

Well Being Africa

DG
MT

Photo News

February 2023 to February 2024

SOLIDARITY FOR
AFRICAN WOMEN'S RIGHTS

A force for freedom



MOUVEMENT DE SOLIDARITÉ
POUR LES DROITS
DES FEMMES AFRICAINES

Une force pour la liberté

Appreciation

WBA expresses appreciation to the DG Murray Trust, SIDA through the administration of Equality Now-Solidarity for African Women's Rights (SOAWR) for funding WBA's projects in 2023/2024





**COMMUNITY
HEALTH
WORKERS AND
MOTHERS
SHARED THEIR
INSIGHTS FROM
BREASTFEEDING
TRAINING**



Week 4 of Well Being Africa's breastfeeding support training week.

A facilitator presenting during the general session

Week 4:

antenatal information to be discussed with pregnant women.
how antenatal preparation and education of pregnant women
tiation of breastfeeding after birth.
the key principles of successful initiation of breastfeeding and
tion to assist mothers with the first feed.
plementing skin-to-skin contact.
and supporting optimum positioning and attachment.
valuating a mother's breastfeeding and helping according to



Week 5 of Well Being Africa's Breastfeeding Support Training week

A facilitator showing the optimum positioning of the infant when attaching to the breast

Week 5:

- Antenatal education about the benefits of breastfeeding and mother-friendly birth practices will better equip a mother to initiate and continue breastfeeding successfully.
- Skin-to-skin contact is an important practice that helps to establish early and successful breastfeeding.
- Key principles to successful and comfortable breastfeeding such as optimum positioning of the mother while breastfeeding and optimum positioning of the infant when attaching to the breast.

Thanks to everyone who
joined us yesterday at
MYDO for our art day!



Arts Day with Likelino-SA at MYDO



20th anniversary celebrations of the Maputo Protocol



Women's Right to Breastfeeding under the Maputo Protocol: Spotlight on South Africa



Background

Article 14 (2)(a) & (b) of the Maputo protocol (MP) requires that States Parties ensure that women can access the necessary information, education, and counselling support to effectively breastfeed their children as well as establish and strengthen existing pre- and post-natal health and nutritional services for women during pregnancy and breastfeeding.

Aim of the project

To develop a factsheet on Women's right to breastfeeding under Article 14 of the MP in South Africa (SA) towards raising awareness to optimise the enjoyment of this right thereby contributing to the realization of the SOAWR strategic goal KRA 4 - Popularisation and utilisation of the MP.

Methods

A review of the literature was undertaken by nutrition experts and a content creator to identify relevant information on the implementation of the MP in South Africa focusing on women's rights to breastfeeding. The information was summarised according to the pre-identified themes (template) provided by the Southern Africa SOAWR cluster lead. The expertise of a Human rights advocate was used to align the content with the provisions of the MP.

Results

The content of the factsheet is presented under seven main themes as described in the Table below.

Pre-identified Themes	Key Findings
Status and Impact of the Maputo Protocol (MP) on Women's Rights in South Africa	South Africa signed and ratified the MP in March and December 2004 respectively. The MP has strengthened the legal framework for the protection of women's rights in South Africa.
Efforts to Encourage the State to implement its Obligation on the Maputo Protocol since 2020	The African Commission on Human and Peoples' Rights (ACHPR) formulates Guidelines on state reporting. Civil society organisations (CSOs) educate relevant stakeholders on state parties' obligations to implement the MP and to hold states accountable.
Impact of the Domestication of the MP on Laws in South Africa	Providing a framework and setting guidelines for interpreting and promoting the protection of women's rights and gender equality. Strengthening the existing legal instruments relating to the rights of women.
Women's Right to Breastfeeding under Article 14 of the Maputo Protocol	Article 14 (2) (a) & (b) of the MP requires that States Parties Ensure that women can access the necessary information, education, and counselling support to effectively breastfeed their children. Establish and strengthen existing pre- and post-natal health and nutritional services for women during pregnancy and breastfeeding
Status, Progress, and Challenges of Women's Rights to breastfeeding in South Africa	Status Women's right to breastfeeding is recognised and promoted. Progress Mothers are supported to breastfeed regardless of their HIV status. The government and CSOs are working to improve access to breastfeeding resources and support. Challenges The Code of Good Practice regarding breastfeeding at work has several limitations. The breastfeeding rights of informally employed women are not recognised
Government efforts towards the realisation of women's right to breastfeeding in South Africa	Legislative measures The legislation on the Basic Conditions of Employment Act 75 of 1997 (BCEA) (Section 67(X)(b)) which covers the protection for employees during pregnancy and after the birth of a child. Mother Baby-Friendly Initiative (MBFI), a policy to protect, promote and support breastfeeding practices in healthcare facilities, workplaces, and communities. Administrative measures Commitment to promoting exclusive Breastfeeding for six months for all mothers, regardless of HIV status, in line with WHO's recommendations (2011) Tshwane Declaration).
Steps to Address/Redress Access to the Right to Breastfeeding	Talk to your healthcare provider. Connect with breastfeeding support groups, and breastfeeding advocates at https://www.lhca.org/ , https://7thearthnetwork.org.za and www.wellbeingafrica.co.za . Contact Side by Side, a campaign for pregnant women and caregivers of children younger than 5 years at https://sidebyside.co.za . In the denial of breastfeeding support at the workplace: - Lodge a formal written grievance to your employer. - If the grievance is unresolved, contact the Commission for Conciliation, Mediation, and Arbitration (CCMA) for support at www.ccmaza.org.za

Outputs

A two-page visually appealing factsheet in the English language was developed. The printed factsheet has been disseminated by four partner civil society organisations(CSO), and the digital version has been placed on Well Being Africa (WBA)'s website and social media handles.

Conclusion

WBA achieved the aim of the project. The developed factsheet is a potential tool for intensifying the awareness of breastfeeding rights and engaging relevant stakeholders to optimise the realisation of women's rights, as provided in the MP. The insight and experiences obtained during the project have ignited the passion for incorporating human rights principles into WBA's interventions.

www.wellbeingafrica.co.za

The 20th celebration of the Maputo Protocol and the Annual General Meeting of the Solidary for African Women's Rights (SOAWR) in Nairobi Kenya



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WBA Hosts Special Partner Visitors from Kenya



WBA hosted special partner
visitors from Kenya





Well Being Africa (WBA) team celebrating World Breastfeeding Week in conjunction with the UP Human Nutrition Dept





Being Africa hosted The Prevention and Management of Teenage Pregnancy Symposium



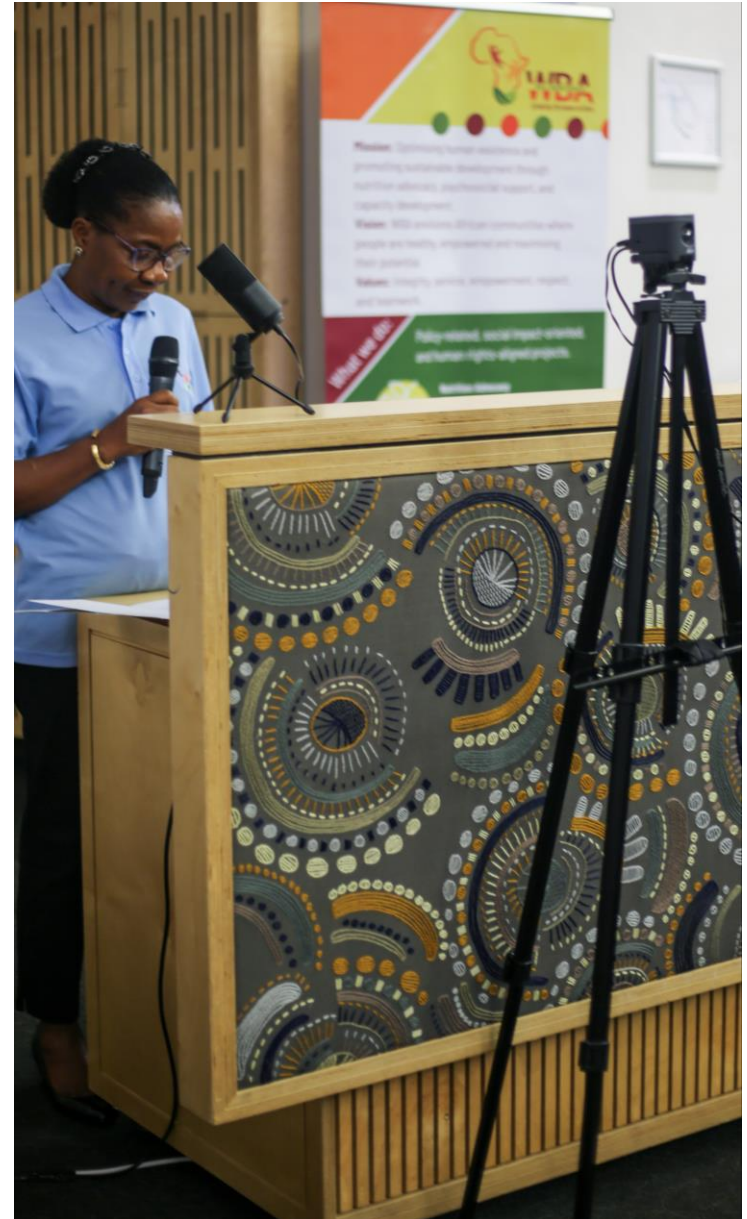
WELL BEING AFRICA
hosted the Prevention
and Management of
Teenage Pregnancy
Symposium at Future
Africa on the 27th of
September 2023.



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The CEO welcoming participants at the Prevention of Teenage Pregnancy Symposium





Speakers at the Prevention and Management of Teenage Pregnancy Symposium





**A session at
the
Breastfeeding
support
training of
CHWs in
Hammanskraal**



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The CEO of WBA welcomed the participants at the breastfeeding support training for CHWs in Hammanskraal



Well Being Africa Empowers Youth: A Successful Advocacy Workshop on Teenage Pregnancy Prevention



Advocacy Workshop on Teenage Pregnancy Prevention



The facilitator engages the participants in sexuality education



Breastfeeding support group at Mydo



A breastfeeding support session at MYDO – mobilizing community support for breastfeeding



Breastfeeding support group at Melusi



Breastfeeding support group at Zamazama



Well Being Africa joined in celebrating
the
2024 IUPAC Global Women's Breakfast

"Catalyzing Diversity in Science!".

#gwb2024



Acknowledgements

The DG Murray Trust, SIDA, and EN-SOAWR are gratefully acknowledged for funding the Breastfeeding support project the Prevention and Management of Teenage Pregnancy project, and the breastfeeding advocacy project.

The management and staff of Daspoort Polyclinic for continued partnership in breastfeeding support.

The management of the Tshwane District Health for partnership in training their community health workers.

The hard-working Prevention and Management of Teenage Pregnancy team and the Breastfeeding team of WBA are gratefully acknowledged.

