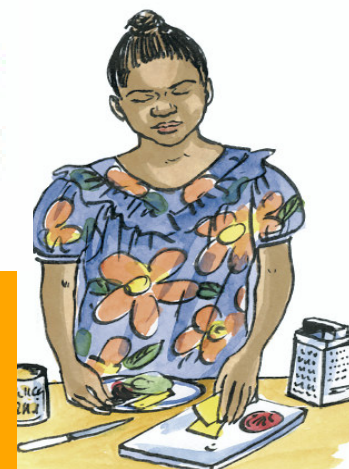


Growing Strong

FEEDING YOU AND YOUR BABY



Kani Thompson and Joanna Boyle

Tropical Population Health Network

Queensland Health

Questions that will be answered

- What is Growing Strong?
- What are the Growing Strong resources?
- What were the results and outcome of the Evaluation?
- What will Growing Strong look like in the future?
- How does Growing Strong link with 0 – 4 Child Health Checks?

>> WELCOME TO THE TROPICAL POPULATION HEALTH NETWORK



health · care · people



health · care · people

Where did Growing Strong come from?

- In 1998 workshops were completed across Queensland
- Evaluation showed that there was a need for the development of skills and resources that help in the sharing of information in this area
- Also a need for culturally appropriate resources


What is the Growing Strong?

Growing Strong promotes consistent, evidence-based maternal and child nutrition information

- Aims to improve the quality and effectiveness of information delivered by health workers when working in the area of maternal and child nutrition
- Targets Aboriginal and Torres Strait Islander families, with emphasis on pregnant women, infants and young children




Messages from Growing Strong are consistent with ...



Queensland Health

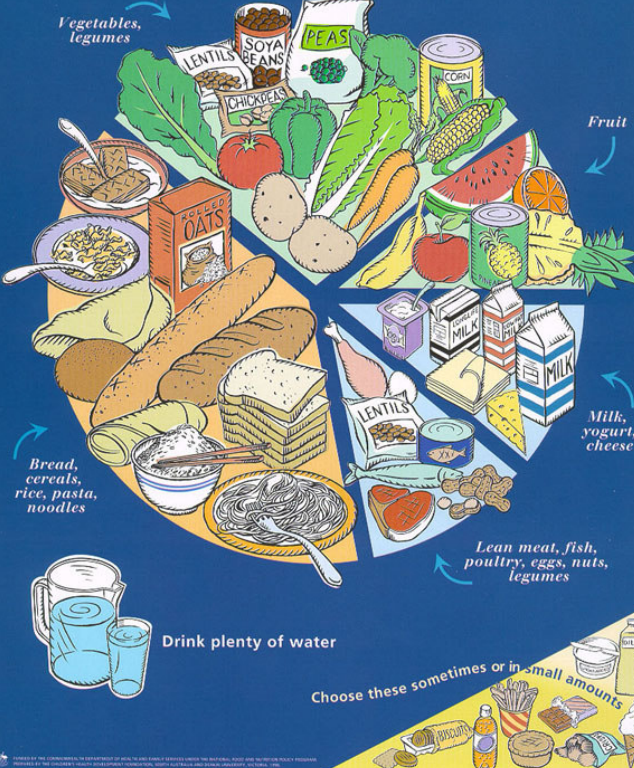
optimal infant nutrition:
evidence-based guidelines

2003 - 2008



THE AUSTRALIAN GUIDE TO HEALTHY EATING

Enjoy a variety of foods every day



Vegetables, legumes

Fruit

Milk, yogurt, cheese

Lean meat, fish, poultry, eggs, nuts, legumes

Bread, cereals, rice, pasta, noodles

Drink plenty of water

Choose these sometimes or in small amounts

FINISHED BY THE COMMONWEALTH DEPARTMENT OF HEALTH AND FAMILY SERVICES UNDER THE NATIONAL, STATE AND TERRITORY GOVERNMENT AGREEMENT ON THE COMMONWEALTH HEALTH CARE AGREEMENT (HCA) 1999.

Dietary Guidelines for Children and Adolescents in Australia

Incorporating the

Infant Feeding Guidelines for Health Workers

Endorsed 10 April 2003

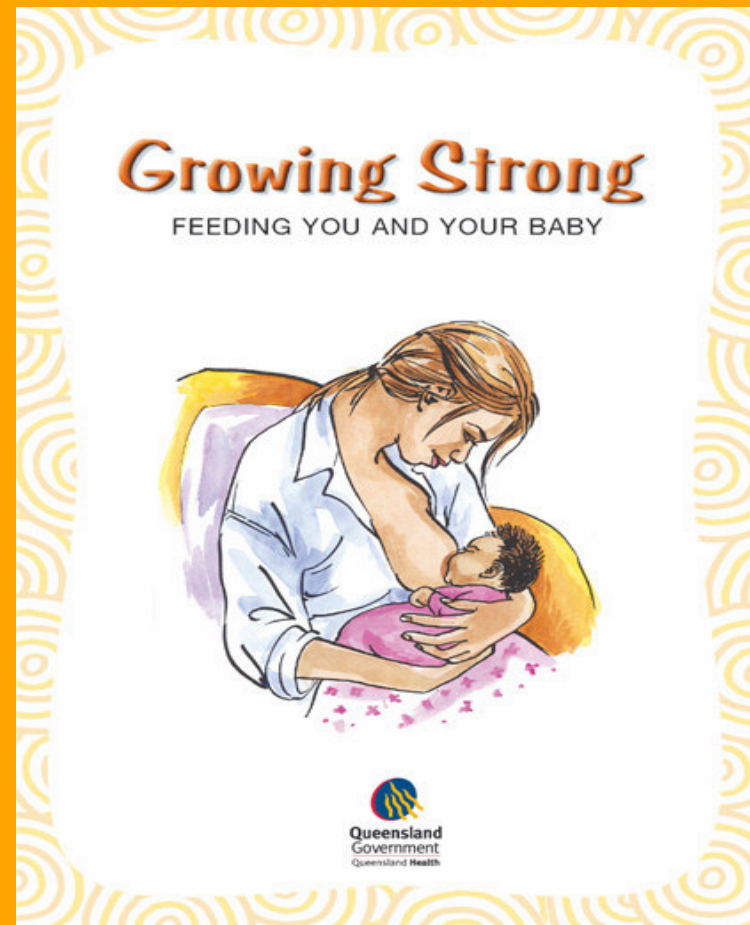


What are the Growing Strong Resources?

1. A Book

Used by:

families using
straightforward language
and plenty of illustrations



Feeding your baby

Some things to know about feeding your baby:

- Breastmilk gives babies all the food and drink they need for the first six months of life.
- Breastmilk is good for babies even when they are over 12 months old.



- Breastfeeding helps babies and Mums stay well. So you spend less money on medicine and have less worry.
- Breastmilk is always ready for your baby.

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- Breastfeeding helps mums get back in shape.
- Breastfeeding is cheap and doesn't need any packaging. Mum's body is all the equipment you need.



- You can express your breastmilk for someone else to feed to your baby.
- If you have diabetes during your pregnancy, breastfeeding can help protect your baby from developing diabetes when he is older.
- If your baby is born very small or very large, breastfeeding is very important to keep baby healthy.

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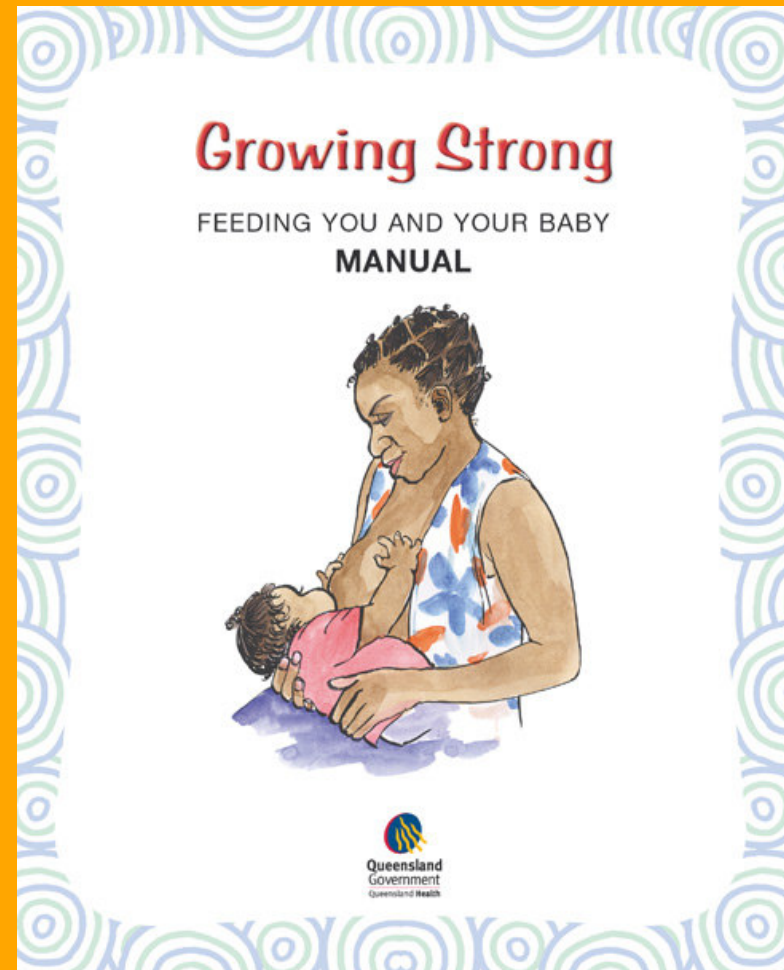
GROWING STRONG - FEEDING YOU AND YOUR BABY

Growing Strong Resources

2. Manual

Used by:

Health Workers and health staff for more detailed information to increase their own knowledge



Getting baby onto the breast

The secret to getting baby onto the breast well is to get your nipple as far back in baby's mouth as you can. This stops you from getting sore nipples and makes it easy for baby to get the breastmilk out of your breast. To get well attached baby needs to take as big a mouthful of nipple and breast as she can. Below are some suggestions to help baby feed well.

- In the early days it can take a long time to feed a baby, so you need to be comfortable before you start.
- Move clothing away from your breast. Once baby has learned how to get onto the breast easily you will be able to feed with just your nipple and around it uncovered. While you and baby are learning how to breastfeed it is easier to have as few clothes in the way as possible.
- Unwrap baby so she is free to move.
- Hold baby so that all of her is close to you.
- Support baby's head and shoulders but do not push on the back of her head. New born babies have a reflex that makes them push back if anything pushes their head forward.
- Baby's head will be tilted back a little. Support baby so she is free to move her head.
- Hold baby so she is facing your nipple, her chest and tummy facing you and her feet and legs in close to your body.
- Baby's mouth should be level with your nipple. If you have to move your nipple to get it into baby's mouth it may pull out again when you let go.
- Some babies move fast to the breast, others take more time. Drugs used during labour can make some babies sleepy and not interested in breastfeeding.



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GROWING STRONG MANUAL - FEEDING YOU AND YOUR BABY

- Some mums use their fingers to shape their breast to make it easier for baby to attach. Make sure that you are shaping your breast to fit baby's mouth by having your fingers in the same direction as baby's lips.
- Hold baby close so her chin touches your breast and her nose is free to breathe. If her nose is into your breast tuck her feet closer into you and see if that helps. If not you may need to start again.
- If it hurts when baby sucks put your finger in her mouth to break the suction and try again. If you leave baby to suck you will get sore nipples.
- Let baby feed as long as she wants to. Some babies will have a rest at the breast and then start sucking again, so let baby decide when to come off the breast.



- Let baby lick and smell the breast if she wants to. Give her time to get to know you.
- Expressing a few drops of colostrum can encourage baby to feed. Baby may lick these off the nipple or you can express into baby's mouth.
- When baby's mouth is open wide bring her to the breast.
- Bring baby to the breast, don't stretch the breast to reach baby.
- If baby will not open her mouth wide, point your nipple at her nose and rub her bottom lip with your breast.

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Growing Strong Resources

3. Growing Strong Training

- Mostly conducted for Aboriginal and Torres Strait Islander Health Workers but can include others
- Conducted by a Nutrition Promotion Worker/Officer and a Public Health Nutritionist

What were the results of the 2005 Evaluation?



323 people trained between 2002 – 2005

- 96% participants had increased confidence in giving nutrition and breastfeeding advice
- 76% of health staff use Growing Strong resources as a first preference

What were some suggestions from the 2005 Evaluation?




Resource layout

- A series of brochures with specific topics rather than a whole book
- A3 flipchart would be useful

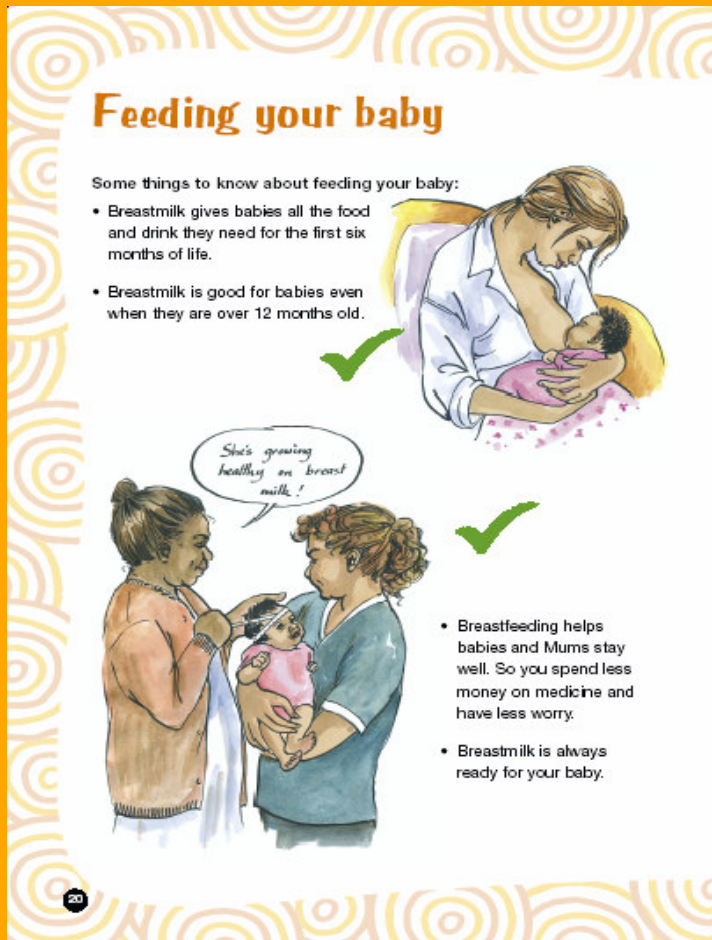
Content

- Include some extra topics eg. for Dads and Grandparents
- More information for certain topics eg. diabetes in pregnancy, introducing solids

What will Growing Strong look like in the future?

1. Book changed to  22 Pamphlets
2. Manual changed to  Question & Answer's
3. Training changed from  1 to 2 days

1. Book changed to Pamphlets



•22 pamphlets consistent with the new 0 – 4 Chronic Disease Child Health Checks

and

•An A3 sized flipchart

Some topics of the 22 Pamphlets

- Breastfeeding: Good for Baby, Good for Mum
- Starting solids
- Pregnancy and diabetes
- Overweight and obesity
- Alcohol, tobacco and other drugs during pregnancy and breastfeeding
- Healthy drinks for children aged 1-4 years
- Healthy food and drinks for your Grandkids
- How Dads can help



2. Manual changed to Q&A's

Eg. Diabetes in Pregnancy →

Question and answer's

Diabetes in pregnancy

Some women will have diabetes before they fall pregnant, others develop diabetes during their pregnancy. This is called gestational diabetes.

Women with diabetes during pregnancy need to look after their blood sugar very carefully to protect the growing baby. Keeping your blood sugar in the healthy range helps the baby to be born healthy and grow to be a healthy adult.

High blood sugar during pregnancy can make your baby sick at birth and might cause problems later. If blood sugar remains high your baby can grow too big and make giving birth difficult and a Caesarean may be necessary. To stop high blood sugar you need to exercise and eat good foods. Some women may need insulin injections as well.

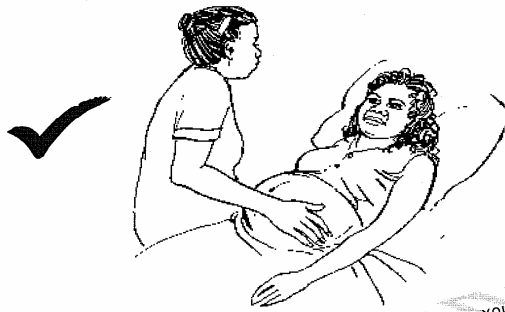
Women with diabetes need extra care during their pregnancy. This means more visits to the antenatal clinic and extra tests

to check you and baby are well. Talk to your health carer about what you can do to keep yourself and your baby healthy.

Gestational diabetes usually goes away when the baby is born. It is important to have this checked at your 6-8 week check-up after giving birth. If you had gestational diabetes during one pregnancy, make sure you get a check-up early in your next pregnancy.

Gestational diabetes is an early warning sign for the mother, because many women who have had gestational diabetes get diabetes later in life. Losing weight by eating good foods and doing regular physical activity after the birth may help delay or stop the diabetes from coming back.

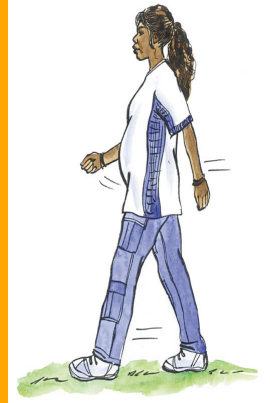
Breastfeeding helps to prevent the baby from getting diabetes later in life. So breastfeeding is even more important for these babies. Breastfeeding will also help mum to stay at a healthy weight.



- What is Gestational Diabetes?
- How would a pregnant woman know that she has Gestational Diabetes?



How will the content change in the Manual?



Expanded topics

- Diabetes
- Alcohol, tobacco & other drugs
- Introducing solids
- Physical activity

New topics

- Nutrition for children 1-4 years
- Problems that can occur for babies and children
 - iron deficiency
 - overweight children

3. Training changed from 1 to 2 days

- Likely to include very practical sessions (eg. cooking demonstrations).

How does Growing Strong link with the 0 – 4 Child Health Check?

The 0-4 Child Health Check is:

- A series of comprehensive child health checks
- Includes questions on:
 - nutrition
 - on the growth of children



Parents/Carers will receive the most relevant Growing Strong pamphlet at each 0-4 Child Health Check

Thank you. Any questions?

Kani Thompson

Nutrition Promotion Officer (Indigenous Health)

Tropical Population Health – Cairns

(07) 4046 8527

Kani_Thompson@health.qld.gov.au

Joanna Boyle

Public Health Nutritionist

Tropical Population Health – Townsville

(07) 4753 9028

Joanna_Boyle@health.qld.gov.au

