AIMS For a better birth...

Tickery Quackery Mock

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Alison is a retired midwife and International Board Certified Lactation Consultant, and author of Fit To Bust, a celebration of breastfeeding and motherhood. She wrote her thoughts in answer to advice on strict feeding regimes. Charlie responded with a second verse.

These 'experts' should go in the dock,
Defending the role of the clock,
Successful lactation
predates its creation;
Our verdict is 'pure poppycock!'

A guru, an expert, a doc,
all saying you must watch the clock,
to sleep or to feed,
there's really no need,
'cos mother's own instinct just rocks.

by Alison Blenkinsop and Charlie Young

Alison also penned this wonderful poem, in celebration of the Breastfeeding etc. (Scotland) Act 2005. This Act of the Scottish Par liament was passed by the Par liament on 18th November 2004 and received Royal Assent on 18th January 2005. Full text is available at *www.legislation.gov.uk/asp/2005/1/contents*.

Morag has two little bairns
with clothes of pink and blue;
And everywhere that Morag goes
the breastfed twins go too.
Now people never harass them,
because of Scottish Law;
Her nurslings don't embarrass them
'cos that's what breasts are for!

This act says:
An Act of the Scottish Parliament to make it an offence to prevent or stop a person in charge of a child who is otherwise permitted to be in a public place or licensed premises from feeding milk to that child in that place or on those premises; to make provision in relation to the promotion of breastfeeding; and for

connected purposes.

“child” means a person who has not yet attained the age of two years;
“feeding” includes— (a)breastfeeding; and (b)feeding from a bottle or other container ;
“milk” means breastmilk, cow’s milk or infant formula;
“public place” means any place to which, at the material time, the public or any section of the public has access, on payment or otherwise, as of right or by virtue of express or implied permission.

Alison’s book, *Fit to Bust*, is sold in aid of Baby Milk Action *www.babymilkaction.org*.
Her website is *www.linkable.biz*.