

Breastfeeding Wellness Tips

FOR MOTHERS AND COMMUNITY HELPERS

W

WELLNESS

One excellent way to ensure wellness for your baby is breastfeeding. Breastmilk is the first traditional food.

E

EMPOWERMENT

Breastfeeding can be empowering to a woman.

L

LIVING IS NOT ALWAYS EASY

Breastfeeding mothers need support from others. It takes a community to raise a child, and communities who believe in breastfeeding are a huge support to mothers.

L

LISTENING TO THE MOTHER'S NEEDS AND CONCERNS

This empowers and encourages the mother to make healthy decisions.

N

NO MOTHER AND BABY LEFT BEHIND

If a woman is unable to breastfeed and needs to formula feed, everyone has a role to play to support her informed decision.

E

EXCELLENCE

"Breast is best" for keeping both mother and baby strong by providing many health benefits for both.

S

SUPPORT

Mothers need both encouragement and practical support when breastfeeding (learning breastfeeding techniques, helping with household chores, caring for other children, shopping, letting mother sleep).

S

SUSTAINABILITY

Breastmilk flows" through our ancestors and to our 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