



MILK invites you to get together with friends, family or colleagues this August to support babies in Timor-Leste have a healthy start to life. Help raise funds to support Fundasaun Alola's Maternal and Child Health Program over some tea, coffee and yummy treats



No matter how big or small your morning or afternoon tea is, every little bit helps

Easy steps to participate in MILK

1. Invite your friends, family or colleagues to your MILK morning or afternoon tea at your home, workplace or local cafe.

Spread the word via social media, email, text or phone.

For brochures and promotional support material, email: friends@alola.org.au

2. Share your happy snaps on our [MILK](#) Facebook page and use #AlolaMILKCampaign

3. Bank the funds raised via credit card, paypal, cheque or direct deposit—see details on our giving page at: www.alola.org.au/how-to-help/#giving

If your guests don't have cash on the day – point them to this page to donate when it suits them.

4. Support MILK via a virtual MILK event; visit our MILK 'Everyday Hero' campaign at: <https://give.everydayhero.com/au/2019MILKCampaign> to create your own supporter page to share.



Here are some tips to make your event a success

Keep it simple, ask your guests to bring a plate each to share! Why not try some breast themed baked goods or even have a bake-off!

You might choose to share Timorese culture by playing traditional Timorese music or baking Timorese sweets! You could even do a quiz – go to our [website](#) for some sample questions and recipes.

Alola's MILK Campaign was launched on World Breastfeeding Day in 2011 by **Kirsty Sword Gusmão** along with hundreds of mothers and babies in Melbourne and Timor-Leste.

It is now an annual event across both countries that celebrates the joys and challenges of breastfeeding and motherhood, and supports improvements in child and maternal health in Timor-Leste.



The funds you raise will contribute to maternal and child health initiatives such as:

Alola's 'Suku Hadomi Inan no Oan' (Village loves mothers and babies) groups and Mothers Support Groups which encourage and support mothers to initiate breastfeeding immediately after delivery, to breastfeed exclusively for the first six months of life and to continue breastfeeding for at least two years along with introduction of appropriate complementary feeding.

Alola's hospital liaison officers who support the initiation of breastfeeding to all mothers and provide early intervention for premature and underweight babies by educating mothers on cup feeding using breast milk as well as Kangaroo Mother Care.

Alola's 'Safe Birthing - Birth Preparedness Planning Project' across villages in Timor which supports pregnant women to develop a birth plan, access professional childbirth care and gather the support of their community to organise transport when labour begins. The program also encourages mothers to use a nearby health facility to assist with safe birthing.