

MUST-SEE TV

Other People's Breast Milk

Channel 4, 10pm

Breast is best: that's the mantra from childcare experts about feeding baby – but does it matter where, or particularly who, that breast milk comes from? That's the quest Kate Garraway (above) fronts in this film exploring the world of those parents who happily have their children nursed by women other than their mothers.

We meet all kinds of examples. One woman has a brood of her and her friends' children at her skirt-tails awaiting their feed. Another explains that around the world the average age for self-weaning is four, and she sees no reason to deny children breast milk before then. Meanwhile, a babysitter claims she found the breast a convenient comforter for her charges, despite never having had children herself. In the US, Garraway discovers

even more dramatic cases: a gay-male couple who have breast milk sent by courier for their three babies, and a middle-aged man who believes he was cured of prostate cancer by drinking the white nectar, bought daily on prescription. In the Deep South, a dozen women have banded together as a mutual feed-support group; they dub themselves the Lactivists.

All of which is eye-opening and provocative, but be warned: you will have to bear with Garraway's teeth-gratingly charmless manner, and she keeps banging on about her fear of having the bond with her children broken if they were nursed by another woman – as if she had ever really consider allowing it. Sometimes they can really overdo the presenter's 'personal journey'. ★★★★★



when awards shows start rolling out the red carpet, and tonight film and music stars are up for gongs. On ITV1, James Nesbitt (left) hosts at London's Royal Festival Hall, where the public decide the winners. Later, on BBC2, Lauren Laverne hosts the unpredictable music ceremony.



Comedy Classics: On The Buses

ITV1, 10.35pm

A look back at one of the big TV sitcoms of the Seventies. In fact, when *On The Buses'* seaside romp-humour made it to the big screen, the antics of its lead characters, Stan and Jack (Reg Varney and Bob Grant, above centre and right), managed to out-gross James Bond's *Diamonds Are Forever*. Talking heads, including Ian Wright, muse on the show's success, with the conclusion being that its working-class defiance and lewd storylines captured the spirit of those post-Sixties, pre-PC days. However, one cast member does admit that the mix of young mini-skirted girls snogging ageing lotharios was 'a bit iffy', and there's a tragic postscript to the series' success. ★★★★★

The National Movie Awards/Mercury Prize

ITV1, 8pm/BBC2, 10pm

You know the year's coming to an end





The Sex Education Show Channel 4, 8pm

Here's a programme that does what it says on the tin. The trick with sex-education telly is to have a presenter who is neither too jolly-hockey-sticks prudish nor overdoes the nudge-nudge-wink-wink smuttiness of it all, and Anna Richardson's (above) relaxed candour and genuine cheeriness fit the bill pretty perfectly. The emphasis in this six-parter is on teen sex issues, and with teenage pregnancy and STD rates running alarmingly high, there's a crying need for some sensible education, so this show's a very welcome addition to the public-service side of C4. ★★★★★

