

Ella's Monthly Cycle

A Note on breastfeeding...

'It is beyond doubt that lactation and breastfeeding continues to suffer from cultural barriers as western medical advice implies that the mother is inadequate to breastfeed her own infant' (Lennart, 2008, p.2). Due to western society women have come to distrust nature, yet successful infant feeding relies upon the mother following her own instincts and intuition. Relying on nature and avoiding intervention will help prevent breastfeeding difficulties (Lennart, 2008, p.2). The more infant feeding has become supervised by the medical profession the more mothers decide they are incapable of breastfeeding their children. Breastfeeding is mishandled and has become medicalised (Walker, 2007, p.549). Medical and Western society has led women to believe that breastfeeding is not instinctual and is a skill which must be learned (Naish & Roberts, 2002, p.2; OMG, 2005, p.1). While this in some respects is true, in that traditionally women would 'learn' to breastfeed through a lifetime of watching other women do it, medical society does not recognise a mothers innate ability to feed her child (OMG, 2005, p.1). This has resulted in the Medicalisation of breastfeeding and taken it out of the domain of the family and community and into the hospital. The westernisation of society has led to the separation of families and independence from others which has resulted in women having little or no contact with babies before their own (Naish & Roberts, 2002, p.3). Without contact with family and subsequently babies, maternal instinct has faded by the way side, leaving women to learn the skills of mothering from the medical profession and midwives (Naish & Roberts, 2002, p.6).

The scientific and medical approach to breastfeeding advocates the use of scheduled feeding and solitary sleeping which is opposite to traditional methods of child rearing where the baby would be carried close to the mother throughout the day (Lennart, 2008, p.2; Moore, Anderson & Bergman, 2007, p.2), feed on demand and nurse through the night while sleeping in the family bed with its mother (Naish & Roberts, 2002, p.9). Assisting Women and babies who have difficulty breastfeeding becomes a fight against western and medical society itself as the solutions to breastfeeding difficulties are rarely found from them, but rather, by revisiting and advocating traditional styles of mothering.

(Excerpt from 'Critical Incident' essay By Melanie Jackson, full essay at www.ellamaycentre.com)

Spotting... some health information ...

Addictions come in all shapes and sizes — they could be based around drugs, alcohol, coffee, sex, food, medications and more... but in essence addictive behaviours can be a symptom of a bigger, deeper problem. Below are some natural therapy options and modalities which may assist with recovery from addictions and could be used as part of a greater plan:

- Counselling
- Hypnotherapy
- Homeopathy
- A belief in a greater being and creator



Events for your diary

Noga Night is back!

Hitch up your skirts, tie up your coat tails and make plans to be at the next Noga Night. It will be on **Friday the 23rd of April at 7pm** on the topic of **Inflammation** and will focus on causes and naturopathic treatment of inflammation throughout the body, including bones and joints. The cost is **\$15** and the event will be held at the new 'Yoga and Beyond' Studio, **4/1269 The Horsley Drive Wetherill Park 2164 (Cnr McILWRAITH and Horsley Dr.)**. Call or e-mail the Ella May Centre to book your place.

Noga Growth Group

Please feel free to join us on Monday nights at 7.15pm at 'Yoga and Beyond' (address above) to chat about life philosophies and daily struggles in our weekly growth group meeting. It's a good opportunity to meet people and share advice. Contact Melanie from the Ella May Centre if you would like more information.

Noga Bible Study

Noga Bible study is run by Daniel and Melanie Jackson and takes place at 7.30pm at 22 Zadro Ave Bossley Park. This group caters for those who want to learn about the Bible and is suitable for new Christians and other faiths. If you would like to attend this group contact The Ella May Centre and see our website for more details, everyone is welcome.

Pregnancy & Parenting Network

If you are looking for a network of mothers, fathers and midwives to discuss issues and questions around pregnancy and parenting, come along to the Pregnancy and Parenting Network run once a month at **27 Hart st Dundas Valley**. The next get together is on **Thursday the 18th of March from 10-12am**. This session will be on

Vaccination

Call Jane Palmer

(02 9873 1750) to let her know your coming
See www.pregnancy.com.au for more info.