

# Breastfeeding Wellness Teachings

FOR MOTHERS, FAMILIES AND COMMUNITIES

# W

## WELLNESS

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



# E

## EMPOWERMENT

Breastfeeding can be empowering.



# L

## 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.



# L

## LISTENING TO THE MOTHER'S NEEDS AND QUESTIONS

This helps to provide the mother with the support to make healthy decisions.



# N

## 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.



# E

## EXCELLENCE

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



# S

## 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.



# 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](http://www.breastfeedinginfoforparents.ca/indigenoustext/whybreastfeed.html)



First Nations Health Authority  
Health through wellness





# Breast Feeding: Reclaiming our Tradition

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

Breastmilk is the first  
traditional food.



First Nations Health Authority  
Health through wellness





# 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.



First Nations Health Authority  
Health through wellness





## 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.*



First Nations Health Authority  
Health through wellness





## 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.



First Nations Health Authority  
Health through wellness