Breastfeeding Wellness Teachings
FOR MOTHERS, FAMILIES AND COMMUNITIES

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

EMPOWERMENT
Breastfeeding can be empowering.

LEARNING TO PARENT IS A TEAM EFFORT
It takes a community to raise a child, and communities who believe in breastfeeding are a huge support to parents.

LISTENING TO THE MOTHER’S NEEDS AND QUESTIONS
This helps to provide the mother with the support to make healthy decisions.

NO MOTHER AND BABY LEFT BEHIND
Everyone has a role to play to support a mother in her informed infant feeding decisions and some women will choose not to breastfeed.

EXCELLENCE
Breastfeeding keeps both mother and baby strong by providing many health benefits to them.

SUPPORT
Mothers need both encouragement and practical support when breastfeeding. Support could include help with household chores, caring for other children, shopping, and looking after the baby while the mother sleeps or rests.

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
Breast Feeding:
Reclaiming our Tradition

Breastmilk flows
“through our ancestors and
to our future generations.”

Breastmilk is the first
traditional food.
Wellness is Breastfeeding

Breastmilk is the first traditional food.

Breastfeeding has many health benefits for both mother and baby - it will keep both of them strong and healthy.
It takes a community to raise a child

Learning to parent is a team effort. Mothers need encouragement and guidance. Aunties, grandmothers, and sisters can help out. 

*Asking is a strength.*
Fathers can help make baby strong by supporting breastfeeding

Fathers can help by cuddling with baby, helping the mother to rest and eat well, and letting her know she is doing a good job.