



CLCA/ACCL
Canadian Lactation Consultant Association
Association canadienne des consultantess en lactation

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Editorials

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In recent weeks, concern has risen regarding the H1N1 virus (swine flu) and its potential for illness and even death. Some reports may seem alarming as the risks and viability of the virus are as yet unknown. The Centre of Disease Control (CDC) has stated that breastfed babies are protected through maternal antibodies and all breastfeeding mothers should continue to do so to protect their infants from the risk of contracting the virus. It is further stated that “the supplementation of formula should be eliminated so that the infant can receive as much maternal antibodies as possible.” The health and developmental benefits of breastfeeding are well documented and so at this time of heightened public awareness and unease, all pregnant women and mothers of breastfed infants should feel secure in knowing that they are providing their babies with the best protection possible through breastfeeding. If the mother becomes ill, her baby has already been in contact with the virus and received antibodies through her breastmilk so she should continue to breastfeed and increase the feeding frequency as demanded by her baby.

Yours truly

Jean Kouba

President, Canadian Lactation Consultants Association

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