Breastfeeding Wellness Tips

FOR HEALTH CARE PROFESSIONALS

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.

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.

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.

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.

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.

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.

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.

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