

Breastfeeding Wellness Tips

FOR HEALTH CARE PROFESSIONALS

W

WELLNESS

Breastfeeding is best for babies in most cases, as it has many benefits for both mother and baby. Breastmilk is the first traditional food.

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EMPOWERMENT

Success in being able to breastfeed can be empowering and have great positive, rewarding outcomes for a woman including increasing self-esteem and feelings of accomplishment as she nurtures and bonds with her baby in this way.

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LIVING IS NOT ALWAYS EASY

Breastfeeding mothers need support from family, friends, health care professionals, community members, and employers. Communities who believe in and support breastfeeding are a huge support.

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LISTENING TO THE MOTHER'S NEEDS AND CONCERNS

Learn from the mother what she needs (she knows her situation best, she knows her baby best). First-time mothers can learn from Elders and other mothers in the community who have breastfed.

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NO MOTHER AND BABY LEFT BEHIND

If a woman is unable to breastfeed and is required to formula feed, we as health care providers can facilitate, educate and support her informed decision.

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EXCELLENCE

"Breast is best" for keeping both mother and baby strong. As health care professionals, we know there are many health benefits for both mother and baby.

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SERVICE DELIVERY

Community Health Nurses (and communities) that are knowledgeable and comfortable with breastfeeding, and will support it, are needed. You can encourage families to support breastfeeding mothers in a number of ways, including families learning breastfeeding techniques, helping with household chores, caring for other children, shopping, and letting mother sleep.

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SUSTAINABILITY

Continue to remind mothers, families and community members that breastmilk is the first traditional food, and that it "flows through their ancestors and to their future generations."

RESOURCES

- HealthLink BC's 8-1-1, toll-free telephone line to talk to nurses, pharmacists, dietitians & health navigators
- Breastfeeding Information for Indigenous Families Website & Resources: www.breastfeedinginfoforparents.ca/indigenoustext/whybreastfeed.html



First Nations Health Authority
Health through wellness