. That's when we vowed that our family would do whatever we could not to contribute to the waste.

Imagine... disposable diapers can remain intact in landfills for years; some sources quoting upwards of 100 years. So when you are using and tossing your next disposable by "sausaging" it in the genie, think about this: it is going to outlive the very person it was meant for, your baby!

So when we set out to research our options, we were delighted to discover that cloth diapers had become more user friendly, greatly evolving from the fold-and-pin variety our mothers and grandmothers used. Pre-formed cloth diapers with snaps, hooks and Velcro fasteners are now available in addition to all-in-one diapers with waterproof exteriors.

We finally chose the Indisposables™ line by My Lil' Miracle (made in Canada [www.mylilmiracle.com](http://www.mylilmiracle.com)). Here's how it works:

- you use a 100% biodegradable liner inside the pre-shaped cloth shell which catches solids and can be flushed out
- you put the cloth shell on your baby as you would a disposable diaper
- you cover the shell with a nylon (day) or plastic (night) panty
- at night, you can also use an extra pad inside the shell for additional absorbency



Julien is sporting the pre-shaped cotton shell with Velcro fasteners.

Once the diaper is soiled, you remove the liner and put the shell to soak in a pail containing a little vinegar (for its antibacterial properties). When the pail is full, you launder the shells using hot water. The panties can be rinsed when they are soiled and thrown into the wash with the shells.

The starter kit will set you back \$300 and can be used until your child reaches 20lbs (you fold the diaper in different ways to fit your baby snugly as he/she grows). You can then purchase the next size up and store the first batch for subsequent children.



During the daytime, the shell is covered with a nylon panty which we have affectionately nicknamed the "clown pants".

In addition to the environmental benefits of cloth diapers, we discovered other advantages that are certainly worth mentioning:

Disposable diapers contain chemicals specifically included to wick wetness away from the skin. While they keep little bums dry, they can also be a potential skin irritant. In fact, some of these chemicals were banned in the 80's in women's tampons, but continue to be used today to improve absorbency in diapers.

Cloth diaper-wearing children tend to toilet train earlier! Since the cloth retains moisture, it allows the child to feel when he/she is wet and/or dirty. The child then associates the feeling with elimination.

While cloth diapers cost more per unit, disposable diapers cost more over time (especially if your child toilet trains later).

I can't deny that using cloth diapers is a commitment that parents need to agree to make because the cloth system, even though it has improved over the years, is still somewhat labour-intensive. While we have guiltily caved a few times, using disposables on outings for their sheer convenience, we are really satisfied with our decision to go with the cloth.

But more importantly, we will be proud to tell our son that we tried to do our part.

## Great sources for info on cloth diapers

[www.mereetmousses.com](http://www.mereetmousses.com)  
[www.merehelene.com](http://www.merehelene.com)  
[www.bummis.com](http://www.bummis.com)

# Nursing after breast surgery

## My success story

By Susy Domenicano

Thirteen years ago, my surgeon told me that if I went ahead with a breast reduction surgery, I might risk losing my ability to breastfeed. I did not hesitate one minute to go ahead with the surgery. I was 16 years old and had enormous breasts, compliments of my Italian grandmother's heritage! Having children and breastfeeding were far from being primary concerns. I wanted to return to being the active and confident teenager I had been a few years earlier before my breasts got so large that they took over and changed my life. After all, I thought, I was a formula baby and I was healthy. Did it really matter if I lost the ability to breastfeed my children? At the time, the benefits of having smaller breasts outweighed the risks of not being able to breastfeed.

Fast forward to about two years ago, and suddenly, I wasn't so sure that the benefits outweighed the risks anymore. I started doubting my decision when I was visiting my sister in Australia. She had just given birth to her second daughter and I was there to help out. She was breastfeeding her newborn and I learned about all the benefits of breastfeeding and suddenly I got worried. My husband and I were planning on having children in the next couple of years and now, I wanted to breastfeed too.

When I returned to Canada, I started researching into breastfeeding after breast surgery reduction. To my surprise, there was a whole community of women who had the same concerns that I did. I bought the book *Defining Your Own Success: Breastfeeding After Breast Reduction Surgery* by Diana West, an international board-certified lactation consultant. I also joined the BFAR.org forum, an internet forum for women who are breastfeeding after a reduction. I concluded that no matter, whether I had a full supply or not, I could breastfeed my children because breastfeeding was more than just about nutrition but was about bonding in a special way with my child.

When I finally got pregnant in November of 2005, I got armed with all the tools I might need: a lactation consultant on hand, an at-breast supplementing device, herbal galactagogues, and more importantly, I tried to build a support group around me by making my family, friends and husband aware of what I wanted to achieve. Regardless of all my preparation, I still was not ready for all the challenges I was about to face!

My sweet son was born August 14th 2006. Having come two weeks early, he was a big boy weighing over 9 pounds. I had a long and hard labour that ended in an emergency c-section. My greatest disappointment was not having been able to breastfeed my son soon after the birth. I knew this was important to get my supply going and to encourage a good breastfeeding relationship in the weeks to come, but it didn't happen until almost 5 hours after the birth. From day one, I started taking domperidone (DPD), a prescription drug that is generally used for adult and pediatric gastrointestinal disorders, but which has been clinically and anecdotally shown to also have a dramatic effect upon the milk supply. I had planned on taking this drug to increase my chances of developing a full milk supply.

Breastfeeding at the hospital was painful. The nurses kept telling me I had a good latch, yet the pain was becoming unbearable. I first learned to breastfeed lying down because of the surgery and had a difficult time making the transition to the cross-cradle position. At the hospital, the serious doubts started to settle in my mind. Was my baby getting enough? The question was tormenting me and would torment me and my husband for weeks to come. My son had lost some weight after birth and this stressed me out. I knew he had to gain it back, but the gain was slow and he kept having urate crystals in his pees, something I knew was a sign of dehydration. I knew all the signs, and was VERY watchful for them. I was told a breastfeeding specialist would contact me in the weeks to come and we were sent home after 4 days. The problem was I was still lacking confidence in everything I was doing; I was still very unsure of our latch and his weight gain.

In hindsight, I have to admit the first two weeks were hell, and the following month got increasingly better. Once home, my nipples looked and felt like they had been put through a shredder. They were red, cracked and one was bleeding. Every nursing session was painful, and to top it off I wasn't sure if he was getting enough milk. My milk came in at day 5, a consequence, I was told, of surgery. By then, the crystals were still present in his pee so I decided to supplement. I tried using the at-breast supplementer that I purchased, but found it so difficult to use. I knew it was the best way to >>

supplement my baby but I just couldn't get the hang of it. It was so frustrating because I knew it was the best thing to do and had chatted with women on the forum who used it successfully. I finally gave up and opted for the bottle. I knew the risks. Some babies, once they get a bottle with a fast flow, have a hard time going back to the breast and develop "bottle preference". I was so distraught with not knowing if he was hungry that I decided that my sanity was worth the risk. Luckily for me, my baby has always had what I call "boob preference" and to this day refuses a pacifier of any shape or form.

On top of the long and seemingly endless nursing sessions, I was advised that pumping in between feedings would help increase my supply. I started pumping and the returns were pitiful. I was pumping 1 ounce total during a good morning pumping session, and barely a drop the rest of the time. I was exhausted—emotionally and physically and found myself crying up and down the breastfeeding roller coaster. My husband, who was extremely supportive and loving, was fairing no better than I.

Finally, my stepmother came to the rescue. One night, as my husband and I chatted with her on the phone, we both broke down in tears. I'm coming to help, she said. She flew in from Nova Scotia to give us the help we needed to recover and give me a chance to get a grip on a situation that was simply getting worse. With my mother-in-law's help, I was able to focus on the breastfeeding and nothing else. I contacted a lactation consultant and we worked on the baby's latch—making sure his mouth was open wide enough when he took in my breast. She was confident he was getting a good amount of milk because we could hear him gulping. It was not enough to convince me and I continued to supplement. She tried to show me again how to use the at-breast supplementer but again, I found it so difficult I decided against it. My son seemed to prefer sucking at my breast anyway and I figured if I noticed a slight change in his preference I would stop the bottle.

With time, our latch got better, my son gained significant weight and eventually started refusing the supplement I offered in the bottle. I couldn't get past the nagging doubts that I could have a full supply and kept offering the bottle anyway. He was a fussy baby at night and I interpreted that as hunger, but he would refuse the bottle when I offered. I eventually realised that he was fussy simply because he was a fussy baby in the evenings and he didn't take the bottle because he was full after having nursed at my breast. His weight gain, his many wet and poopy diapers were a testament to that. It took a long time for it to sink in. I eventually consulted with Dr. Julie Choquette from Lasalle Hospital

who assured me I had a full supply and that I should throw out the bottles and formula. I didn't need them anymore. Could it really be? Could I really be fulfilling all of my son's nutritional and emotional needs?

My son is three and half months now and I continue to feed him exclusively from the breast. When I look back at the hardships I am so incredibly happy that I stuck to breastfeeding. I realise that all the tools I had did help—even though at the time I felt so desperate. For some strange reason, every time I had decided to stop breastfeeding to go to formula, I would have a special breastfeeding moment with my son and I would try it one more day. There is a motto for BFAR women on the BFAR.org forum, "Never quit on your worst day!" I can't help feeling proud of having surpassed what I thought was insurmountable obstacles. The constant worrying and fear has subsided. Sure, I still get little bouts of doubt, but I put the baby on the scale and as Diane would say, "A baby that is gaining well is not starving." I have so many people to thank for my success; thank you to all the brave and courageous women on the BFAR forum, thank you Diana for writing such a resourceful book, thank you sweet husband for being so strong when I couldn't, thank you lactation consultant who helped me with a difficult latch issue, thank you Dr. Choquette who gave me DPD and assured me I could do it, thank you mother-in-law who came to save the day when I thought I was through, and thank you sweetest, dearest, little son for keeping faith in our breastfeeding relationship when I had lost all faith.

#### **Resources:**

[www.bfar.org](http://www.bfar.org)

*Defining your own success: Breastfeeding after reduction surgery.* Diana West. 2001. La Leche League International.

#### **At breast supplementers:**

Lact-aid: [www.lact-aid.com](http://www.lact-aid.com)

SNS: [www.medela.com/NewFiles/pdfs/SNS\\_Ins\\_3-langIns.pdf](http://www.medela.com/NewFiles/pdfs/SNS_Ins_3-langIns.pdf)

# La rivière Portneuf en canot avec ma nouvelle famille

Par Marie Michelle, maman de Megan

L'été dernier, j'ai participé à une expédition de huit jours en canot camping. En général, c'est une activité habituelle pour mon conjoint André et moi, mais notre fille de quatre mois, Megan, nous accompagnait. Ceci me rendait très anxieuse malgré les témoignages positifs de parents qui font du canot avec nous. De plus, André ne partageait pas mes craintes.

Notre groupe d'expédition était composé de 6 adultes, 3 enfants (de 4 à 11 ans) et de Megan. Nous avions 70 km à pagayer sur la rivière. André avait choisi cette sortie car la rivière était classée comme facile: elle comprend seulement un rapide de classe I, plusieurs eaux vives et deux portages.

Lors des préparatifs pour l'expédition, mon angoisse augmentait quotidiennement. Je me demandais pourquoi j'avais décidé de faire plaisir à mon conjoint en acceptant de faire cette expédition. Mon sommeil était perturbé à l'idée des conséquences possibles de tempêtes de pluie froide, de nuages de bibittes, de nuits sans sommeil et d'un bébé qui hurle sans cesse. Je nous préparais pour la sortie tout en donnant l'impression aux grands-parents (qui n'étaient pas du tout d'accord avec nos idées de vacances) que tout allait bien se dérouler.

Nous avons quitté Montréal sans pépins. Une fois arrivés à Portneuf-sur-mer, Megan s'est mise à pleurer souvent et sans raison apparente. Elle a continué à le faire une fois sur l'eau. Il faut le dire, j'étais un paquet de nerfs à ce moment-là.

Le lendemain, Megan est restée réveillée lors de la navette et semblait émerveillée par le fait qu'elle était assise sur mes genoux et voyageait face vers l'avant. Rendu au point de départ, Megan était épuisée, maussade et affamée. Elle refusait le sein. Il faisait une chaleur épouvantable, ce qui me rendait davantage irritable. En plus, nous devions remonter la rivière sur 4 km avec un vent « de face » car il y a un « superbe » camping. La crise a éclaté quelques minutes après le départ. Megan a commencé à pleurer et hurlait quand je lui offrais le sein. André était épuisé par l'effort de remonter la rivière avec une partenaire qui ne faisait que s'occuper du bébé. Moi, j'étais dépassée par la situation. J'étais sur le bord de craquer. Il faisait trop chaud! Les tensions étaient chaudes dans notre couple! Même André avait des regrets.

Enfin, nous nous sommes rendus au camping. Grâce à la patience et la compréhension de notre équipe, mon anxiété a diminué et elle a fondu quand un d'eux a fait éclater de rire Megan lors de la baignade. J'étais aussi soulagée par la journée de repos prévue pour le lendemain.

Le troisième jour, nous avons débuté la descente de la rivière en douceur. Megan ne pleurait plus et semblait surtout vouloir dormir. Elle prenait bien le sein et me permettait de l'allaiter dans le canot. Elle se faisait bercer par le mouvement du canot, surtout dans les eaux vives.

Nous rêvions de journées ennuagées et d'un peu de pluie, car même à l'ombre, la chaleur était étouffante. J'ai rapidement appris que je devais souvent allaiter Megan assise dans l'eau (due à la chaleur) si je voulais qu'elle se réveille assez pour bien boire. Heureusement, Megan adore l'eau.

Le seul ennui était que Megan a eu mal au ventre car elle n'avait pas fait de selles en six jours. Autrement, tout s'est bien passé. Aucune de mes craintes ne s'est réalisée.



En approchant de la sortie de la rivière, j'ai commencé à rêver de l'air climatisé qui m'attendait dans l'auto quand le mauvais temps est venu nous taquiner. Mère Nature nous a offert une chute de température et un peu de pluie lors de notre dernier dîner et pendant que nous faisons nos valises!

En somme, l'expédition a été un vrai plaisir. J'ai retrouvé le bonheur habituel que m'offrent ces sorties et j'ai réalisé qu'il fallait que j'aie du plaisir pour que Megan soit heureuse. J'ai même fait une autre expédition de trois jours sur la Rivière Noire en Outaouais en septembre que j'ai aimée davantage.

Maintenant, j'ai hâte de partir en expédition cet été. Nous avons déjà choisi la rivière.

# Sites web intéressants suggestions des marraines

# Interesting websites support moms suggestions

## Allaitement | Breastfeeding

Maman chérie . . . . . [www.mamancherie.ca](http://www.mamancherie.ca)  
Mama dearest . . . . . [www.mamadearrest.ca](http://www.mamadearrest.ca)  
La ligue la Leche (Canada) . . . . [www.allaitement.ca](http://www.allaitement.ca)  
Nourri-Source . . . . . [www.nourri-source.org](http://www.nourri-source.org)  
La Leche League (International) . . . . . [www.llli.org](http://www.llli.org)

## Maternité | Motherhood

Maman pour la vie . . . . . [www.mamanpourelavie.com](http://www.mamanpourelavie.com)  
Attachment parenting . . [www.attachmentparenting.org](http://www.attachmentparenting.org)  
Mieux Vivre . . . . . [www.inspq.qc.ca/MieuxVivre/](http://www.inspq.qc.ca/MieuxVivre/)  
Today's Parent . . . . . [www.todayparent.com](http://www.todayparent.com)  
Baby.com . . . . . [www.baby.com](http://www.baby.com)  
Ask Dr. Sears . . . . . [www.askdrsears.com](http://www.askdrsears.com)

## Portage | Baby wearing

Maman Kangourou . . . [www.mamankangourou.com](http://www.mamankangourou.com)  
Faire soi-même son écharpe . . . [larbreabebes.free.fr/  
Pages/p\\_echarpe%20soimeme.htm](http://larbreabebes.free.fr/Pages/p_echarpe%20soimeme.htm)  
Faire soi-même son écharpe . . . . [ouistitis.nozav.org/  
confection.php](http://ouistitis.nozav.org/confection.php)  
Wear your baby . . . . . [www.mamatoto.org](http://www.mamatoto.org)  
Slings and more . . . . . [www.slingsandmore.com](http://www.slingsandmore.com)

## Forums de discussion | Boards

Dans le ventre de maman . . . . . [www.dlvd.com](http://www.dlvd.com)  
La Leche League . . . . . [forums.llli.org](http://forums.llli.org)

## Santé | Health

Motherisk . . . . . [www.motherisk.org](http://www.motherisk.org)

## Nutrition

Yoplait Minigo . . . . . [www.yoplait.ca/minigo/en/](http://www.yoplait.ca/minigo/en/)

## Jumeaux | Twins

Allaitement . . . . . [www.allaitement-jumeaux.com](http://www.allaitement-jumeaux.com)  
Karen Kerkhoff Gromada . [www.karengromada.com](http://www.karengromada.com)  
Nursing pillow . . . . [www.mommysthinkin.com/ez-2  
nurse\\_twins\\_nursing\\_pillow.htm](http://www.mommysthinkin.com/ez-2_nurse_twins_nursing_pillow.htm)  
Nursing pillow . . . . . [www.growinglife.com/  
NursingAcc/npillows.htm](http://www.growinglife.com/NursingAcc/npillows.htm)  
Multiple births . . . . [www.multiplebirthscanada.org](http://www.multiplebirthscanada.org)  
Association de parents des jumeaux  
et triplé de Montréal . . . . . [www.apjtm.com](http://www.apjtm.com)  
Portage de jumeaux [www.allaitement-jumeaux.com/  
espacematernage/ porter-ses-jumeaux.html](http://www.allaitement-jumeaux.com/espacematernage/porter-ses-jumeaux.html)

## Autres | Others

Fédération québécoise pour  
le planning des naissances . . . . . [www.fqpn.qc.ca](http://www.fqpn.qc.ca)  
À nous de jouer . . . . . [www.mfacf.gouv.qc.ca/  
services-en-ligne/a-nous-de-jouer/](http://www.mfacf.gouv.qc.ca/services-en-ligne/a-nous-de-jouer/)  
Activités manuelles . . . . . [www.teteamodeler.com](http://www.teteamodeler.com)  
Centre d'information sur la santé  
de l'enfant . . . . . [www.chu-sainte-justine.org/cise](http://www.chu-sainte-justine.org/cise)

Ce guide, annoté et classé par thèmes, contient les coordonnées de 300 organismes d'aide, 1500 suggestions de lecture pour les parents, les enfants et les ados ainsi que 600 liens vers des sites web spécialement conçus pour eux.

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