



Breastfeeding
Mothers'
Support Group
SINGAPORE

NOTE: Article originally published in Berita Harian, a publication of the Singapore Press Holdings (SPH) on Tuesday, 12 August 2014, by Ms Hazami Hamidon. Translated with permission. Original article may be found here.

Many thanks to Ms Azma Abu Basri for her translation work.

WORLD BREASTFEEDING WEEK

In conjunction with the World Breastfeeding Week that took place recently, a group of women came together to breastfeed their children, while sharing breastfeeding experiences and tips with one another.

Give strong support to mothers who want to breastfeed

Breastfeeding Muslim Mothers Support Group has more than 6,880 members in Facebook

More mothers must come forward to share their breastfeeding experiences, especially working mothers.

This is to give more encouragement and support to other mothers who may feel shy and isolated in their breastfeeding journey.

This was among what was expressed in a sharing session held for breastfeeding mothers at Fika Swedish Café & Bistro at Beach Road, recently.

The session was held as part of the World Breastfeeding Week, on the first week of August recently.

This is the fourth year the event - known as The Big Latch On - is held here, in Singapore.

It is part of a global movement that began in 2005 in New Zealand.

The founder of the Breastfeeding Muslim Mothers Support Group (BMMSG), Ms Nurhidayati Yahya, 32 years old, who was also present at the

sharing session said:

“From the health perspective, I myself have witnessed how breastfeeding helped my children to be less prone to sickness.

“Breastfeeding is also a way for me to get to know my children better by responding to their needs.”

BMMSG has 6,881 members in Facebook.

Ms Nurhidayati is also a board member of the Breastfeeding Mothers' Support Group (BMSG).

Apart from the group at Fika Swedish Café & Bistro, three other groups of mothers breastfeed their children at three other venues around Singapore - Yahava Koffeeworks, Real Food and Da Paolo Gastronomie - on the same day.

A total of 27 ladies graced the event which was organised by BMSG - together with their children, husbands and volunteers.

Mothers who were present at the sharing session

agreed that self-confidence and support from family, especially husbands, are among the most important motivating factors to breastfeed.

Ms Constance Chiang, 37 years old, a doula, which is a professional birth companion giving support to women during the process of labour and delivery, said:

“My husband will cover me and protect me when I am breastfeeding, so I have never felt awkward breastfeeding in a public place, like a café, compared to five years ago (acceptance of breastfeeding in public in Singapore).”

Ms Wu Ka Wai Sammi, 34 years old, a homemaker who has just recently started residing in Singapore, felt that Singapore is a breastfeeding-friendly nation.

Regarding the challenges of working mothers who are breastfeeding, Ms Nurhidayati said:

“We need more mothers to share their experiences on breastfeeding and working full-time.

“There are a lot of mothers who are working and exclusively breastfeeding their children at the same time.

“It just needs additional planning and the discipline to act according to plans,” shared the mother who returned to full-time work when her eldest son was two years old.

She communicated with her employer on ways to facilitate her breastfeeding journey.

“When I was needed to travel for work, I told my superior that I needed to put time and space for



SHARING EXPERIENCES: Ms Nurhidayati Yahya (left), 32 years old, one of the board members of BMSG and the founder of BMMSG, and Ms Nas Haidar (right), 26 years old, breastfeeding their children together at The Big Latch On event held recently in conjunction with World Breastfeeding Week - Photo courtesy of Breastfeeding Mothers' Support Group (Singapore)

expressing milk into consideration when I plan my schedule.”

For Ms Wada Omar, 30 years old, a homemaker, she has gotten used to breastfeeding her three-year-old daughter, Ayn Mohd Rizal.

“I really believe in breastfeeding my child beyond two years old.

“I would breastfeed Ayn and use my tudung (head scarf) to cover. There was once, however, during a Hari Raya gathering with many attendees, I was reprimanded because it was as if I was stifling my my child.

“I just smiled, as I knew my daughter was happy and I believed that I did the right thing,” she said.

Breastfeeding Mothers' Support Group (S) 96 Waterloo St, SCWO Centre #02-04, Singapore 187967

Website: www.breastfeeding.org.sg | Email: office@breastfeeding.org.sg | Hotline: 63393558

Registry of Society No: 0150/1990 | HEF Registration Number: 0048/G