ᓄᕐᓇᐊᓐᐊᓱᓐᐃᑦ ᕿ ᐅᒋ ᒥᓄ ᐱᒪᑎᓯᒋᑉ ᓂᑦᑕ ᓂᒃᑯ ᐃᑌᕿ ᑭᐟ ᐃᑕᑦᒃᓂᓯᓐᐃᓇᑯ

ᒪᓯᓇᐃᒃᑯ ᐃᓂᓂᓐᐃ ᐧᐃᒋᕐᓂᑐᓐᐃᓇ ᓂᑦᑕ ᐃᑕᓐᐃᓇ ᐅᒋ ᐅᑉᑎᕆᐅ

best start
meilleur départ

by/par health nexus santé

ᑭᖅᑭ·ᓇᒋᐃ·ᐁ·ᐃᓇ

ᒪ·ᐊᒋ ᑭᒋᑕ·ᐃᑦ ᐊᑐᖅᑭ·ᐃᑲᒥᑯᑦ ·ᐃ ᓇᓇᖅᑯᒥ·ᐊᑦ ᐊᑦᒋᓚ ᒪᒡᐳᕐ᐀ ᑊᓇᑦᑯᑦ ᑲ ᑭᒋ ᐃᒡᐸᓂᑦ ᑭᖅᑭᓄᐊᒪᓱ·ᐃᓂᑦ᙮ ᐱᓇᓴᓇ ᖅ·ᑲ᐀ ᑲ ᑭᒋ ᐃᒡᐸᓂᑦ ᑭᖅᑭᓄᐊᒪᓱ·ᐃᓂᑦ ᐅᑭᖅᑭᓄᐊᒪᓱᒃ ᓄᖅᑕ ᖑᓇ ᐯᑦᒋᔪ ᐁᑭ ᓇᓇᑕ·ᐃ ᑭᖅᑭᓂᑕᑭᑦ ᓄᖅᑕ ᐁᑭ ᒪᓱᓇᐊᑭᑦ ᐅᒥᓂᒃ ᒪᓱᓇᐃᑲᓂᓂᒃ ᓄᖅᑕ ᑭᒋ·ᐁ ᐁᑭ ᑦᑐᑕ·ᐊᒋᑦ ᐊᓂᐃ ᑲ ᔅ·ᐁᓂᒋᑭᓂᒋ ᐅᑭᖅᑭᓂᑕᒧ·ᐃᓂ·ᐊ·ᐊ ᓄᖅᑕ ᐅᑲᑭᑕ·ᐁᓂᑕᒧ·ᐃᓂᓂᒃ᙮ ᑭᒋ ᒥ·ᑭ᐀ ᓂᔭ·ᐁᑦᑯᓐᐊ ᑕᑦᓱ᙮

ᑭᒋ·ᐁ ᑲ ᑭ ᑦᑐᑕᑭᑦ᙮

ᑐ·ᕿ ᐱᕐᑎ ᐅᒪᒡᑯᑯ ᑭᖑᔭᐊᒃ ᒪᖅ·ᑲ ᒪᓱᓇᐃᑲᓂᑦ ᐅᓂᖅᑕᒪᖅᑲᓄ·ᐃᑦ᙮
ᑎ·ᓚᓇᖅ ᓴᐃᓄᒡ ᐅᒋ·ᐯ ᐅᑲ·ᐃᒪᒃ ᑊᐳᕐ ·ᐃᓕᔭᑦ ᐅᓂᖅᑕᒪᑲᓄᓱ·ᐃᑦ᙮
·ᕿᑦᑕ ᐁᑊᐱᑦᑎ ᐃᑕ·ᐃᓂᑦ ᐅᑕᕐᑕᑭᒥᑯᓱᒃ᙮
ᒍᓕ ᑊ·ᕿᑦᓱᑎ ᒧᐊᑦ᙮
ᖅᑌᑊᐱᓂ ᒪᑦ·ᑕᑦᓄᒥ ᐅᑲ·ᐃᒪᒃ ᐃᓂᓂ·ᐃ ᐅᑭᒡᑲᐯᕐᑯᒃ ᒧᐊᑦ᙮
ᖅᑌᑊᐱᓂ ᓇᒻ ᐃᓂᓂ·ᐃ ·ᐃᒋᐃ·ᐁ·ᐃᓂᑦ ᑲ ᐊᔭᒥᖅᑕᒪᕐᑯ᙮ ᓴᑲᐃᑲᓂᖅᑎ·ᑲᑦ ᑲ ᑭᒋ ᐃᒡᐸᑦ ᑭᖅᑭᓄᐊᒪᑐ·ᐃᑲᒥᑦ᙮
ᑭᖅᑭᓄᐊᒪᓱᒃ ᒥᒋᒥᓂᒃ ᒥᓱ·ᐁ ᐁᕐ ·ᐃᒋᐃᑯᓇᓂ·ᐊᓂᓂᑦ᙮
ᓴ·ᕿ ᓴᐳᓇᑦ ᐃᑕ·ᐃᓂᑦ ᑭᖑᔭᐊᒃ ᐱᑦ ᒧᕐᐱᕐ᐀ ᐅᓂᖅᑕᒪᖅᑲᓄᓱ·ᐃᑦ᙮
ᕿᓇ ᓱᑊ ᐸᒪᕐ ᓂᑕ·ᐃᑭ᐀ ᐊ·ᐊᕐᕐ ᒥᒋᒥᓂᒃ ᐅᑕᑦᑭᒃ ᒪᒪ·ᐃ ᐃᓂᓂ·ᐃ ᐅᑐᒡᒥᒥᑐ·ᐃᑲᒥᑯᑦ ᑊᐳᕐ᐀ ᑊᐸ·ᕿᑦᓱᑦ᙮

ᑲ ᑲᒡᑭᐅᒋᑦ ᑲ ᑭ ᐊᔭᒥᑕᒋᑦ

ᒐᓂ᐀ ᐊᓕᑦᐊᑦ ᑭᒋ ᑦᑐᑯᓄᓂᑦ·ᕿ ᑲ ᑭᒋ ᐃᒡᐸᓂᑦ ᑭᖅᑭᓄᐊᒪᓱ·ᐃᓂᑦ ᒥᓱ·ᐁᖅᑲᒥᑦ ᑭᒋ·ᐁ ᑲ ᑭᖅᑭ·ᓇᒋᐃᑯᓱᒃ᙮ ᓄᔭᓇᐊ·ᐊᓱ·ᐃᓂᑦ ᑲ ·ᐃᒋᐃ·ᐁ᙮ ᖅᑕ ᓇᓇᑲᑦ ᑲᒡᑭᐅ·ᐃ·ᐃᓂᑦ᙮
᙮ᓇᕐᔭ ᐊᓱᓄᑦᑕ᙮ ᑲ ᓂᑲᓂ·ᐃᑕᓱ᙮ ᓂᖅᑕᑦ ᐅᒡᑭ ᐊ·ᐊᕐᕐ·ᐃ ᐊᑐᖅᑭ·ᐃᓂᓂᑦ᙮ ᐊᓂᕐᓇᐯ ᐊᖅᑭᒃ ᐃᑕᖅᑲᓄᓱ·ᐃᑦ᙮
ᓕᑦᑕ ᑯᕐᐱ ᑦᑐᑯᓄᓂᖅ·ᕿᑦ ᑲ ᑭᒋ ᐃᒡᐸᓂᑦ ᑭᖅᑭᓄᐊᒪᓱ·ᐃᓂᑦ ᖅᑕ ᒥᓱ·ᐁᖅᑲᒥᑦ ᑭᒋ·ᐁ ᑲ ᑭᖅᑭ·ᓇᒋᐃᑯᓱᒃ ᓄᔭᓇᐊ·ᐊᓱ·ᐃᓂᑦ ᑲ ·ᐃᒋᐃ·ᐁ᙮ ᒧᐊᑦ᙮
ᒪᕐᑦ ᓚᓴᑦ ᑦᑐᑯᓄᓂᖅ·ᕿᑦ ᑲ ᑭᒋ ᐃᒡᐸᓂᑦ ᑭᖅᑭᓄᐊᒪᓱ·ᐃᓂᑦᖅᑕ ᑲ ᓇᓇᑕ·ᐃ ᑭᖅᑭᓂᒋᕐᑯ᙮ ᖅᑕ ᓄᔭᓇᐊ·ᐊᓱ·ᐃᑦ ᐊᐱᖅᑕᒪᕐᑯ·ᐃᓂᑦ ᑲᓇᑕ ᐅᒋ ᖅᑕ ᑲ ᓂᑲᓇᐱ᙮ ᓄᔭᓇᐊ·ᐊᓱ·ᐃᑦ ᐅᑦᑌᓇᐅᓄ᙮
ᖅᑌᑊᐱᓂ ᒪᑦ·ᑕᑦᓄᒥᓄ᙮ ᒥᓱ·ᐁᖅᑲᒥᑦ ᑭᒋ·ᐁ ᑲ ᑭᖅᑭ·ᓇᒋᐃᑯᓱᒃ ᓄᔭᓇᐊ·ᐊᓱ·ᐃᓂᑦ ᑲ ·ᐃᒋᐃ·ᐁ᙮ᓄ ᐃᓂᓂ·ᐃ ᐅᑭᒡᑲᐯᕐᑯᒃ ᒧᐊᑦ᙮

ᒪ·ᐊᒋ ᑭᒋᑕ·ᐃᑦ ᐊᑐᖅᑭ·ᐃᑲᒥᑯᑦ ᐊᐸᑎᓱ·ᐃᓂᑦ ᑲ ᓂᑲᓂᒋᑦ᙮

ᐊᓕᓱᑦ ᐯᓂᑎᑦ᙮ ᐃᓂᓂ·ᐃ ᒥᓄ ᐱᒪᑎᓱ·ᐃᓂᓂᑦ ᑲ ·ᐃᒋᐃ·ᐁ᙮ᐁ ᑲᑲᒋ·ᐃᑕᓂ·ᐊᓂᓂᑦ᙮
ᐃᑦᑐᕐ᙮ ·ᑕᓱᑦ᙮ ᒥᓄ ᐱᒪᑎᓱ·ᐃᓂᓂᑦ ᑲ ·ᐃᒋᐃ·ᐁ᙮ ᐁ ᑲᑲᒋ·ᐃᑕᓂ·ᐊᓂᓂᑦ᙮
ᔪᓚᑦ᙮ ·ᓚᓱᑦ ᐃᓂᓂ·ᐃ ᒥᓄ ᐱᒪᑎᓱ·ᐃᓂᓂᑦ ᑲ ·ᐃᒋᐃ·ᐁ᙮ ᐁᑲᑲᒋ·ᐃᑕᓂ·ᐊᓂᓂᑦ᙮

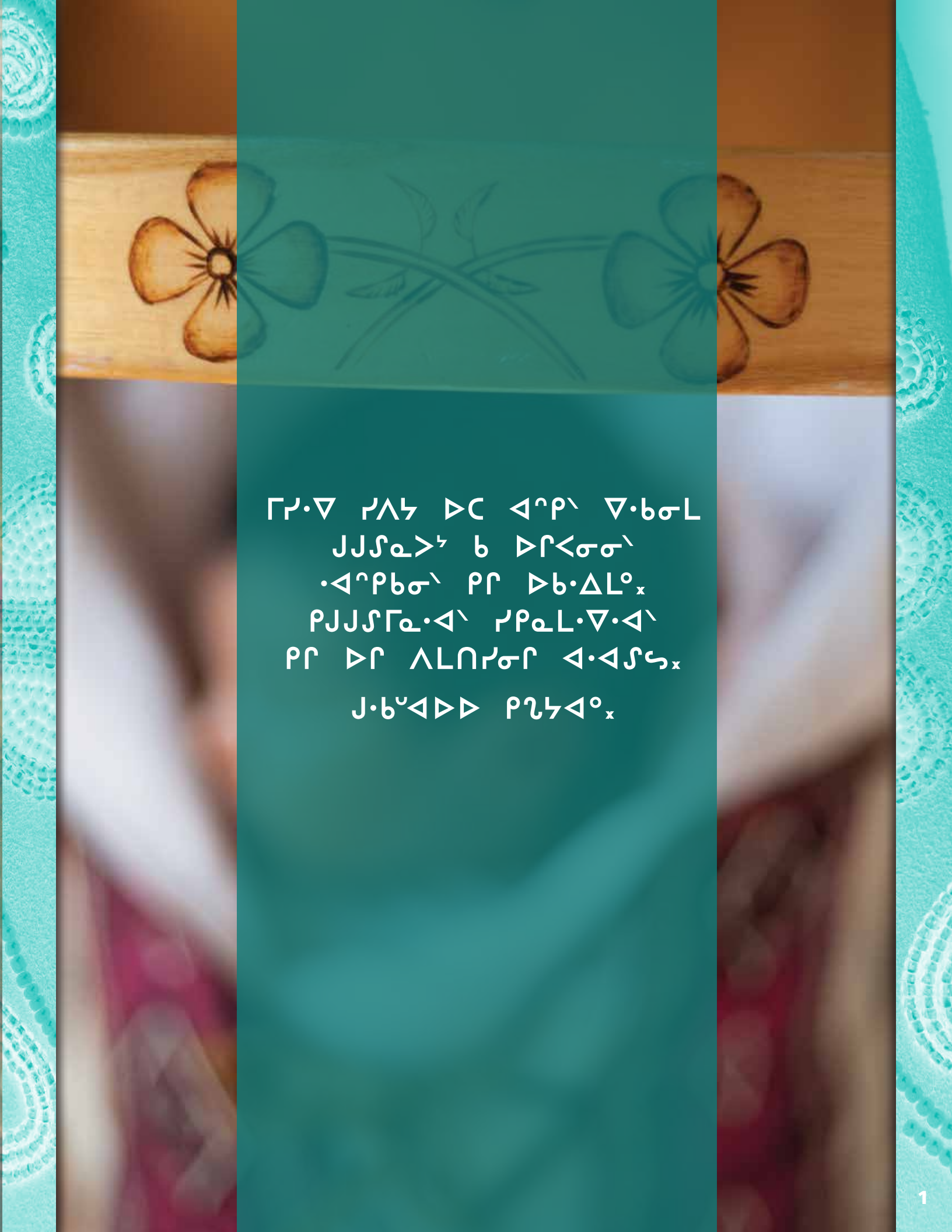
ᐁ ᐊᐸᒋᑕᓂ·ᐊᑦ ᐅᒪ ᐊᐸᒋᑕ·ᐃᑦ᙮

ᒪ·ᐊᒋ ᑭᒋᑕ·ᐃᑦ ᐊᑐᖅᑭ·ᐃᑲᒥᑯᑦ ᑭᒋ ᓇᓇᖅᑯᒥᑯᓇ·ᐊᑦ ᐅᒪ ᐁᕐ ᒧᖅᑌᔭᓂᑕᒥᑦ ᖅᑕ ᐁ ·ᐊ·ᐃᒋᐃᔭᑦ ᓂ᐀ ᐊᐸᑎᓱ·ᐃᓂᓇᑦ᙮
ᒪ·ᐊᒋ ᑭᒋᑕ·ᐃᑦ ᐊᑐᖅᑭ·ᐃᓂᑦ ᐸᑭᑎᖅ·ᐊᑦ ᑯᑕᑭᔭ ᑭᒋ ᒪᓱᓂᐸᓂ·ᑕᓂᒋ ᐅᒥᓂᑦ ᖅᑕ ·ᐊᔭ·ᔭᑎᔭᐊᒥᓂᒋ ᖅᑕ ᐊᐸᒋᑕᓂ ᒪᑲ ᐁᑲ ᐊᑕ·ᐁ·ᐃᓂᑦ ᑭᒋ ᐊᐸᑕᑦ ᑎᐱᓇᑦ ᒥᓱ·ᐁ ᐁ ᑭᖅᑭ·ᓇᒋᑕᓂ·ᐊᑦ ᑲ ᐅᒋᐸᓂᑦ ᑭᒋ ᐊᐸᑕᑦ᙮ ᑭᒪ ᓂ᐀ ᐊᐸᒋᑕ·ᐃᓂᓇᑦ ᑭ ᐃᓂᓇᑯᑕᓂ·ᐊ·ᓇ ᑭᒋ ·ᐃᒋᐃᑯᒋᑦ ᐃᑕ·ᐃᓂᑦ ᑲ ᑲᑲᒋ·ᐃᑕᓂ·ᐊᑭ ᕿ·ᑲᓇ ᑲ ᐃᑐᒋᑲᑎᑭ ᒥᓄ ᐱᒪᑎᓱ·ᐃᑦ ᐅᒋᓐᓂ ᑲ ᓇᓇᖅᑯᒧᓇᑦ ᑭᒋ ᑭᖅᑭᓂᑕᒪᑭᐸᑦ ᐁᓂ ·ᐃᒋᐃᑯᔭᑦ ᐅᒪ ᐊᐸᒋᑕ·ᐃᑦ ᖅᑕ ᑲ ᑭ ᐃᓂ ᐊᐸᒋᑕᔭᑦ ᑭ᐀ ᐊᐸᑎᓱ·ᐃᓂᑦ᙮
(beststart@heatlhnexus.ca)

ᑭᒋ·ᐁ ᐊᔭᒥ·ᐃᑦ᙮

ᒪ·ᐊᒋ ᑭᒋᑕ·ᐃᑦ ᐊᑐᖅᑭ·ᐃᑲᒥᑯᑦ (2013)᙮ ᓄᔭᓇᐊ·ᐊᓱ·ᐃᑦ ᕿ ᐅᒋ ᒥᓄ ᐱᒪᑎᓱᒋᑦ ᖅᑕ ᓂᑲᑦ ᐃᑌᕿ ᑭ᐀ ᐃᑕᖅᑲᓄᓱ·ᐃᓇᑦ᙮
ᕿ ᑭᖅᑭᓄᑕᐃᑯᒋᑦ ᐃᓂᓂ·ᐃ ·ᐃᒋᔭᓂᑐ·ᐃ ᖅᑕ ᐃᑕ·ᐃᓇ ᐅᑕ ᐅᑦᑌᓇ᙮
ᑐ·ᕿᑦᑐ ᐅᑦᑌᓇᐅ ᑲᓇᑕ᙮

ᐅᒪ ᒪᓱᓇᐃᑲᑦ ᑭᒋ ᐅᔪᑕᓂ·ᐊᑦ ᓱᓂᔭᓇ ᐁᑭ ᐸᑭᑎᓇ᐀ ᐅᑦᑌᓇᐅ ᑭᒋ ᐅᑭᒪᑦ᙮ ᐊᓂᒪ ·ᐃᑕᒪᕐᑯ·ᐃᑦ ᐅ ᑲᑕ·ᑲᑦᑲᑦᑎ ᐊᓂᒧᑲᒋᑎᓂ·ᐊ ᐅ᐀ ᐃᑎᓂᑕᒧ·ᐃᓂ·ᐊ·ᐊ ᐊᓂᑭ ᑲ ᑭ ᒪᓱᓇᐊᑭᑦ ᖅᑕ ᒧᓇ ᑭᒋ·ᐁ ᓇᑦ ᒥᑐᑕᑦ ᐅᑦᑌᓇᐅ ᑭᒋ ᐅᑭᒪᑦ᙮ ᐊᓂᐃ ᐸᐸᒋᑕ·ᐃᓇ ᖅᑕ ᐊᑐᖅᑭ·ᐃᓇ ᐅᑕ ᑲ ᐊᓂᒧᑲᑎᑭ ᒥᓱ·ᐁ ᐅᑕᑭᖅᑭᓄᑕᐃᑯ·ᐃᓂᑦ ᒧᓇ ᑕᑭᑲᒻ ᓇᖅᑯᒥᑐᑕ·ᒪᑦ ᐊᑦᑕ ᒪ·ᐊᒋ ᑭᒋᑕ·ᐃᑦ ᐊᑐᖅᑭ·ᐃᑲᒥᑯᑦ ᖅᑕ ᐱᑯ ᐅᑦᑌᓇᐅ ᑭᒋ ᐅᑭᒪᑦ᙮



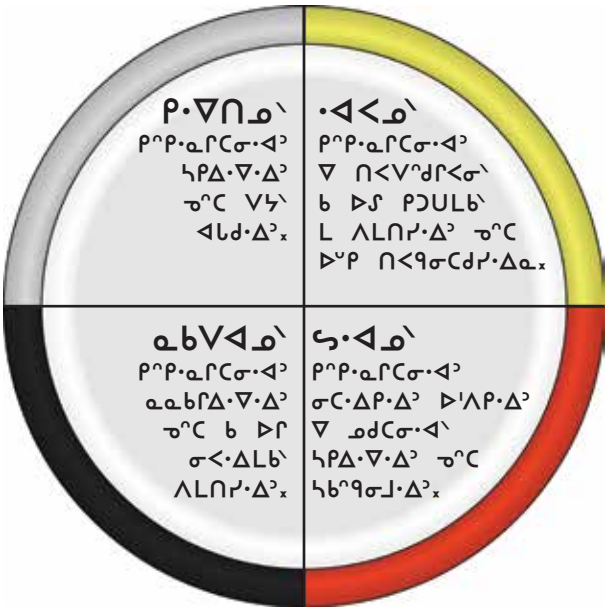
ᒥᓯᐧᐁ ᓯᐱᔭ ᐅᑕ ᐊᐟᑭᐧ ᐁᐧᑲᓂᒪ
ᒍᒍᕐᓇᐳᔾ ᑲ ᐅᒋᐸᓂᓂᐧ
ᐧᐊᐟᑭᑲᓂᐧ ᑭᒋ ᐅᑲᐧᐃᒪᐤ
ᑭᒍᒍᕐᒥᓇᐧᐊᐧ ᓯᑭᓇᒪᐧᐁᐧᐊᐧ
ᑭᒋ ᐅᒋ ᐱᒪᑎᓯᓂᒋ ᐊᐧᐊᕐᕋᓐ

ᒍᐧᑲᐩᐊᐅᐅ ᑭᖓᔭᐊᐤ

ᓯᐸᒪᕐᓯ ᑕᑯᕐᓯᒃ ᓯᐅᒥᓵᑎᑯᕐᓯᑉ ᐃᓂᓂᓪᐊ ᐅᑕ ᐊᓄᒻ ᑲᓇᑕ ᐊᓵᑭᒃᑲ ᐃᕐᓯ ᑭᓵᓂᒋᑲᑐᒃ ᐊᔭᒃ ᐊᔭᓪᐊᑯᐸᑉ ᒥᓯᓪᐅᓵᑲᒥᒃ ᑭᒋᓪᐅ ᓄᓵᑕ ᐃᑕᓪᐃᓂᒃ ᑎᐅᑉᑕᒧᓪᐊᑯᐸᑉ ᐅᓴ ᐃᑕᓵᑲᓄᓯᓪᐃᓂᓪᐊᒃ ᐅ ᐱᒧᐅᒪᑲᓂᓂᒃ ᒥᓄ ᐱᒪᑎᓯᓪᐃ ᐊᑲᒥᐃᓪᐅᓪᐃᓂᓂᑉ ᒥᑦᓴ ᐊᓂᐃ ᐅ ᑭᒋ ᐊᓂᒥᓇᓪᑲᓂᓂᑭᓐ ᑦᒪᐃᓕ 2001ᓐ 2 ᐸᓵᑭᓂᑲᑉᓐ

ᑕᓂ ᕿ ᐃᑕᐸᒋᑕᓂᓪᐊᒃ ᐅᒪ ᒪᓯᓇᐃᑲᑉ

ᐅᒪ ᒪᓯᓇᐃᑲᑉ ᑭ ᐅᓯᑕᓂᓪᐊᑉ ᑭᒋ ᓪᐃᒋᐃᑯᒋᒃ ᐃᓂᓂᓪᐃ ᐃᑦᕿᓪᐊᒃ ᓄᓯᓇᐊᓪᐊᓱᓪᐃ ᑲᒡᑭᐅᓪᐃᓂᓂᑉᓐ ᐊᓂᒪ ᓪᐃᑕᒪᕿᓪᐃᑉ ᑲ ᑭ ᐅᓯᑕᓂᓪᐊᒃ ᐅᑕ ᒪᓯᓇᐃᑲᓂᒃ ᐸᑭᑎᓇᒪᑯᓪᐊᒃ ᕿ ᐅᒋ ᓇᑕᒪᑯᒋᒃ ᐅᑲᓪᐃᒪᓪᐊᒃ ᒋᒋᔅᒃ ᓄᑦᑕ ᓪᐃᒋᔅᓂᑑᓪᐃᓇᓐ ᐊᓂᒪ ᑉᑐᑯᐅᓪᐅᓪᐃ ᐱᒧᐅᓪᐃᑉ ᐊᐸᑕᑉ ᑭᒋ ᑭᑦᑭᓪᓇᒋᑕᓂᓪᐊᒃ ᐅᓯ ᑎᐸᐯᑦᑯᒋᐸᓂᒃ ᐱᒪᑎᓯᓪᐃᑉ ᕿ ᐅᒋ ᓯᑐᓂᑯᒋᒃ ᐃᑦᕿᓪᐊᒃ ᑲ ᓄᔅᓇᐊᓪᐊᓱᒋᒃᓐ ᐅᒪ ᒪᓯᓇᐃᑲᑉ ᑲᓇᓪᐊᐸᑕᒧᒪᑲᑉ ᐊᓂᐃ ᓄᓪᐊᒃ ᐃᑐᐅ ᐅᓯ ᐃᓪᑕᐃᕿᒪᑲᒃ ᐊᓂᒪ ᐱᒪᑎᓯᓪᐃᑉ ᓄᔅᓇᐊᓪᐊᓱᓪᐃᑉ ᐅᒋ ᐯᐯᔭᒃ ᐊᓂᐃ ᑎᐸᑉ ᑲ ᐃᓯ ᐃᓪᑕᐃᕿᒪᑲᒃ ᐯᑦᑭᐅᑕ ᑲ ᑭᑦᑭᓪᓇᒋᑕᓂᓪᐊᒃ ᐅᒪ ᒪᓯᓇᐃᑲᓂᒃᓐ



ᐅᒪ ᒪᓯᓇᐃᑲᑉ ᑲ ᓪᐃᒋᐃᑯᑉ ᑭᒋ ᑭᓪᐅ ᐅᑎᓇᒪᑉ ᑭᑉ ᐊᓂᑦᕿ ᐃᑐᑕᒧᓪᐃᑉ ᓄᔅᓇᐊᓪᐊᓱᓪᐃᑉᓐ ᐸᑭᑎᓇᒪᕿᒪᑲᑉᓐ

- ᓪᐃᑕᒪᕿᓪᐃᑉ ᐃᓂᓂᓪᐃ ᐊᓂᑦᕿ ᐃᑐᑕᒧᓪᐃᓇ ᓄᔅᓇᐊᓪᐊᓱᓪᐃᑉ ᐅᒋᓐ
- ᐅᓯ ᑭᑦᑭᓄᐊᒪᕿᒪᑲᑭ ᐊᓂᒪ ᑉᑐᑯᐅᓪᐅᓪᐃ ᐱᒧᐅᓪᐃᑉ ᐅᓯ ᑭᑦᑭᓄᐊᒪᑲᓂᓪᐊᒃ ᓄᔅᓇᐊᓪᐊᓱᓪᐃᑉᓐ
- ᓪᐃᑕᒪᕿᓪᐃᑉ ᓪᐅᒋ ᑭᑦᑎᓂᑕᓪᑲᒃ ᓄᔅᓇᐊᓪᐊᓱᓪᐃᑉᓐ
- ᑲ ᒥᓪᓇᓯᑭ ᓪᐃᑕᒪᕿᓪᐃᓇ ᕿ ᐅᒋ ᑭᒋᑕᔭᑉ ᓄᑦᑕ ᑕᓯᓄᑭᒋ ᓄᔅᓇᐊᓪᐊᓱᔭᑉᓐ
- ᓇᒡᕿᓪᐊᓯᓪᑕᓪᐃᓇ ᑕᓯᓄ ᑲ ᑲᓪᕿᒋᕿᒧᓇᓂᓪᐊᑭ ᓄᔅᓇᐊᓪᐊᓱᓪᐃᑉ ᐅᒋᓐ
- ᓪᐃᑕᒪᕿᓪᐃᑉ ᓄᑦᑕ ᐸᐸᒋᑕᓪᐃᓇ ᕿ ᒥᑦᑲᒪᑉ ᑭᒋ ᓪᐃᒋᐃᑯᔭᑉᓐ

ᐅᒪ ᒪᓯᓇᐃᑲᑉ ᓪᐅᒥᑦᑎᑯᓯᒧᓪᐃᓂᒃ ᓇᐯᓯᒡ ᓄᑦᑕ ᐊᑦᑲᐃᑦᕿᓪᕿᓯᒡ ᑕ ᐊᐸᑕᑉ ᐃᑦᐱ ᑲ ᐊᓂᒧᒥᑉ ᑭᒋᒋᓯᒡᓐ

ᑲ ᐊᓂᒧᒋᑲᒐᑭ

ᓄᖅᓇᐊᓐᐊᓱᓐᐃᑦᓵ ᐁ ᑭᓐᐁ ᐅᑎᓇᒪᓱᔾ ᑭᑊ ᐊᓂᑦᑐ ᒪᑎᓱᓐᐃᓂᓇᒃ 4
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ᐊᓂᑦᑋ ᐱᒪᑎᓱᓐᐃᑦ

ᓐᒥᒋ ᐁ ᓂᑕᓐᐃᑭᑊ ᐊᓐᐊᔪᒡ ᖃᑦᑕ ᑲᓄᒡᑲᑕᓐᐊᓱᓐᐃᑦ ᖃᑦᑕ ᐁ ᓂᑕᓐᐃᑭᑊ ᐁᓐᑲᓂᐃ ᑲ ᐱᒧᐅᒪᑲᑭ ᐱᒪᑎᓱᓐᐃᓂᑉᙵ ᑲ ᓄᒡᑲᑕᓐᐊᓱᓐᐃᑦ ᐁᑕᒧᒪᑲᑦ ᓴᑭᐃᓐᐁᓐᐃᑦ ᑭᑦᐅᓂᒥᓐᐁᓐᐃᑦ ᐊᑦᐯᓂᒧᓐᐃᑦ ᖃᑦᑕ ᒪᑯᖓᓐᐃᑦᙵ ᑲ ᑭᒡᑲᓐᐊᓱᒋᑉ ᐃᑦᓐᑋᓐᐊᑉ ᑲ ᓄᕋᓇᐊᓐᐊᓱᒋᑉ ᐅᑲᓐᐃᒪᓐᐊᑉ ᐊᓐᐊᔪᕋᑉ ᖃᑦᑕ ᑲ ᑭᒋ ᐊᐱᔪᔪᒋᑉ ᑭᑦᐅᓂᒥᑯᓐᐊᑯᐸᑦ ᓴᑭᐃᑯᓐᐊᑯᐸᑦ ᖃᑦᑕ ᓂᑕᓐᐃᑯᓐᐊᑯᐸᑦ ᓐᐃᒋᕋᓂᓐᐊ ᖃᑦᑕ ᐅᑊ ᐃᑕᓐᐃᓂᓐᐊᑉᙵ

ᐁ ᓇᓇᑲᒋᐃᒋᑉ ᑲ ᐊᐱᔪᔪᒋᑉ ᐁᑯᑕᓂ ᓐᐁᒋ ᓂᐸᓐᐃᒪᑲᓄᑯᐸᖃ ᐊᓂᑦᑋ ᐊᓐᐊᔪᔪᓐᐃ ᐸᒥᐃᓐᐁᓐᐃᑦ ᐁ ᐯᓐᑕᑯᑐᓐᐊᑯᐸᖃ ᖃᑦᑕ ᑕᔪᖃ ᐁ ᓐᐊᐸᒥᑯᑊ ᐅᑲᓐᐃᔭ ᖃᑦᑕᑉ ᐁ ᓄᕋᓂᑊᙵ ᓄᕋᓇᐊᓐᐊᓱᓐᐃᑦ ᐁᓐᑕᒋᑲᑐᐸᑦ ᐁ ᓂᑕᓐᐃᑭᐃᑯᑊ ᐁ ᓇᓇᑲᒋᐃᑯᑊ ᐁ ᑭᑦᑭᓄᑕᐃᑯᑊ ᐁ ᓇᐁᓂᒧᑊ ᖃᑦᑕ ᑭᑦᑎᓇᒻ ᐁᑭ ᑭᒋ ᓴᑭᐃᑐᒋᑉ ᐊᓇ ᐊᓐᐊᔪᒡ ᖃᑦᑕ ᐅᑲᓐᐃᒪᒡ ᒥᓱᓐᐁ ᑲ ᓐᐃᒋᐃᓐᐁᒪᑲᑭ ᑭᒋ ᒥᓄ ᐱᒪᑎᓱᒋᑉ ᑕᐱᑯᒻ ᐊᓂᒪ ᒥᑎᓱᔭᐱᔾ ᑲ ᑭ ᐃᑐᑕᑯᑊ ᓐᐸᒪᔪ ᓂᑕᓐᐃᑭᑊᙵ

ᐁ ᒥᓄ ᐱᒪᑎᓱᔭᑦ ᑭ ᑲᑲᒋᓐᐃᑕᑦ ᒥᓄ ᐱᒪᑎᓱᓐᐃᑦ ᐱᒪᑎᓱᓐᐃ ᐱᑦᐱᒋᓐᐃᓂᑉᙵ ᐊᓂᑦᑋ ᐃᓂᓂᓐᐃ ᑦᑐᑯᐃᓐᐁᓐᐊᑉ ᑭᖓᔭᐊᓐᐊᑉ ᒪᔪᒡᑭᓐᐃ ᑦᑐᑯᓄᓇᑉ ᖃᑦᑕ ᒪᑯᖓᓐᐃᓇ ᐊᔪᒻ ᑎᐸᒋᒧᓐᐃᓇ ᓂᑲᒧᓐᐃᓇ ᓂᒥᓐᐃᓇ ᖃᑦᑕ ᐊᔭᒥᒋᑭᓐᐃᑦ ᑭ ᑭᑦᑭᓄᑕᐃᑯᓇᑦ ᑭ ᐱᒪᒋᐃᓐᐁᓐᐃᓇ ᖃᑦᑕ ᑲ ᑎᐸᐯᑦᑯᒋᐸᓂᑉ ᓂᑕᓐᐃᑭᓐᐃᑦ ᖃᑦᑕ ᑲᑭᑕᓐᐁᓂᑕᒧᓐᐃᑦᙵ

ᐁᓇᑕᑦᑭᓐᑭ ᐃᑦᓐᑋᓐᐊ ᑲ ᓐᐃᒋᐊᑊᒍ

ᐅᓂᒌᒪᑦᑲᓄᓯᐅ
ᐃᑕᐅᓂᒃ ᐅᑕᓇᒃ ᐃᑦᑐᐅᒃ
ᑭᒡᒐᓂᒪᑲᓄᐅᑯᐸᑦ ᐁ
ᐯᔅᓴᐸᒪᒋᒃ ᑲ ᑭ ᐅᔭᐃᐅᐁᓂᒋ
ᒋᑫᒪ ᐃᑦᑐᑯ ᐁ ᑭ ᐅᔭᑕᐟ
ᐱᒪᑎᓯᐅᓂᓂᑦ ᑦᑕᐅᐯᒐᑦ
ᐃᑦᑐᐅᒃ ᐁᑭ ᑭᒡᒐᓂᒥᒋᒃ
ᑲᑭᓇᑦ ᐁᑭ ᐅᔭᑕᒋᒃ ᓄᑦᑕ
ᐁ ᐱᒥᑕᒋᒃ ᐱᒪᑎᓯᐅᓂᓂᑦ
ᐁ ᓄᓴᓇᐊᐅᐊᓯᒋᒃ ᒪᑎᑲ
ᑭᓴᑦᐱᑦ ᐃᑦᑐᑦ ᐁᑲ ᐁᑭ
ᓄᓴᓇᐊᐅᐊᓯᐟ ᑯᑭᑕᔭᒃ
ᐃᑦᑐᐅᒃ ᑕ
ᓄᓴᓄᐁᐅᐊᑯᐸᑦ
ᐃᑕᐅᑦ ᐅᑕᔭᑕᒥᑭᑯᓯᑦ

ᐅᑕᓇᒃ ᑲ ᐅᒡᑭ ᓂᑕᐅᑭᒋᒃ ᓄᓴᓂᐊᑲᓂᐅᐸᓂᒃ ᑲ ᐃᒡᑲ ᓂᑕᐅᑭᒋᒃ ᓂᓴᓂᐊᑲᓂᐅᐸᓂᒃ ᑲᓇᑭ ᓂᓴ ᐱᐳᑦ ᓄᒌᑕ ᒥᑦᑕ ᓄᐅ ᐱᓂᒡ ᓂᔭᓇᑦ ᐱᐳᓇᓐ ᐃᑐᒋᑲᒐᐸᑦ ᑲᑭᓇᑦ ᐁ ᓄᓴᓂᐟ ᑲ ᐅᒡᑭ ᓂᑕᐅᑭᐟ ᓄᒌᑕ ᑲ ᐊᐱᔭᔭᐟ ᐊᐅᐊᔭᒡᓐ

ᒋᒋᓴᒃ ᓄᓴᓂᐸᓂᒃ ᒣᑲᒻ ᐃᑦᑐᐅᒃ ᐁ ᓄᒋᑕᒋᒃ ᐅᐱᒪᑎᓯᐅᓂᐅᑦ ᐁ ᑕᑯᓂᑯᒋᒃ ᐅᑦᐱᑐᓂᐅᑦ ᒣᑲᒻ ᐁ ᑕᑯᐱᓯᒋᒃ ᑎᑭᓇᑲᓂᒃ ᓄᒌᑕ ᐱᑯ ᐁ ᓂᐸᐅᒋᒃ

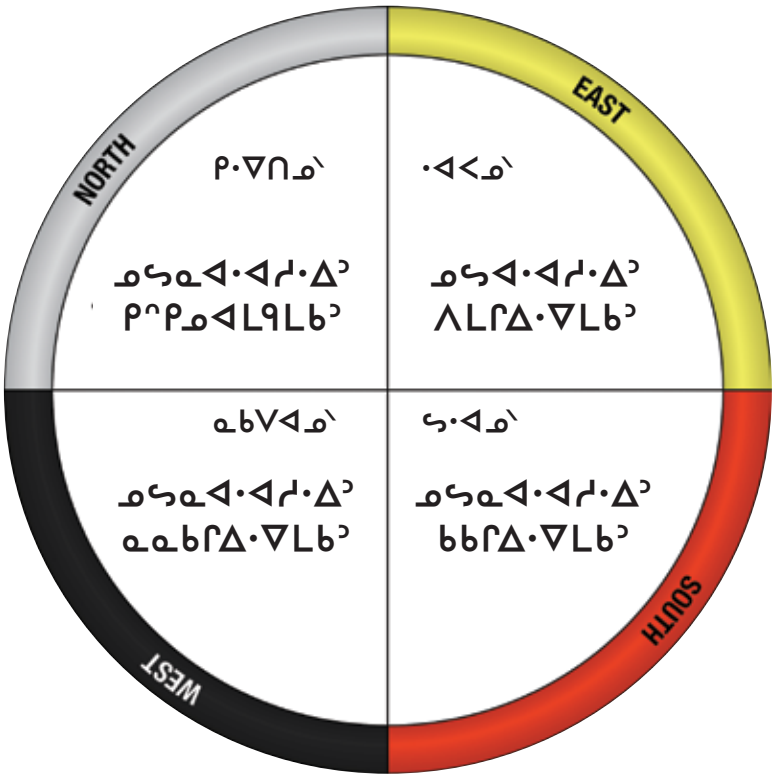
ᐃᓂᓂᐅᒃ ᐃᑕᐅᓂᒃ ᐃᔭᑕᐸᓂᒃ ᐅᑲᐅᐃᒪᐅ ᒪᐅᒻ ᑲ ᒥᓇᔭᓂᓂᒃ ᒥᒋᒥᓂᑦ ᒥᒋᒪᐳᔭ ᐁ ᐱᓄᐅᑲᓂᑭ ᓄᒌᑕ ᐊᑎᐅᑲᓇ ᓇᒣᓴᐳᓂᑦ ᓄᒌᑕ ᐱᑯ ᒧᒡᑲᒥᓂᑦ ᒋᒋᐅᑲᒋᑲᓂ ᒥᒋᒥᓂᑦ ᐃᓇᑐ ᐅᑦᔭᓴ ᓄᒌᑕ ᒥᑯᒥᓇ ᐅᑦᐸᐅᑲ ᐁ ᐅᐃᒋᐃᐅᒃᒪᑲᒃ ᐁ ᐅᒋᑲᐅᐃᒃ ᒍᒍᔭᓇᐳᔭᒃ ᐊᐅᐊᓯᒐ ᐁ ᐊᓯᒍᓇᐳᔭᒃ ᐊᑎᐟ ᐅᓂᒌᒪᑦᑲᓄᓯᐅᐊᒃ ᑕᐅᐯᑕᐅᒪᒃ ᒥᓂᓴ ᐸᒐᑕᓴ ᓄᒌᑕ ᐊᓇᑯᓇᑦ ᐁ ᐸᓯᑭᒪᑲᑭ ᒍᒍᔭᓇᐳᔭᒃ

ᑲ ᐊᑎ ᐸᑭᑎᑦ ᓄᕋᓇᐊᓐᐊᓱᓐᐃᑦ

ᓄᕋᓇᐊᓐᐊᓱᓐᐃᑦ ᑭ ᐊᑎ ᐸᑭᑎᑦ ᒥᓱᓐᐅᑦᑲᒥᑦ 1920 ᐱᐳᓇ ᐃᑦᐱ ᒥᑐᓱ ᒍᒍᓯᓇᐳ ᓄᑦᑕ ᐊᓐᐊᓯᓯ ᒥᒋᑦ ᒥᓱᓐᐅ ᑲ ᐊᑎ ᐊᐸᑕᑦ 1950 ᐱᐳᓇ ᐅᒋ ᒪᒋ ᓄᕋᓇᐊᓐᐊᓱᓐᐃᑦ ᑭ ᐊᑎ ᓇᓯᐸᓂᑦ ᐃᓂᓂᓐᐃ ᐃᑕᓐᐃᓂᑦ ᐊᓄᑉ ᐃᓂᓂᓐᐃ ᐃᑦᑫᓐᐊᑦ ᒪᓐᐊᑉ ᒐᐸᓯᒡ ᐃᑕᓐᐊᑦ ᐃᓂᑯᑦ ᑲ ᓄᕋᓇᐊᓐᐊᓱᒋᑦ ᒥᓱᓐᐅ ᐅᑕ ᑲᓇᑕ ᐊᑦᑭᑦ

ᐃᓂᓂᓐᐃ ᐃᑦᑫᓐᐊᑦ ᐊᓄᑉ ᑲ ᑭᓯᑲᑦ ᓂᓱᑐᑕᓐᒪᑦ ᓇᑦᐱᑉ ᐅ ᑭᑦᑐᓂᑕᓐᑲᓂᓂᑦ ᐅᒥᓄ ᐱᒪᑎᓱᓐᐃᓂᓂᑦ ᓄᑦᑕ ᑫ ᐊᑎ
ᐱᒪᑎᓱᓂᒋ ᓂᑲᑦ ᑭᒋ ᑭᓐᐅ ᐅᑎᓇᒥᓂᒋ ᐊᓂᑦᑫ ᐱᒪᑎᓱᓐᐃᑦ
ᓄᕋᓇᐊᓐᐊᓱᓐᐃᑦ ᐅᑕᓇᑦ ᑲ ᐃᑐᒋᑲᑐᑭᐸᑦ

ᓄᕋᓇᐊᓐᐊᓱᓐᐃᑦ ᑭᑦᑐᓂᑕᓐᑲᑦ



ᓄᕋᐊᓐᐊᓱᓐᐃᑦ ᐱᒪᒋᐃᓐᐅᒪᑲᑦ ᓐᐊᐸᓄᑦ

ᐅ ᐊᑎ ᓂᑕᓐᐃᑭ᐀ ᑭᒋᒋᓯᑦ ᑭ ᒍᒍᓯᓇᐳᒃ ᐊᑎ ᐊᒋᐸᓂᑦ ᐅ ᐸᑭᑎᓇᒪᑯ᐀ ᓐᒥᒋ ᐅᓯ ᑦᑕᓐᐅᓂᑕᑦ ᑭᒋᒋᓯᑦ ᑫ ᐅᒋ ᓂᑕᓐᐃᑭ᐀ ᓄᑦᑕ ᐅᑦᐱᑭ᐀ᙵ

ᓄᕋᓇᐊᓐᐊᓱᓐᐃᑦ ᑲᑲᒋᐃᓐᐁᒪᑲᑦᙵ ᕋᓐᐊᓄᑉᙵ

ᓄᕋᐊᓐᐊᓱᓐᐃᑦ ᑲᑲᒋᐃᓐᐁᒪᑲᑦᙵ

- ᒥᓄ ᐱᒪᑎᓯᓐᐃᑦ ᐁ ᓂᑕᓐᐃᑭ᐀ ᐁ ᐅᑊᐱᑭ᐀ᙵ
- ᒥᓄ ᓂᑕᓐᐃᑭᓂᑉ ᒋᒋᒡ ᐅᑕᒥᑲᑦ ᓇᑦᑕ ᓐᐃᐱᑕᙵ
- ᓴᑭᐃᓐᐁᓐᐃᑦ ᓇᑦᑕ ᓴᑫᓂᒥᓐᐁᓐᐃᑦᙵ
- ᑲ ᑎᐸᑫᓂᑕᑯᓯᒋᑉ ᐅᓂᑭᐃᑯᒪᓐᐊᑉᙵ
- ᒥᓄᓐᑲᒧᓐᐃᑦᙵ

ᓄᕋᓇᐊᓐᐊᓱᓐᐃᑦ ᓇᓇᑲᒋᐃᓐᐁᒪᑲᑦᙵ ᓇᐯᐊᓄᑉᙵ

ᑭᓇᙵ

ᒧᓇ ᓇᑦᐱᒻ ᐅᒪ ᑲ ᐃᑎᑦᙵ

- ᒥᑦᑕᐃ ᑭ ᐊᓂᑕᔭᑦ ᒥᑯ ᑲ ᐃᒡᓐᑲ ᐊᐸᒪᐊᓱᔭᑦᙵ
- ᐊᑯᓯᓐᐃᑦ ᐁᑲ ᑲ ᑭ ᑦᑐᑯᑕᓂᐊᑉ ᑭᒍᒍᕐᒥᑉ ᓇᑦᑕ ᑭᑦᐸᔭᑉᙵ
- ᓂᓐ ᑲ ᐃᑦᐱᒋᒪᑲᑉ ᓐᑲᐊᑦᐱᓇᓐᐃᑦᙵ

ᑭᒋᒋᕐᒡᙵ

ᑭᒋᒋᕐᒡ ᒧᓇ ᓱᑭ ᓇᑦᑕ ᑭᒋ ᐊᔭᙵ

- ᑭᒋ ᐱᑯᐸᓂᙵ ᒪᑉᒍᕐᑉ ᓇᓇᑲᑦᙵ ᑕᐱᑦᑯᒻ ᐅᑕᐊᑲᑉ ᐅᑊᐸᓂᑉ ᓇᑦᑕ ᐱᑯ ᑭᒋ ᐊᑯᓯᙵ ᐊᑕᑉᙵ
- ᑫᑕᑕᐃᑦ ᑭᒋ ᓂᐱᙵ
- ᓂᑭᑦ ᐊᑯᓯᐃᓇᙵ ᑕᐱᑦᑯᒻ ᓐᑲᐊᑦᐱᓇᓐᐃᑦ ᒥᑌᐃᔭᑦᐱᓇᓐᐃᑦ ᐊᑎᙵ ᐊᑯᓯᐃᓇ ᐁᑲ ᑲ ᑭ ᑦᑐᑯᑕᓂᐊᑭ ᓇᑦᑕ ᒥᑕᑭᕐᓂᐃ ᐊᑯᓯᐃᑦᙵ
- ᑲ ᐊᑲᐃᑯᙵ ᒋᑦᑕᐃᑲᓇ ᓇᑦᑕ ᐱᑯ ᐊᑯᓯᐃᑲᒥᑯᑉ ᐁ ᓄᒋᐃᙵ ᑭᕋᑦᐱᑦ ᑲ ᓄᕋᓇᐊᙵ ᑭᒋᒋᕐᑦ ᒣᑲᒻ ᓇᑦᑕ ᐱᑯ ᑲ ᐃᒡᓐᑲ ᓄᒋᐃᙵ

ᓂᑲᑦ ᐁ ᐊᑎ ᐱᒪᑎᓯᒋᑉᙵ

ᓄᕋᓇᐊᓐᐊᓱᓐᐃᑦ ᑭᓄᓐᐁᒡ ᐱᑕᐃᑯᓇᓂᐊᑦᙵ

- ᐁ ᓄᕋᓂᐊᙵ ᑭᒋᒋᕐᑦ ᑭ ᒪᒥᑐᓇᓂᒪᐊᑉ ᐊᓂᑭ ᕿ ᐊᑎ ᐱᒪᑎᓯᒋᑉ ᐁ ᑲᑲᒋᐃᑕᔭᑦ ᑲ ᒥᓐᓇᕐᑉ ᐱᒪᑎᓯᐃᑦ ᓇᑦᑕ ᐅᑊᐱᑭᐃᑦ ᓇᑦᑕ ᓂᑲᑦ ᓄᕋᓇᐊᐊᓐᐊᓱᓐᐃᑦᙵ
- ᐁ ᓄᕋᓂᐊᙵ ᑭᒋᒋᕐᑦ ᑭ ᑲᓇᐁᓂᒡᑦ ᐸᑉᑲᑕᑦᑲᒥᑉ ᒋᕿᒪ ᐁᑲ ᐁ ᐃᑕᑉᑲᙵ
- ᒧᓇ ᐃᑕᑉᑲᑉ ᑲᑦ ᒋᕿᒪ ᐁᑲ ᑦᑕᐁᓂᑕᑯᓯᒋᑉ ᒥᑦᑐᑉᔭᑉ ᑭᒋ ᐅᕐᑕᒋᑉ ᑭ ᒍᒍᕐᓇᐳᓂᑦᙵ
- ᒧᓇ ᐃᑦᑎᓂᑲᒐᑦ ᐱᑦᐱᓯᓐᐃᑦᙵ
- ᒧᓇ ᐃᑦᕿᓂᑲᒐᑦ ᕿᑉᑲᓇ ᓐᑦᑕ ᐁᐱᓂᑲᒐᑦᙵ

ᕿᑕᑉᐃᑦ ᑲ ᐃᑭᙵ

ᓄᕋᓇᐊᓐᐊᓱᓐᐃᑦ ᓇᓇᑲᒋᐃᑯᓂᐊᑦ ᐊᑉᐃᒡ ᐃᓇ ᕿᑕᑉᐃᑦ ᐁ ᐃᑭᑭᙵ ᑭᕋᑦᐱᑦ ᑲ ᒥᓂᑉᑲᑕᒪᑦ ᐁᑲ ᐁ ᒥᑉᓇᕐᑉ ᑲ ᓄᕋᐊᐊᓱᓇᓂᐊᑉ ᒪᑉᐊᒻ ᒥᑉᓇᕐᑦ ᕿ ᐅᒋ ᐱᒪᒋᐃᑉᐁᒪᑲᑉᙵ

ᓄᕋᓇᐊᓐᐊᓱᓐᐃᑦ ᑭᑦᑭᓄᐊᒪᕿᒪᑲᑦᙵ ᑭᑉᐁᑎᓄᑉᙵ

ᓄᕋᓇᐊᓐᐊᓱᓐᐃᑦ ᑭ ᑭᑦᑭᓄᐊᒪᑯᑦ ᑭᒋ ᑭᑦᕿᓂᒪᑉ ᑭᒋᒋᕐᑦ ᓇᑦᑕ ᑭᑉ ᐊᐸᑎᓯᓐᐃᑦ ᐁ ᐅᑲᑉᐃᒪᑉᐃᔭᑦᙵ

ᐁ ᓂᑕᐧᐃᑭᐟ ᑭᒋᒋᔅᑦ ᓄᑦᑕ ᐊᓂᐃ ᓂᑦᑕᑦ ᑭᔅᑲᐧᐊ

ᑲ ᓂᑕᐧᐃᑭᐟ ᑭᒋᒋᔅᑦ ᐊᑎ ᑭᒋᐸᓂᑉ ᐱᒪᑎᓯᐧᐃᐣᓵ ᐱᒪᑎᓯᐧᐃᓂᐦ ᐧᐃᒋᐃᑐᒪᑲᐣ ᑲ ᐅᓴᐧᐊᐯᐃᑲᑌᐦᓵ ᑲ ᐅᓴᐧᐊᐦ ᐁᐧᑲᓂ ᐅᐡᑭ ᑭᔅᑲᑉᓵ ᒥᐧᑲᐣ ᑭᐥᑭᐧᓇᒋᒋᑫᒪᑲᐣ ᐁ ᒥᓄᐸᓂᐦ ᐱᒪᑎᓯᐧᐃᐣ ᐁ ᑎᐸᐯᐥᑦᑭᐸᓂᐦᓵ ᐃᐥᐱ ᑲ ᐊᑲᒥᐃᑎᓱᔅᐣ ᐊᐧᐊᓯᑌ ᑭᒋ ᒪᐡᑲᐧᐃᓯᐣ ᑭᒋ ᐊᓂᐥᑫ ᒥᓇᐟ ᑭᒋᒋᔅᑦᓵ ᐅᐡᑭ ᐊᐧᐊᔅᐡ ᐯᑕᑉ ᐅᐡᑭ ᑎᐸᑫᓂᑕᑯᓯᐧᐃᓇ ᐅᑲᐧᐃᒪᑉ ᐅᒋ ᓄᑦᑕ ᐧᐃᒋᔅᓇᓵ

ᐃᐥᐱ ᑲ ᓂᑕᐧᐃᑭᐥᐸᐣ ᐣᑯᓯᐥ ᓄᑕᐧᐃᔅ ᐧᐁᒥᐥᑎᑯᔅᑲᐣ ᒧᓇ ᑲᐡᑭᑕᑉ ᑭᒋ ᐃᑕᐟ ᐁ ᓂᑕᐧᐃᑭᓂᒋᓵ ᐁᐧᑲᓂ ᑲ ᐃᔅᐟ ᑭᒋ ᐊᔅᒋᑫᐟ ᐣᑯᓯᐥ ᑭᒋ ᒪᐡᑲᐧᐃᓯᐟ ᐃᐥᐱ ᐊᑎ ᓇᐯᐧᐃᑌ ᓄᐥᑕ ᑭᒋ ᒪᐡᑲᐧᐃᓯᔅᐣ ᐁ ᐅᑲᐧᐃᒪᐧᐃᔅᐣᓵ ᓄᑕᐧᐃᔅ ᓄᒪᑫᐡ ᑭᐡᐧᑲ ᑭ ᐧᐃᑕᒪᑯᑕᔅ ᐁᑭ ᐃᑐᑌᑯᐸᓄ ᑲ ᐃᔅ ᐅᓇᐃᑫᐟ ᓄᐥᑕ ᐁᑭ ᑎᑲᓯᐟ ᓄᐥᑕ ᐁᑯᑕᓂ ᑲ ᐊᔅᒥᒋᑫᐟ ᓇᓇᐥᑯᒪᐟ ᐅᑲᐧᐃᒪᐧᐊ ᐊᐥᑭᔅ ᓄᐥᑕ ᐁ ᑲᐧᑫᒋᑫᒧᐟ ᒪᐡᑲᐧᐃᓯᐧᐃᓂᓂᑉ ᐅᐟ ᐅᐡᑭ ᐅᓯᓯᒪ ᐅᒋᓵ ᐣᑯᓯᐥ ᑭ ᐊᑎ ᒪᐡᑲᐧᐃᑉ ᐁ ᐊᑎ ᐅᐧᐱᑭᐟᓵ ᐧᐁᒥᐥᑎᔅᑲᐣ ᐅᑲᐧᐃᒪᑉᓵ

ᐁ ᑉᐃᒋᐊᑊ ᑭᒋᒋᔅᑦ ᑭᒋ ᑲᒡᑭᐅᑊ ᐁ ᐅᒡᑭ ᑭᒋᑕᑊᓯ

ᑉᐸᒪᔅ ᓂᑕᑉᐃᑭᑊ ᑭᒋᒋᔅᑦ ᑭᔭᑉᐃᑉ ᑭ ᐅᒋᐸᓂᑉ ᒥᓯᑉᐁ ᕿ ᐣᑕᑉᐁᓂᑕᑉᑲᑉ ᑭᒋ ᓂᑕᑉᐃᑭᑊ ᑭᓱᓯᑊ ᓄᑦᑕ ᓇᓇᑲᑕᑉᐁᓂᑕᑯᓯᑊᓯᓯᓯ ᑭ ᐃᑐᒐᐣ ᐅᒪ ᑲ ᑭᑦᒐᓂᑕᑉᑲᐣ ᐊᐸᑎᓯᑉᐃᐣ ᑲ ᐃᒡᑉᑲ ᓂᑕᑉᐃᑭᑊ ᓄᑦᑕᓯ ᓄᑉᐊᒻ ᐱᑯ ᑕ ᐸᑭᑎᓇᑲᓂᑉᐊᐣ ᑭᒋᒋᑦ ᐯᑲᒻ ᑲᑦᑭᑲᓂᑉ ᓄᑦᑕ ᐱᑯ ᑉᐃᐸᒻ ᐱᑯ ᑲ ᐃᒡᑉᑲ ᓂᑕᑉᐃᑭᑊᓯᓯ ᑭᔅᑦᐱᐣ ᐅᒪ ᑲ ᐃᐣᑕᑉᐊᑊ ᑭᒋᒋᔅᑦ ᑭᒋ ᐃᔅᔅᑉ ᑕ ᐊᑎ ᓇᑕᑉᐊᐸᒥᑉ ᑭᒍᒍᔅᒪ ᑉᐊᔭᒡ ᐯᔭᑉ ᑭᓂᑉᑲᓂᒡᑲᑉ ᑲ ᐃᒡᑉᑲ ᓂᑕᑉᐃᑭᑊᓯ ᑕ ᒐᑲᑦᑉᓂᑉ ᑕ ᓄᑉᑲᑕᐊᑦ ᐅᒋᒋᔭ ᓄᑦᑕ ᑕ ᐃᔅᑉᑦᑕᑉ ᑭᒍᒍᔅᒥᑉ ᐃᑘᑉᓇ ᐊᐱᔅᒡ ᑕ ᑉᐃ ᑉᐃᒋᐃᑯᓯᑉ ᓄᑦᑕ ᐱᑯ ᑉᐃᓇ ᑎᐱᓇᑉᐁ ᑕ ᓴᑲᒥᑉᓇ ᑭᒋᒋᔅᑦ ᓂᑕᑉᐃᑭᑉ ᐁ ᑭᑦᑉᓂᑕᑉ ᑭᒋ ᓄᔅᓂᑊᓯ

ᑲ ᑭ ᑉᐃᒋᐊᑉ ᑭᒋᒋᔅᑦ ᑭᒋ ᑲᒡᑭᑕᑊ ᑭᒋ ᓄᔅᓂᑊ ᐁ ᐊᐸᒋᑕᔭᐣ ᐊᓂᐃ ᑭᒋᑉᐁ ᑲᒡᑭᐅᑉᐃᑉᐃᓇ ᓄᑉᐊᒻ ᐱᑯᓇ

- ᐯᓇᒻ ᑭᔭᑉᐃᑊ ᐁᑕᑯᓇᑊᓇ
- ᐁ ᑭᑦᑭᓄᐊᒪᓯᔭᐣ ᑭᒋᒋᔅᒡ ᑭᒋ ᓴᑲᒪᑊ ᒍᒍᔅᓇ
- ᐁ ᓄᓯᓄᐊᑉᒪᑊ ᑭᒋᒋᔅᑦ ᑲ ᑉᐃᑕᒪᑦᑉᓇ
- ᐁ ᑭᑦᑭᓄᐊᒪᓯᔭᐣ ᑭᒋ ᐊᐸᒋᑕᔭᐣ ᑭᒋᒋᒃ ᑭᒋ ᓄᔅᓂᑊᓯ

ᐁ ᓴᒥᑦᑲᑐᔅᑊ ᑭᔭᑉᐃᑉᐊᑦ

ᑲ ᓴᒥᑦᑲᑐᔅᑊ ᑭᔭᑉᐃᑉᐊᑦ ᐁᑉᑲᓂ ᐁᑐᑕᒪᐣ ᐁ ᑕᑯᓇᑊ ᑲ ᒥᑉᓄᓂᑕᑭᑊ ᑲᑭᓇᑦ ᒋᒋᔅᑊ ᓄᑦᑕ ᐅᓂᑭᐃᑯᑉᐊᑊᓯ ᐊᓇ ᒋᒋᒡ ᐊᓯᔭᓇ ᐱᑯ ᑭᒡᑲᑉᐁᑦ ᓄᑦᑕ ᐊᐱᐊᑲᑉᓇᐣ ᑭᒋ ᐊᓇᑕᐱᑊ ᐅᑲᑉᐃᒪᑉᐊ ᑉᐊᑦᑭᑲᓂᓂᑊ ᒧᖏᒡᑲᑊᓯ ᑲ ᓇᑲᔅᑊ ᑉᐊᐳᔭᐣ ᑕᑭ ᐊᑉᑲᓇᐊᑲᑉᓇᐣ ᐊᓇ ᒋᒋᒡ ᐅᐱᑦᑉᑲᓇᑊᓯ ᐃᑦᐱ ᒋᒋᔅᑊ ᐅᒪ ᐁᑐᑕᒋᑊ ᐁ ᑕᑯᓂᒋᑊ ᐁ ᓴᒥᑦᑲᑐᒋᑊ ᑉᐃᔭᑉᐃᑉᐊᑦ ᑕᑭ ᐯᑕᑉᒪᑊ ᐅᑲᑉᐃᑉᐊᑦ ᐁ ᐸᐸᑲᐊᓂᓂᑊ ᐅᑌᐃᓂᑦ ᓄᑦᑕ ᐁ ᓄᓄᓂᐣᒋ ᓄᑦᑕ ᒥᓇᒐᑉᐊᑊ ᓄᑦᑕ ᒧᔅᑕᑉᐊᑊ ᑉᐊᔅᑲᓂᑦᓯ ᓇᐃ ᑭᑦᑭᓂᑕᑉᒪᑊ ᓄᑦᑕ ᓇᐁᓂᒧ ᐅᒐᓂ ᒋᒋᔅᑊᓯ

ᐁ ᓴᒥᑦᑲᑐᔅᑊ ᑭᔭᑉᐃᑉᐊᑦ

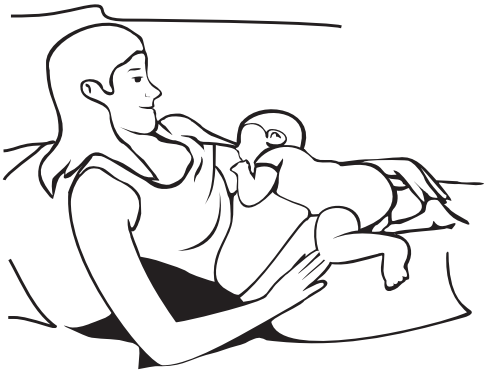
- ᑉᐃᒋᐃᑯᑦ ᒋᒋᑉ ᐁ ᐊᓇᑦᑯᐸᓂᓂᑊ ᐅᐱᒪᑎᓯᑉᐃᐣ ᐱᒋ ᑭᑦᐸᔭᑊ ᐁᑭ ᐱᒋᔅᑊᓯ ᑉᑲᔭᑦᑊ ᐱᒧᒡᒪᑲᓂᓂᑦ ᑭᒋᒋᔅᑉ ᐅᑌᐃ ᐅᓄᓄᑉᐃᐣ ᓄᑦᑕ ᓱᑲᓂᑦ ᐅᒥᑯᑊᓯ
- ᑉᐃᒋᐃᑯᑦ ᑭᒋᒋᔅᑦ ᑭᒋ ᑭᓱᑉᑲᑯᓯ ᐁ ᑭᓱᑉᐊᓂᑊ ᑭᔭᑉᐃᓂᑦᓯ
- ᑲᑲᒋᐃᑉᐁᒪᑲᑊ ᓴᑭᐃᑐᑉᐃᐣ ᓄᑦᑕ ᑭᒋ ᐊᑎ ᑭᑦᑭᓂᒪᑉᑭᒋᒋᔅᑦᓯ
- ᑉᐃᒋᐃᑯᑦ ᑭᒋᒋᔅᑉ ᑭᒋ ᑲᔭᒥᐣᑕᑊ ᓄᑦᑕ ᒧᓇ ᓱᑭ ᒪᑐᑦ
- ᑭ ᑉᐃᒋᐃᑯᐣ ᐊᑉᐊᓯᑉᐅ ᑭᒋ ᒪᑉᑲᑉᐁᐣᑕᒪᐣ ᓄᑦᑕ ᑭᒋᐊᑉᓄᓂᐱᔭᐣᓯ
- ᑭ ᑉᐃᒋᐃᑯᐣ ᐃᓂᑯᑊ ᐅᓱᐅᒪᑲᑊ ᑭ ᒍᒍᔅᓇᐳᑦ ᓄᑦᑕ ᑭᒋ ᐱᒥᒋᑉᐊᑊᓯ
- ᔅᑭᐃᑯᑦ ᑭᒋ ᓴᑲᒪᑊ ᒍᒍᔅᓯ ᐅᒪ ᐁ ᐃᔅᓇᑉᑲᑊ ᓇᓇ ᓇᐱᒻ ᑲ ᐊᑯᓯᐣ ᑭᒍᒍᔅᒪᑊ ᓄᑦᑕ ᑭᒋᒋᑦ ᒥᑦᑕᐃ ᑕ ᒥᓂᑉᑭᑦ ᒍᒍᔅᓇᐳᓂᑦᓯ

ᑉᒥᒋ ᑲ ᐃᒡᑉᑲ ᓂᑕᑉᐃᑭᑊ ᑕᑯᐣ ᐯᓇᒻ ᐁ ᓴᒥᑦᑲᑐᔅᑊ ᑭᔭᑉᐃᑉᐊᑊ ᑲᓇᑭ ᐯᔭᑊ ᑭᓂᑉᑲᓂᒡᑲᑦ ᐱᓯᒧᑲᐣᓯ ᐁᑕᑯᓇᑊ ᐁ ᓴᒥᑦᑲᑐᔅᑊ ᑭᔭᑉᐃᑉᐊᑦ ᑉᐃᒋᐃᑯᑦ ᑭᒋ ᓇᐁᓂᒧᑊ ᐊᑦᑭᓂᑦᓯ ᓄᑦᑕ ᑉᐃᒋᐃᑯᑦ ᑭᒋ ᑲᒡᑭᑕᑊ ᐁ ᐅᒡᑭ ᑭᒋᑕᑊ ᐁ ᓄᔅᓂᑊᓯ ᑉᐃᐸᒻ ᑲ ᓄᒡ ᓂᑕᑉᐃᑭᒋᑊ ᐊᑉᐊᔅᔅᑊ ᑉᐃᒋᐃᑯᑉᐊᑊ ᐅᒥᓂᑦ ᓄᑦᑕᓯ ᑲ ᒥᔅᑭᑦᑎᔅᒋᑊ ᒋᒋᔅᑊ ᓄᑦᑕ ᒥᑉᓄᓂᑕᑉᒪᑊ ᐁᑕᑯᓂᒋᑊ ᐁ ᒧᔅᑕᒋᑊ ᒥᔭᑉᐃᓂᑦ ᑲᑭᓇᑦᓯ ᑭ ᑉᐃᑎᑉᐊᑲᐣ ᓄᑦᑕ ᐱᑯ ᑯᑕᑭᒃ ᑲ ᓴᑭᐊᑊ ᑕᑭ ᐃᑐᑕᑦ ᐅᒪ ᐁᑕᑯᓇᑊ ᐁ ᓇᐁᓂᒧᐊᑊ ᓄᑦᑕ ᐁ ᐸᒥᐊᑊ ᑭᒋᒋᔅᒪᓇ

ᒋᒋᑦ ᐅ ᐧᐃᒋᐃᑉ ᑭᒋ ᓴᑲᒪᑉ ᒍᒍᓴᓐ ᐅ ᐊᓯᑭᒋᓯᓇᓂᐧᐊᑊ ᐅ ᓄᓴᓂᐃᑉᓐ

ᐃᑐᒋᑲᒐᑉᐤ ᐱᑯ ᖃᑦᑕ ᐧᐅᑕᑉ ᐅ ᐧᐃᒋᐃᑉ ᒋᒋᑦ ᑭᒋ ᒥᑦᑲᐧᐊᑉᑭ ᒍᒍᓴ ᐧᒥᒋ ᑲ ᐃᑦᐧᑲ ᓂᑕᐧᐃᑭᑉ ᖃᑦᑕ ᐱᑯ ᐃᑦᐱ ᑲ ᓇᓴᓇᐊᐧᐊᓱᔭᑉᓐ ᐧᐃᒋᐃᑯᓇᓂᐧᐊᑉ ᐃᑦᐱ ᑭᒋᒋᓯᑦ ᑲ ᐧᐃ ᑲᐧᑫ ᓄᓴᓂᑉ ᐃᑦᐱ ᑭᒋᒋᓯᑦ ᐅᑲ ᐧᑲᔭᑦᑊ ᓄᓴᓂᑉ ᖃᑦᑕ ᐱᑯ ᐃᑦᐱ ᑭᒍᒍᓯᒪᑊ ᐊᑯᓯᐧᐊᖃᓐ

- ᒥᐧᓇᐱᐃᑎᓱ ᐅ ᓯᑎᓂᑯᔭᑉᐤ ᐅ ᐊᑦᐸᑕᐱᔭᑉᓐ
- ᑕᑯᑉ ᑭᒋᒋᓯᑦ ᐃᑦᐱᒥ ᑲᑦᑭᑲᓂᑊ ᖃᑦᑕ ᐊᐃᑕᑦ ᑭᒍᒍᓯᒥᑊᓐ ᐧᐊᑕᔮ ᑲ ᐊᐧᑲᑎᓇᑦ ᑲᑦᑭᑲᓂᑊᓐ
- ᑭᒋᒋᓯᑦ ᑭ ᓂᑕᐧᐃᑭᑦ ᐅᒋᑕᑦ ᑭᒋ ᒥᑦᑲᐧᐊᑉ ᑭ ᒍᒍᓯ ᒥᑦᑎᐧᑲᓇᓐ ᐅᒋᑕᑦ ᐱᑯ ᑭ ᐃᓯ ᓂᑕᐧᐃᑭᑦ ᑭᒋᒥᑦᑲᐧᐊᑉᓐ ᑲ ᐧᐊᐸᒪᑦ ᐅ ᑲᓇᑕᐧᐊᐸᒪᑉ ᑭᒍᒍᓴᓐ ᑕ ᐧᐅᐧᐅᐱᑦᑎᐧᑲᖃᐸᓂᑦ ᖃᑦᑕ ᐱᑯ ᑕ ᒐᒐᑭᑦᐧᑫᐸᓂᑦ ᑕᐃᓯᓇᑯᓯᑦᓐ
- ᓯᑐᓇᑦ ᑭᒋᒋᓯᒡ ᐅᐧᐊᐧᐃᑲᑉ ᖃᑦᑕ ᐅᓇᓯᑎᔭ ᑭᑦᐱᑐᓂᑊ ᖃᑦᑕ ᑭᒋᒋᑊ ᒣᐧᑲᒻ ᐅ ᑉᑕᐧᐊᐸᒪᑉ ᑭᒍᒍᓴᓐ
- ᑭᒋᒋᓯᑦ ᑕ ᒥᑦᑲᐧᐅᑦ ᑭᒍᒍᓯᒪᓐ ᑕ ᓴᒥᖃᑦ ᐅᒋᒋᔭ ᓂᑦᑕᑦᓐ
- ᑲ ᐃᒡᐧᑲ ᑲᐧᑫᒋᑕᑉ ᑭᒋᒋᓯᑦ ᑕ ᐃᓯᑕᒥᑲᖃᑦᑕᑦ ᐊᑉᑕᑭ ᒍᒍᓯᒥᑊ ᑕ ᐃᓯᐧᑫᑦᑕᑦ ᐅ ᑕᐧᐊᑎᑉ ᖃᑦᑕ ᑕ ᓴᑲᒥᑦ ᑭᒍᒍᓴᓐ
- ᐃᑦᐱ ᑭᒋᒋᒡ ᑲ ᓴᑲᒪᑉ ᐅᑯ ᑫᓇᓇᐃᑦᑕᔭᑉ ᖃᑦᑕ ᑭᒋᒋᓯᑦ ᑭᒋ ᓇᓇᐊᐧᐃᓇᑉ ᑭᑦᑎᓇᒻ ᑲᑭᓇᑦ ᑭᒋ ᓇᐅᓂᒧᓴᑉᓐ



ᑲ ᐧᐃᑕᒪᑦᑊ ᐅ ᓄᓴᓂᑉᓐ

ᑭ ᒋᒋᓯᑦ ᑲ ᐧᐃᑕᒪᑊ ᐊᓴᔭ ᐅ ᐧᐃ ᓄᓴᓂᑉ ᖃᑦᑕ ᑕ ᑭᒋ ᐃᑌᑉᑕᑦ ᑭᒋ ᓄᓴᓂᑉᓐ ᑲ ᐧᐊᐸᑕᐃᑊ ᐊᑎᑉ ᐅ ᐧᐃᑕᒪᑦᑊ ᑫᐧᑲᓇ ᐅ ᐧᐃ ᓄᓴᓂᑉᓐ

ᑕᓯᖃ ᐱᑯ ᓄᓴᓇ ᑭᒋᒋᓯᑦᓐ ᑫᑲᑉ ᒥᓯᐧᐅ ᒋᒋᓴᑊ ᑲᓇᑫ ᓂᔭᓇᖃᐧᐊ ᓂᓯᑕᓇ ᖃᐧᐊ ᐱᓯᒧᑲᑉ ᐯᔭᐧᑲ ᐅ ᑭᓯᑲᓂᑊᓐ ᓇᑕᐧᐊᐸᑦ ᑭᒋᒋᓯᑦ ᑫᐧᑲᓇ ᑫ ᐧᐃᑕᒪᑦᑊᓐ ᑭᒋᒋᓯᑦ ᑕ ᐧᐃᑕᒪᑊ ᐊᓴᔭ ᐅ ᐧᐃ ᓄᓴᓂᑉ ᖃᑦᑕ ᐃᑦᐱ ᑲ ᑭᓯᑕᑉᓐ ᐅ ᐊᑎ ᓂᑕᐧᐃᑭᑉ ᑭᒋᒋᓯᑦ ᒧᓇ ᓱᑭ ᑕ ᐧᐃ ᓄᓴᓂᑉ ᑕᓯᖃ ᖃᑦᑕ ᐱᑯ ᑕ ᑲᑫᓂᐱᑉ ᐅ ᓄᓴᓂᑉᓐ ᑲ ᐧᐃ ᐧᐊᐸᑕᒪᑊ ᐅᑐᑕᑊ ᐅ ᐧᐃ ᓄᓴᓂᑉ ᐃᑐᑌ ᐅᑕᓐ
www.health.qld.gov.au/breastfeeding/documents/feeding_cues.pdf.

ᐊᑎᑊ ᒋᒋᕐᓗ ᒧᓇ ᑕᑭ ᑲᒡᑭᑕᐧᐊᓗ ᑭᒋ ᓄᕐᓂᒋᓗ ᓂᐧᐊᒻᓐ ᑲᑭ ᐃᑐᒐᑦ ᑭᒋ ᓄᕐᓂᐊᐧᐊᓱᕐᑦ ᐧᐃᐸᒻ ᐁ ᓇᓇᓯᓇᒋᓗ ᑭ ᒍᒍᓯᒪᓗ ᓂᑦᑕ ᑭᒋᒋᒃ ᐁ ᐊᐸᒋᑕᕐᑦ ᑭᒋ ᐱᒥᒋᐧᐊᓗ ᑭᒍᒍᓯᓇᐳᑦᓐ ᑲ ᐧᐃᒋᐃᐧᐁᑊ ᒍᒍᓯᓇᐳᓂᑦ ᐅᒋ ᓂᑦᑕ ᐱᑯ ᑦᑐᑯᓄᓂ ᐃᑦᐧᑭᑦ ᑲ ᑭ ᐧᐃᑕᒪᓗ ᑭᕐᓂᑦᐱᑦ ᑭᒋ ᐊᐸᒋᑕᕐᑦ ᐅᑕᐃᑲᑦᓐ ᓂᑦᑕᑦ ᑲ ᐱᒥᒋᐧᐊᓗ ᐁᐧᑲᓂᒪ ᓂᑦᑕᑦ ᑭ ᒍᒍᓯᓇᐳᑦ ᓂᑦᑕ ᓇᑦᐱᒻ ᑭᒋ ᑭᑦᑫᑐᓂᑕᐧᑲᓂᓂᑦ ᑭᒋᒋᓯᑦ ᐅᒋ ᐅᒥᓄ ᐱᒪᑎᓯᐧᐃᓂᓗᑦᓐ

ᐧᐃᐸᒻ ᐁ ᐧᐃᑕᓗᓐ ᓂ ᓱᐧᐊᑕᑦᓐ

- ᐊᔭᒋᑦ ᐊᔭᒋᐧᐃᑕᑦ ᐅᑦᐱᑐᓇᓐ
- ᑕᐧᐊᑎᑦ ᓂᐸᐧᐃᑦ ᓂᑦᑕ ᐱᑯ ᑲᐧᑫᒋᓯᐧᑫᑦᑕᑦᓐ
- ᐅᒋᒋᔭ ᐅᑐᓂᓗ ᐃᑎᓇᑦᓐ
- ᐧᑫᑦᐧᑫᑭᑦᐧᑫᓂᑦᓐ
- ᓇᑕᐧᐊᐸᒃᑦ ᒍᒍᕐᓂᓐ ᐊᐃᑐᓂᑦᑕᑦ ᐁ ᓇᑕᐧᐊᐸᒪᑊᓐ

ᐊᐱᑕᑦ ᐁ ᐧᐃᑕᓗᓐ ᑐᑭᒋ ᓱᐧᐊᑕᑦᓐ

- ᑕ ᕐᓱᐱᐧᐃᑦᓐ
- ᕿᓂᑯᓗ ᑕ ᐊᔭᒋᑦᓐ
- ᐅᒋᒋᔭ ᐅᑐᓂᓗ ᐃᑎᓇᑦᓐ
- ᑕ ᐅᑕᒋᕿᑦᓐ ᑕ ᓇᓄᑕᑯᓯᑦ ᓂᑦᑕ ᑕ ᓇᓇᐊᑕᒧᑦᓐ

ᐁ ᐧᐸᑦᑕᑦ ᐧᐃᑕᓗᓐ ᓇᐁᓂᒧᐃᑦᓐ ᒪᑲ ᓄᕐᓂᐃᑦᓐ

- ᑕ ᒪᑐᑦᓐ
- ᑕ ᐊᔭᒋᑦ ᕿᓂᑯᓗ ᒧᓇ ᑕ ᓇᐁᓂᒧᑦᓐ
- ᑕ ᒥᑯᐸᓂᑦᓐ

ᑭᕐᓂᐱᑦ ᑭᒋᒋᕐᑦ ᑲ ᐧᐸᑦᑕᐧᐃ ᐧᐃᑕᓗ ᐁ ᐧᐃ ᓄᕐᓂᓗ ᑦᑕᐧᐁᓂᑕᐧᑲᑦ ᑭᒋ ᓇᐁᓂᒧᐊᓗ ᑭᒋᒋᕐᑦ ᐧᐸᒪᕐ ᓄᕐᓂᐊᓗᓐ

ᐅᒪ ᒪᑲ ᑲ ᐃᑐᒐᑦᓐ

- ᑲ ᑕᑯᓇᑦᓐ
- ᐁ ᓴᒥᑦᑲᑐᓴᓗ ᑭᔭᐧᐃᐧᐊᑦᓐ
- ᐊᔭᒥ ᓂᑦᑕ ᓂᑲᒧᓐ
- ᐁ ᓇᓇᕐᓇᓗ ᓂᑦᑕ ᐱᑯ ᐁ ᒥᒥᔭᑦᑯᐸᓂᐊᓗᓐ

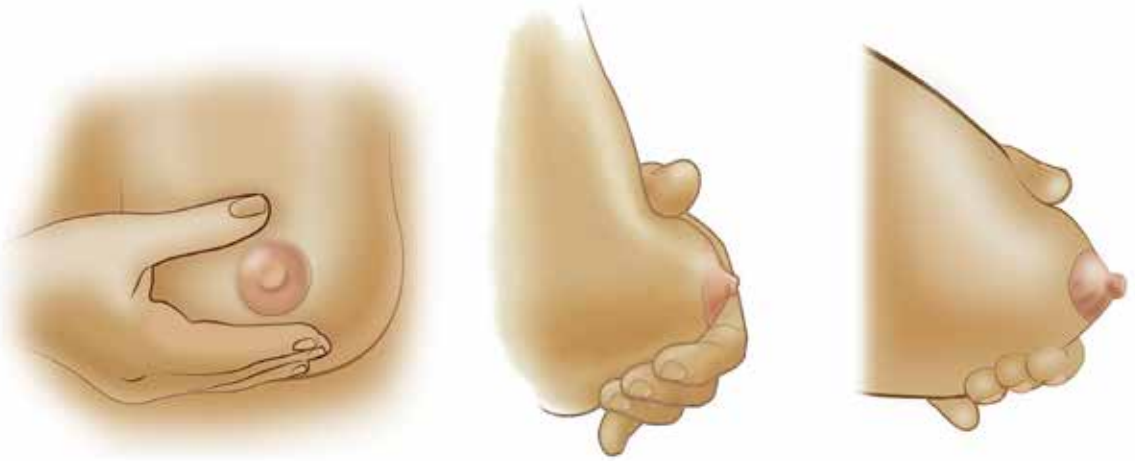
ᑲ ᑭᒋᑕᔭᑦ ᐁ ᓄᕐᓂᐊᓗ ᑭᒋᒋᕐᑦ ᐊᐱᕐᒡ ᐱᑯ ᓂᑦᑕ ᑕ ᑲᑫᓂᐱᑦ ᐁ ᓄᓄᒪᓗ ᐃᑦᐱ ᑭ ᒍᒍᓯᓇᐳᔭ ᑲ ᐱᒥᒋᐧᐊᓗ ᑫᑯᑫᓂᑯᓗ ᑫ ᐊᑎ ᓄᓄᒪᓗ ᓂᑦᑕ ᐯᑲᒻᓗ ᑭ ᑲ ᐧᐊᐸᒪᑦ ᐁ ᑲᑫᐱᒋᓗ ᒥᐧᑲᒻ ᐁ ᓄᓄᒪᓗ ᐃᑦᐱ ᑭᒋᒋᕐᑦ ᒥᑦᑕᐃ ᐁ ᑕᐧᐊᑎᓗᓐ ᑭᒋᒋᕐᑦ ᒥᓂᐧᑫᑦ ᒍᒍᓯᓇᐳᓂᑦ ᒥᐧᑲᒻ ᑲ ᑭᐱᒋᓗᓐ ᑭᑲ ᐯᑕᐧᐊᑦ ᓂᑦᑕ ᐱᑯ ᑲ ᐧᐊᐸᒪᑦ ᐁ ᑯᒋᐸᓂᒋᑫᓗᓐ

ᒥᒋᒋᔭ ᐁ ᐊᐸᑕᓗ ᐁ ᑲᐧᑫᒋᑕᓂᐧᐊᓗ ᓂᑦᑕᑦ ᒥᒍᒍᕐᓗᐳᔭᓐ

ᑲ ᑲᐧᑫᒋᑕᔭᑦ ᐊᓂᒪ ᓂᑦᑕᑦ ᒍᒍᓯᓇᐳᔭ ᑭᒋᒋᔭ ᐁ ᐊᐸᒋᑕᔭᑦ ᓂᑦᑕ ᒥᒍᒍᓯᓇᐳᔭ ᑲ ᐧᐃᒋᐃᑯᑦ ᑭᒋᓐ

- ᐅᒋᑲᐧᐃᑕᔭᑦ ᐊᐱᕐᒡ ᒍᒍᓯᓇᐳᔭ ᑭᒋ ᑭᕐᓗᐧᐁᓂᑕᓗ ᑭᒋ ᓴᑲᒪᓗ ᒍᒍᕐᓗᓐ
- ᓄᑦᑭᓂᓗ ᑭᒍᒍᕐᒪᓗ ᐳᓐᒥ ᐁᕐ ᐅᑦᑎᐧᑲᓂᐧᐃᒋᓗ ᐧᐸᒪᕐ ᓴᑲᒪᓗ ᑭᒋᒋᕐᑦ ᑭᕐᓂᐱᑦ ᑲ ᑭᒡᐳᓂᐧᑕᐧᐁᓐ
- ᓇᓇᐃᑐᑕᐧᐃᓗ ᑭᒍᒍᕐᒪᓗ ᑭᕐᓂᐱᑦ ᑲ ᑭᒡᐳᓂᒋᓗ ᓂᑦᑕ ᐁᑲ ᑲ ᓄᕐᓂᐧᑫ ᒋᒋᒡᓐ
- ᐊᑦᑕᒋᑯ ᑭ ᒍᒍᓯᓇᐳᔭ ᑭᒋᒋᕐᑦ ᐅᒋ ᑭᕐᓂᐱᑦ ᐃᑦᐱᑲ ᓇᑭᑲᑕᓗ ᓂᑦᑕ ᐱᑯ ᑲ ᐧᐃ ᐊᕐᓂᒪᓗ ᑫᐧᑲᓂᑦ ᐁᑲ ᐧᐃᓇ ᑲ ᐧᐃ ᓄᕐᓂᐊᓗᓐ

ᑲ ᑭ ᑭᑦᑭᓄᐊᒪᓱᑦ ᑭᒋ ᐅᕐᓂᑕᔭᑦ ᒍᒍᓯᓇᐳᔭ ᐧᐃᐸᒻ ᐱᑯ ᐁᓂᑕᐧᐃᑭᓗ ᑭᒋᒋᕐᑦ ᓂᑦᑕ ᐱᑯ ᐯᔭᒃ ᑕᐧᐊᑦᑎᑦ ᓂᑦᑕ ᐱᑯ ᓂᓐ ᑕᐧᐊᑦᑎᑦ ᐧᐸᒪᕐ ᓂᑕᐧᐃᑭᓗ ᑭ ᒋᒋᕐᑦ ᐊᓂᐃ ᓂᑦᑕᑦ ᓂᕐ ᓂᑦᑐ ᑭᕐᑲᐧᐊ ᑲ ᐃᒡᐧᑲ ᓂᑕᐧᐃᑭᓗ ᐊᐱᕐᒡ ᑲ ᐊᔭᑦ ᐊᓂᒪ ᓂᑦᑕᑦ ᒍᒍᓯᓇᐳᔭ ᒪᑦᑯᒻ ᐯᔭᒃ ᓂᓐ ᐁ ᒥᐧᑲᓂᒡᓐ ᑭᑦᑎᓂᑕᐧᑲᑦ ᑭᒋᒋᕐᑦ ᐅᒋ ᑭᒋ ᐊᔭᓗ ᐊᓂᒥᓂᑦ ᓂᑦᑕᑦ ᑭ ᒋᒋᕐᑦᓐ ᐊᓂᐃ ᓂᑦᑕᑦ ᓂᕐ ᓂᑦᑐ ᑭᕐᑲᐧᐊ ᑲ ᐃᒡᐧᑲ ᓂᑕᐧᐃᑭᓗ ᐊᐱᕐᒡ ᑲ ᐊᔭᑦ ᐊᓂᒪ ᓂᑦᑕᑦ ᒍᒍᓯᓇᐳᔭ ᒪᑦᑯᒻ ᐯᔭᒃ ᓂᓐ ᐁ ᒥᐧᑲᓂᒡᓐ ᑭᑦᑎᓂᑕᐧᑲᑦ ᑭᒋᒋᕐᑦ ᐅᒋ ᑭᒋ ᐊᔭᓗ ᐊᓂᒥᓂᑦ ᓂᑦᑕᑦ ᑭᒋᒋᕐᑦᓐ ᐊᓂᐃ ᓂᑦᑕᑦ ᓂᕐ ᓂᑦᑐ ᑭᕐᑲᐧᐊ ᑲ ᐃᒡᐧᑲ ᓂᑕᐧᐃᑭᓗ ᐊᐱᕐᒡ ᑲ ᐊᔭᑦ ᐊᓂᒪ ᓂᑦᑕᑦ ᒍᒍᓯᓇᐳᔭ ᒪᑦᑯᒻ ᐯᔭᒃ ᓂᓐ ᐁ ᒥᐧᑲᓂᒡᓐ ᑭᑦᑎᓂᑕᐧᑲᑦ ᑭᒋᒋᕐᑦ ᐅᒋ ᑭᒋ ᐊᔭᓗ ᐊᓂᒥᓂᑦ ᓂᑦᑕᑦ ᑭ



ᒪᑯᐣ ᓯᑎᐣ ᐸᑭᑎᐣ

ᕿᑐᑕᒪᐣ ᐅ ᐅᓯᑕᔭᐣ ᒍᒍᓯᓇᐳᔭ ᑭᒋᒋᓯᑦ ᐅᒋᓐ

- ᑉᑲᔭᑦᑦ ᑲᓯᒋᕿᓐ
- ᒥᑦᑲ ᕿ ᐃᓯ ᓇᐁᓂᒧᔭᐣ ᓄᑦᑕ ᕿ ᐃᓯ ᐸᔭᑕᕿᓂᑕᒪᐣᓐ
- ᐯᑲᒻ ᒪᒪᑯᓂᑦ ᑭᒍᒍᓯᒪᑦ ᐅᐱᒥ ᐅᒋ ᐱᓂᐡ ᐁᓯ ᐅᑦᑎᑦᑲᓂᒋᑦᓐ ᐯᑲᒻ ᑎᑎᑎᐱᐣ ᐁᓯ ᐅᑦᑎᑦᑲᓂᑦᐃᑊ ᐊᐃᑕᑦ ᑭᒋᒋᑦᓐ
- ᑕᑯᐣ ᑭᒍᒍᓯᑦ ᐯᔭᑦ ᑭᒋᒋᔭ ᐁᑲ ᑉᐃᓇ ᐯᓐᒻ ᐁᓯ ᐅᑦᑎᑦᑲᓂᑦᑊᓐ ᕿ ᒥᒋᒪᐣ ᓄᑦᑕ ᕿ ᓂᓂᑭᒋᒪᓇ ᐊᐃᑕᑦ ᓄᑦᑕ ᐯᔭᑦ ᐱᓂᒡ ᒥᑕᑕᑊ ᒥᒋᒪᐣ ᐅᑕᓇᑦ ᐊᐣᑕ ᐁᓯ ᐅᑦᑎᑦᑲᓂᑦᐃᑊᓐ ᐊᑲᑦᐊᒻ ᐅᐧᐱᐣ ᑭᒍᒍᓯᑦ ᓄᑦᑕ ᐯᑲᒻ ᒪᑯᐣ ᑭᒍᒍᓯᑦ ᑭᑲᑦᑭᑲᓂᑦ ᐃᑐᕿᓐ
- ᐯᑲᒻ ᒪᑯᐣ ᕿ ᒥᒋᒪᐣ ᓄᑦᑕ ᕿ ᓂᓂᑭᒋᒪᓇ ᑕᐱᑦᑯᒻ ᐁ ᑎᑎᐱᓇᒪᐣ ᑕᐱᑦᑯᒻ ᐁᓯ ᐅᑦᑎᑦᑲᓂᑦ ᐃᑐᕿᓐ
- ᐸᑭᒋᒋᕿᓂ ᑭᒋ ᓂᑭᑦᑲᑦ ᒥᓇ ᐯᔭᑦᑲᐣ ᐃᑐᑕᓐ ᑲᑦᐃᓇ ᒪᑯᐣ ᐅᑦᑎᑲᓂᑦᐃᑊ ᑕ ᑭᐱᒋᐸᓂᑦ ᐁ ᐅᒋᑲᑦᐃᑊ ᒍᒍᓯᓇᐳᔭᓐ
- ᐊᔭᑎᐣ ᑭᒍᒍᓯᑦ ᐁ ᐁᑎᑭᑎᑊ ᐁ ᐅᓯᐊᑊᓐ ᐃᑐᑕ ᐅᒪᐱᓂᒡ ᐳᓂᐸᓂᕿ ᐁ ᐅᒋᑲᑦᐃᑊ ᒍᒍᓯᓇᐳᔭᓐ ᑲᑦᐃ ᐊᐸᒋᑕᐣ ᑯᑕᑭ ᑭᒋᒋᔭ ᓄᑦᑕ ᑯᑕᑭᔭ ᒪᑲ ᑭᒍᒍᓯᑦ ᐯᔭᑦᑲᐣ ᑭᒋ ᐃᑐᑕᒪᐣᓐ
- ᑭᔅᑦᐱᐣ ᑭᒋᒋᓯᑦ ᐁᑲ ᐁᒡᑦᑲ ᑲ ᓴᑲᒪᑊ ᓄᑦᑕ ᓄᔅᓂᑊᐊᓱᑦᐃᑕ ᑭᒍᒍᓯᓇᐳᑦ ᐁᒥᑦᑲᓂᑊ ᓄᑦᑕ ᐱᑯ ᐊᓱᑦᐊᒋᑲᓂᑊ ᐁ ᒪᑭᑐᓄᑊ ᐃᓂᑯᑊ ᑲ ᐅᓯᑕᔭᐣᓐ
- ᑲ ᑭ ᐊᔅᒪᑦ ᑭ ᒍᒍᓯᓇᐳᓂᑦ ᑭᒋᒋᓯᑦ ᒥᓂᑦᑲᑲᐣ ᓄᑦᑕᐱᑯ ᐁᒥᑦᑲᐣ ᐊᐸᒋᐊᑊᓐ ᑲᑦᕿᒋᑦ ᑭ ᐸᒥᐃᑦᐁᑦᐃ ᐊᑐᑦᑲᑎᑦᑊ ᓄᑦᑕ ᐊᑯᓯᑦᐃᑲᒥᑯᑊ ᓄᑦᑕ ᐱᑯ ᐃᑕᑦᐃᓂ ᐣᑐᑯᓄᓂ ᐃᑦᑦᑭᑦ ᑭᒋ ᑦᐊᐸᑎᓇᒪᑦᑊ ᕿᑐᑕᒪᐣᓐ

ᑭᔅᑦᐱᐣ ᑭᒋᒋᓯᑦ ᑲ ᑦᐃ ᑦᐃᒋᐃᑯᓯᑊ ᑭᒋ ᑭᒋᑕᑊ ᐅᑎᓇ ᐊᐱᓂᒡ ᒍᒍᓯᓇᐳᔭ ᑭᒍᒍᓯᒥᑊ ᐅᒋᓐ ᐸᑭᑎᐣ ᑭᒋ ᓄᑦᑲᑕᐊᑊ ᓄᑦᑕ ᐱᑯ ᒥᐣ ᐁᒥᑦᑲᓂᑊ ᓄᑦᑕ ᐁ ᒥᓂᑦᑲᑲᓂᑊᓐ

ᑭᔅᑦᐱᐣ ᐁᑲ ᐁᑭ ᓄᔅᓂᑊ ᓄᑦᐊᒻ ᑭᑦᑌᓂᑕᑦᑲᐣ ᑭᒋ ᐅᓯᑕᔭᐣ ᓄᑦᑕ ᑲᓇᑦᐁᓂᑕᒪᐣ ᑭᒍᒍᓯᓇᐳᑦᓐ ᑲ ᑭ ᐅᓯᑕᐣ ᑭᒋᒋᔭ ᓄᑦᑕ ᐱᑯ ᐁ ᐅᑕᐊᒪᐣ ᑭᒍᒍᓯᓇᐳᑦ ᓄᑦᑕ ᑭᑦᑲ ᑦᑲᔭᑦᑦ ᒥᒍᒍᓯᓇᐳᔭᓐᑭᑦᑌᓂᑦᑲᐣ ᑭᒋ ᐅᑎᓇᒪᐣ ᒍᒍᓯᓇᐳᔭ ᒥᑊᑦᑕ ᐃᓂᑯᑊ ᒋᒋᑦ ᑲ ᑦᐃ ᓄᔅᓂᑊ ᑲᓇᕿ ᓂᔅᓇᓄᑦᐊ ᓂᓯᑕᓇ ᓄᐅ ᑭᓯᑲᑦ ᐯᔭᑦᑲ ᐁᑭᓯᑲᑊᓐ ᑭᔅᑦᐱᐣ ᑲ ᐣᑕᑦᐁᓂᑕᒪᐣ ᐊᑦᐊᓱᑌ ᑦᐃᑕᒪᕿᑦᐃᐣ ᐁᑐᒋᑲᑌᑊ ᐁ ᐅᓯᑕᓂᑦᐊᑊ ᒍᒍᓯᓇᐳᔭ ᐁ ᐊᑦᒋᑯᓇᓂᑦᐊᑊ ᓄᑦᑕᐁ ᓄᔅᓇᐊᑦᐊᓱᔭᐣ ᒥᒍᒍᓯᓇᐳᔭ ᐃᑐᑌ ᐅᑕᓐ www.beststart.org/resources/index.html.

ᐃᑦᑦᕿᑦᐊᑊ ᐁᑦᑲᓂ ᓂᑦᑕᑦ ᐅᑕ ᐊᑦᑭᑊᓐ ᓂ ᓴᑦᐁᓂᑕᑯᓯᓇᐣ ᐃᑦᑦᑲᑌᑦ ᐁ ᑲᓇᑦᐁᓂᑕᒪᑊ ᐱᒪᑎᓯᑦᐃᓂᑊᓐ ᑦᐊᑦᑭᑲᓂᑊ ᐃᑦᑦᕿᑦᐊᑊ ᐊᓂᑭ ᕿ ᐊᑎ ᐱᒪᑎᓯᒋᑊ ᐱᒪᐊᑲᑦᓇᑦᓇᑊ ᓄᑦᑕ ᐱᒪᒋᐊᑲᑦᓇᑦᓇᑊᓐ ᐃᑦᑦᕿᑦᐊᑊ ᐅᔭᑦᐃᑦᐊᑊ ᐱᒥᒋᑦᐊᓂᓂᑦ ᐁᓯ ᑦᐊᑯᑐᒋᑊ ᐊᓂᑭ ᑲ ᐱᒪᑎᓯᒋᑊ ᑲᑭᓇᑦ ᐃᓂᓂᑦᐃ ᐱᒪᑎᓯᑦᐃᓂᑊᓄᑦᑕ ᐅᑕ ᐊᑦᑭᑊᓐ ᐊᓂᒪ ᒪᑲ ᐊᑦᑭᔭ ᑭᑲᑦᐃᓇᑦ ᐁᑦᑲᓂ ᐁᑦᑌᒋᑊ ᑭᕐᔭᐊᑦᐃᒋᑊᓐ ᑲᓯᓯ ᑯᑊ ᒧᐊᑊ 2003ᓐ

ᐁ ᐸᒥᐊᑉ ᑭᒋᒋᔅᑦ

ᖃᐧᐊᓄᑦ ᐃᒐᑫ ᒥᑉᑕ ᐃᔅ ᑭᒋᑭᐧᓇᒋᑕᓂᐧᐊᑦ ᓂᑕᐧᐃᑭᐧᐃᑦ ᓄᒋᑕᐅᐧᐱᑭᐧᐃᑦᙵ ᒧᓇ ᐱᑯ ᓂᑕᐧᐃᑭᐤ ᑭᒋᒋᔅᒡ ᓄᒋᑕ ᐅᐧᐱᑭᐤ ᒣᐧᑲᐧᐁ ᓄᓴᓂᐊᑉ ᒪᑲ ᑭ ᐅᔅᑕᑦ ᓴᑭᐃᐧᐁᐧᐃᑦᙵ ᑭᒋᒐᓂᑕᐧᑲᑦ ᑕᔅᓄ ᑭᒋ ᓴᒥᒋᑲᐧᐊᑉ ᑭᓴᐧᐃᑦᙵ ᑭ ᐧᐃᒣᐧᐊᑲᑦ ᑕᑭ ᒥᐧᓄᓂᑕᑦ ᐧᐃᓴᐧᐃᑦᐁ ᓴᒥᒋᑲᐧᐊᑉ ᓄᒋᑕ ᐧᐃᓇᙵ ᐅᒪ ᑐᐧᐃ ᓴᒥᒋᑲᑐᐧᐃᑦ ᑭ ᐸᑭᑎᓂᑯᓇᐧᐊᐤ ᑲᑭᓇᐤ ᓄᒋᑕ ᑭ ᐧᐃᒣᐧᐊᑲᑦ ᑭᒋ ᓴᑫᓂᒥᑐᓴᑦ ᑭᒋᒋᔅᒥᐧᐊᐤᙵ ᐅᑕᓇᑦ ᓂᑕᐧᐃᑭᐧᐃᑦ ᓄᒋᑕ ᐅᐧᐱᑭᐧᐃᑦ ᑭ ᐧᐊᐸᒋᑲᒐᐤ ᑕᐱᒋᑯᑲ ᒥᐧᑲᑦ ᓄᒋᑕ ᐱᑯ ᑲ ᐃᒋᐱ ᑭᔅᒐᑦ ᐁᑭᔅᑲᑦᙵ

ᐁ ᐅᐧᑭᐊᑉ ᑭᒋᒋᔅᑦ ᐁ ᓄᓴᓂᐊᑉ ᑭᔅᒍᔅᒪᐳᔾ ᑭ ᐧᐊᐸᒪᐤ ᐁ ᓂᑕᐧᐃᑭᑉ ᓄᒋᑕ ᐁ ᐅᐧᐱᑭᑉᙵ ᓇᓇᑯᒧ ᐁᒋᐱᒋ ᒥᐧᓇᔅᑦ ᓄᒋᑕ ᒪᒪᒋᑲᒐᓂᑕ ᑭᔅᐤ ᐁ ᑲᐩᑭᑕᒪᑲᑦ ᑭᒋ ᐅᔅᑕᒪᑦ ᓄᒋᑕ ᐸᒥᑕᒪᑲᑦ ᐱᒪᑎᓯᐧᐃᑦᙵ ᐸᒥᑕ ᑭᔅᐤ ᐅᒪ ᐁᑐᑕᒪᑦᙵ

- ᐁ ᒥᒋᔅᑦ ᑲ ᒥᐧᓇᔅᑦ ᓄᒋᑕ ᐃᓂᑐ ᒥᒋᑦᙵ
- ᐁ ᐸᔅᑕᑫᓂᒧᔅᑦᙵ
- ᐁ ᒥᓂᐧᑫᔅᑦ ᐃᒋᐱ ᑲ ᑭᐩᑲᐸᐧᑫᔅᑦᙵ
- ᐁ ᓂᐸᔅᑦ ᓄᒋᑕ ᐱᑯ ᐁ ᐊᐧᓄᐱᔅᑦ ᐃᒋᐱ ᐁ ᓂᐸᐧ ᑭᒋᒋᔅᑦᙵ
- ᐁ ᐊᔅᒋᐧᐃᑕᔅᑦ ᑭᔅᐤ ᐃᒋᐱ ᐁ ᑲᐩᑭᑕᔅᑦᙵ
- ᐧᐊᖃᑦ ᐁ ᑲᑭᓇᐧᐁᓂᑕᒪᓱᔅᑦ ᑫᐧᑲᓇ ᑲ ᒥᐧᓇᔅᑭ ᓄᒋᑕᑫ ᐅᒋ ᑭᔅᖃᐧᐁᓱᔅᑦ ᓄᒋᑕ ᐃᓂᓂᐧᐊᑉ ᑲ ᒥᐧᓄᓂᑕᑭᑉᙵ

ᐁ ᑭᒋᑫᓂᑕᒪᑦ ᑲ ᐃᔅ ᒪᒪᒋᑲᒐᓂᑕᐧᑲᑉ ᑭᔅᐤ ᓄᒋᑕ ᐁ ᐱᒪᑎᓯᑲᑕᒪᑦ ᑲ ᐃᔅ ᐱᒧᒐᒪᑲᑉ ᓄᒋᑕ ᐁᔅ ᐱᒧᒐᒪᑲᓂᓂᑉ ᐧᐃᔅᐤ ᑭᒋᒋᔅᑦ ᐅᒋᑕᐤ ᑲ ᐅᔅᑕᑦ ᐁ ᑕᐧᐯᐧᐊᑫᓂᑕᒪᑦ ᑭᔅᐤ ᐯᔅᑉ ᑫᐧᑲᑦ ᑫ ᐅᒋ ᐅᔅᑕᒪᓱᔅᑦ ᑭᒋ ᑕᐧᐯᔅᓂᒥᑎᓱᔅᑦᙵ ᐧᑫᔅᑦ ᓄᒋᑕ ᐊᓗᑕ 2005ᙵ

ᑭ ᐃᓯᓯᒪᑊ ᐁ ᓄᓴᓇᐊᑉᐊᓱᒃᑐ

ᐃᑦᐱ ᑲ ᑉᐃ ᐊᑎ ᓄᓴᓂᐊᑊ ᑭᒋᒋᓯᑦ ᑭᑦᑎᓇᒻ ᐃᑐᑕ ᑭᓇ ᓄᑦᑕ ᑭᒋᒋᓯᑦ ᑭ ᐃᓯ ᑉᐁᑕᑊ ᐁ ᓄᓴᓇᐊᑉᐊᓱᒃᑐ ᑲ ᐃᓯᓯᓇᑉᐊᑉᓵ ᐅᑭᑉᐃᒪᑉᐊᑊ ᓄᑦᑕ ᒋᒋᓴᑊ ᑕᑭ ᓄᓴᓂᑉᐊᑊ ᒥᑦᑕᐊᑊ ᐃᑌᑭ ᐁ ᐃᓯᓯᑭᑊᓵ ᓂᑦᑕᑦ ᑲ ᒥᑦᑭᑐ ᐊᑉᐊᓯᑌ ᐁ ᓇᐁᑐᑕᒪᑐ ᐯᓴᑉᑲᓴᑊ ᐁ ᐃᑕᐱᓴᑐ ᑕᐱᑦᑯᒻ ᐁ ᐊᑦᐸᑕᐱᓴᑐ ᒪᑉᐊᒻ ᑲ ᒥᑉᓄᓂᑕᒪᑐ ᑌᑕᐱᑉᐃᑐ ᓄᑦᑕ ᐱᑯ ᐁ ᐱᒥᓯᓇᑐ ᓂᐯᑉᐃᓂᑊᓵ ᒪᑲ ᑭᒋᒋᓯᑦ ᓄᑦᑕ ᑭᓇ ᑲ ᐊᑎ ᑲᐟᑭᐅᓴᑊ ᓄᓴᓇᐊᑉᐊᓱᒃᑐ ᑲ ᑲᐟᑭᑕᑐ ᑭᒋ ᓄᓴᓂᐊᑊ ᑭᒋᒋᓯᑦ ᐱᑯ ᑕᑐᑕ ᒥᑉᑲᒻ ᐁ ᐱᒧᑌᓴᑐ ᐁ ᐱᒧᑕᐊᑊ ᐁᓯ ᐱᒋᓯᑊ ᓄᑦᑕ ᐱᑯ ᐁ ᐊᐱᓴᑐ ᒥᒋᓱᑉᐃᓇᑎᑯᑊᓵ

ᑭᒋᒋᓯᑦ ᑕ ᐃᓯᓯᓄᐸᑐ ᑭ ᐅᒋ ᐸᑭᑎᓂᑯᑊ ᑉᑲᓴᑦᑊ ᑭᒋ ᓴᑲᒪᑊ ᓄᑦᑕ ᑭ ᐅᒋ ᑉᐁᑎᓯᑊ ᐁ ᑯᒋᐸᓂᒋᑭᑊᓵ ᐁ ᐅᑯᐅ ᐊᑎᑊ ᑭᑉᑲᓇ ᑭ ᒪᒥᓄᓂᑕᒪᑐᓵ

- ᑉᑲᓴᑦᑊ ᑲ ᓯᑐᓂᑯᑐ ᑭ ᑉᐊᑉᐃᑲᑐᓵ
- ᑭᑦᑎᓇᒻ ᐃᑐᑕ ᑭᒋ ᐃᑕᐱᓴᑐ ᐁᑲ ᑭ ᐅᒋ ᐊᑯᒪᒋᐅᓴᑐᓵ
- ᑭᒋᒋᓯᑦ ᐅᑉᑕᑲᓴ ᐅᑎᑎᒪᑐ ᓄᑦᑕ ᐅᓐᑲᑐ ᑕ ᑉᑲᓴᑦᑯᓯᓄᐸᑐᓵ
- ᑭᒋᒋᓯᑦ ᐅᑦᑎᑉᑲᑐ ᓇᑉᐊᒻ ᑕ ᐊᓴᓯᑭᒋᑉᑭᓯᑐᓵ ᑕ ᐃᑐᑕᑯᑦ ᒥᑦᑕᐃ ᑉᑲᓴᑦᑊ ᑭᒋ ᓴᑲᒪᑊ ᓄᑦᑕ ᑭᒋ ᓄᓴᓂᑊ ᐁ ᓇᐁᑐᑕᑊᓵ

ᐁ ᑉᐃᒋᐊᑊ ᑭᒋᒋᓯᑦ ᑭᒋ ᓴᑲᒪᑊ

ᐁ ᑉᐃᒋᐊᑊ ᑭᒋᒋᓯᑦ ᑭᒋ ᓴᑲᒪᑊ

ᑉᑲᓴᑦ ᑲ ᓴᑲᒪᑊ ᓇᑦᐱᒻ ᑭᑦᑎᓂᑕᑉᑲᑐ ᒋᑫᒪ ᑕ ᑉᐁᒋᐃᑯᑉ ᑭ ᒋᒋᓯᑦ ᑭᒋ ᐊᓴᑊ ᒍᒍᓯᓇᐳᓂᑉ ᐁᑲ ᒪᑲ ᐁ ᐊᑉᑲᐃᑦᑊ ᑭᒍᒍᓯᒥ ᐅᑦᑎᑉᑲᓂᑊ ᓄᑦᑕ ᐱᑯ ᑭᒍᒍᓯᒪᑊᓵ ᑲ ᐃᒡᑉᑲ ᑭᑦᑭᓂᑕᑭᑊ ᒋᒋᓴᑊ ᑉᑲᓴᑦᑊ ᐁ ᓴᑲᒪᒋᑊ ᑕᑉᑕ ᑕᓯᓄ ᑕ ᐃᑐᑕᑉᒪᑊᓵ ᑭᒋᒋᓯᑦ ᑕ ᐅᑎᓇᑦ ᒥᓯᑉᐁ ᓄᑦᑕ ᐱᑯ ᑭᑲᑊ ᒥᓯᑉᐁ ᐁᓯ ᒪᑲᑌᑉᐃᓯᓂᒋ ᓄᑦᑕ ᐱᑯ ᐁᓯ ᒥᑯᓯᓂᒋ ᐁᓯ ᐅᑦᑎᑉᑲᓂᒋ ᑕ ᓴᓴᑦᑲᒧᑦᓵ ᑉᐃᒋᐃᑯᑦ ᑭᒋ ᒍᒍᑊ ᒍᒍᓴ ᓄᑦᑕ ᒧᓇ ᑲ ᐊᑉᑲᐃᑊ ᐁᓯ ᐅᑦᑎᑉᑲᓂᑊᓵ ᓄᓴᓇᐊᑉᐊᓱᑉᐃᑐ ᒧᓇ ᐊᑉᑲᐃᑯᓇᓂᑉᐊᓄᐸᑐᓵ ᑲᑉᑭ ᑉᐃᒋᐃᑯᓯ ᑭᓴᑦᐱᑐ ᐊᓂᒪ ᐁ ᐃᑭᑊᓵ

- ᐃᑦᐱ ᐊᓴᑦ ᑭᒋᒋᓯᑦ ᑲᑉᐃ ᓴᑲᒪᑊ ᐃᑎᑐ ᐊᑐᑕ ᑭ ᒍᒍᓯᒥᑊᓵ
- ᑭᑦᑎᓇᒻ ᐃᑐᑕᑦ ᑭᒋᒋᓯᑦ ᑭᒋ ᐊᑦᑕᒥᓯᒪᑊ ᓄᑦᑕ ᐱᑯ ᑉᐊᑉᐃᑦ ᐁ ᑉᐊᑭᒋᓯᑊ ᑲᑦᑭᑲᓂᑊᓵ ᑲᑕᑊ ᓄᑦᑕ ᑉᐃᓇ ᑉᐊᑕᑦ ᑲᑭᓇᑦᓵ
- ᒪᑲ ᑭᒋᒋᓯᑦ ᐁ ᐊᑎ ᓇᑕᑉᐊᐸᒪᑊ ᑭᒍᒍᓯᒪ ᓯᑐᓇ ᑭᓴᑦ ᐅᑦᑎᑉᑲᑐ ᐯᓴᑉᑲᓄᑊ ᑭᒋ ᐃᑕᑉᑲᓂᑊ ᑭᒍᒍᓯᒥᑊᓵ ᐁ ᓴᒥᑉᑭᓯ ᑭᒍᒍᓯᒥᑊᓵ

- ᑭᕋᕐᐱᑦ ᑲ ᒋᐸᑕᐱᔭᑦ ᑲ ᑦᑕᐅᑦᑐᑦ ᑭᒋ ᓯᑐᓇᑉ ᐅᑎᑎᒪᓂᑉ ᓄᑦᑕ ᐅᑦᑲᔭᑉ ᑭ ᓇᑦᑲᒋᒐᑦ ᐅ ᐊᐸᒋᑕᔭᑦᓵᑕ ᐸᑭᑎᓂᑯᑉ ᑭᒋᒋᔪᑦ ᒋᑭ ᐊᔭᒋᑉ ᓄᑦᑕ ᑉᐊᑉᐃᐝ ᑉᐃᓇ ᑭᒋ ᒐᑲᑦᑫᓂᑉᓵ
- ᑉᐃᒋ ᑭᒋᒋᔪᐝ ᑭᒋ ᐃᔪᔪᒪᑉ ᐅᑯᑕ ᑭᒋ ᓴᒥᐝᑲᑉᐊᑉ ᑭᒍᒍᔪᒪᓵ ᑕ ᑉᐃᒋᐃᑯᑉ ᑭᒋ ᒪᑭ ᑕᑉᐊᑎᑉ ᓄᑦᑕ ᒥᑦᑕᐃ ᑭᒋ ᐱᒋᐸᓂᒋ ᐅᑯᓄᑉ ᑭᒍᒍᔪᒪᓵ ᑭᒋ ᓴᒥᑯᒐᔪᑉ ᑭᒍᒍᔪᒪ ᐅᔪ ᐅᑦᑎᑉᑲᓂᒋᓵ
- ᑭᕋᕐᐱᑦ ᑲ ᒋᐸᑕᐱᔭᑦ ᐊᓐᒋᐱᐝ ᑭᔭᑉᐃᑉ ᒥᓯᑉᐅ ᐅ ᐃᑎᑭᑎᑉ ᑭᒋᒋᔪᑦ ᐅᓇᓯᑎᔮ ᓄᑦᑕ ᐅᑦᑲᑕᓵ
- ᑭᕋᕐᐱᑦ ᑲ ᒪᑭᒍᒍᔪᑉᐊᓄ ᐊᑦᑲᑉ ᑉᐃᒋᐃᑯᓇᓂᑉᐊᑦ ᐅ ᑕᑯᓇᑉ ᑭᒍᒍᔪᑦ ᑭᒋᒋᔮ ᐅ ᐊᐸᒋᑕᔭᑦᓵ ᑭ ᓂᓂᑭᒋᒐᓇ ᓇᑉᐊᑉ ᐊᑦᑐ ᐅᑕᓇᑉ ᑕ ᐃᑕᑉᑲᑉᓇ ᐅᑲ ᑭᒋ ᓴᒥᓇᑉ ᑲᐃᔪ ᒪᑲᑐᑉᐃᓯᑉ ᓄᑦᑕ ᐱᑯ ᑲ ᐃᔪ ᒥᑯᓯᑉ ᐅᔪ ᐅᑦᑎᑉᑲᓂᑉᓵ ᑭᑉ ᐃᑉᑕᐃᑲᓄᒋᒐᑦ ᑕ ᐊᑦᑐᑉ ᑭᒍᒍᔪᒥᑉ ᓂᒋ ᑭᒋᒋᔪᑦ ᐅᑕᒥᑲᑦ ᓄᑦᑕ ᑭᒥᒋᒐᑦ ᐃᑦᐱᒥᑉ ᐅᑯᑎᑉᓵ ᑕ ᐸᑭᑎᓂᑯᑉ ᑭᒋ ᒋᒋᔪᑦ ᑉᑲᔭᑦᑉ ᑯᑕᑉᐃ ᑭᒋ ᓴᑲᒪᑉᓵ
- ᑭᒋᒋᔪᑦ ᐅᑕᒥᑲᑦ ᓄᑦᑕ ᐅᑐᑦ ᓂᑦᑕᑦ ᑲ ᓴᒥᑦᑲᑉᐅᑉ ᑭᒍᒍᔪᒪᓵ
- ᑭᒍᒍᔪᒥ ᐅᑦᑎᑉᑲᑦ ᑭᒋᒋᔪᑦ ᐅᑯᑎᑉ ᐃᑐᑭ ᑕ ᐃᔪᔪᑦ ᒣᑉᑲᑉ ᐅ ᐯᐊᑉ ᑭᒋ ᒥᔪ ᑕᑉᐊᑎᑉ ᐅ ᐅᑎᓇᑉ ᑭ ᒍᒍᕐᓂᓵ
- ᑭᒋᒋᔪᑦ ᐊᑉᐊᓯᑐ ᐅᓴᑦ ᐊᑕᒥᑉ ᐃᑐᑭ ᑕ ᓴᑲᒧᑉ ᐊᓂᐃ ᑭᒍᒍᔪᒪ ᐃᑦᐱᑉ ᑉᐃᓇ ᑉᐊᑭᑉ ᐅᔪ ᐅᑦᑎᑉᑲᓂᑉᐃᒋᓵ ᐅᑕᒥᑲᑦ ᑕ ᐊᓐᑎᑎᓂᓂᑉ ᑭᒍᒍᔪᒥᑉ ᓄᑦᑕ ᐅᑯᑕ ᐊᐱᔪᑦ ᓇᑉᐊᑉ ᑉᐊᓇᑉ ᑭᒍᒍᔪᒥᑉᓵ

ᒧᓇ ᐊᐸᑕᑦ ᑭᒋ ᐊᓐᒋᐱᑕᑉ ᑭᒋᒋᔪᑦ ᑭᒍᒍᔪᒥᑉᓵ ᒪᑎᑲ ᒋᒋᕋᒧᓇ ᓴᐯᑦᑕᑉᒪᑉ ᐅ ᑲᒋᑉᐅᐱᓂᒋᑉ ᓄᑦᑕ ᒪᑲ ᑕ ᐃᑲᑐᑦᑕᑉ ᐊᑦᑕᑉ ᑭᒋᒋᑉᓵ ᒧᓇ ᑉᐃᓇ ᑉᐃ ᓄᕋᓂᑉ ᒪᑲ ᑲ ᐃᑐᑦᑐᑦ ᑭᒋᒋᔪᑦᓵ

ᑭᕋᕐᐱᑦ ᑲ ᐊᓂᒥᓯᑉᑯ ᑭᒋᒋᔪᑦ ᓄᑦᑕ ᐅᑲ ᐅ ᑉᐃ ᓴᑲᒪᑉ ᑯᒋᑕᐊᓂᐃ ᐅᑕᓵ

- ᐃᑐᑕᑉ ᑭᒋ ᑉᑲᔭᑦᑯᔪᑉ ᐊᐃᑕᑉ ᑭᒍᒍᔪᒥᑉᓵ
- ᓇᓇᔪᑦ ᓄᑦᑕ ᐊᔭᒥᓵ
- ᑲᔭᒪᐱᓵ ᒪᑲ ᑕ ᑲᔭᒥᑉ ᑭᒋᒋᔪᑦ ᓄᑦᑕ ᑉᐃᓇᓵ
- ᐃᑦᐱ ᑲᔭᒥᑐ ᑯᒋᑕ ᑭᒋ ᓴᑲᒪᑉᓵ
- ᑲ ᑕᒪᑯᓇᒪᑦ ᐊᐱᔪᑦ ᒍᒍᔪᓇᐳᔭᑦ ᑕᑭ ᐃᒋᐃᑯᑉ ᑭᒋ ᑭᔪᕋᑉᐅᓂᑕᑉ ᑭᒋᒋᔪᑦᓵ

ᑭᕋᕐᐱᑦ ᐅᑲ ᑭ ᐃᑐᑕᒪᓄ ᑭᒋ ᓴᑲᒪᑉ ᑭᒋᒋᔪᑦ ᑲᑉᑭᒋᑭᒧ ᑭᒋ ᑉᐃᒋᐃᑲᑉᐃᔭᑦᓵ ᐊᑉᐊᓯᑐ ᑉᐃᑕᒪᑭᑉᐃᑦ ᐅᒋ ᑭ ᐅᒋ ᑉᐃᒋᐃᑲᑉᐃᔭᑦ ᐃᑐᑐ 42 ᐸᕐᑭᑭᓂᑲᓂᑉ ᐅᑕ ᒪᓯᓇᐃᑲᓂᑉᓵ

ᑕᑦᑐ ᑭ ᐅᒋ ᑭᕐᑭᓂᑕᒪᑦ ᑭᕋᕐᐱᑦ ᑉᑲᔭᕐᑉ ᑲ ᓴᑲᒪᑉᑭ ᑭᒋᒋᔪᑦ

ᑲ ᑭᕐᑭᑦᑐᑦ ᑭᕋᕐᐱᑦ ᑉᑲᔭᕐᑉ ᑲ ᓴᑲᒪᑉᑭ ᑭᒋᒋᔪᑦ ᑭᕋᕐᐱᑦ ᐊᓂᐃ ᐅᑕ ᑲ ᐃᑭᓂᑉᐊᑉᑭᓵ

- ᑲ ᓇᐅᑦᑕᒧᑉᐊᑉᑭ ᐅ ᓄᕋᓇᐊᑉᐊᓱᔭᑦᓵ
- ᑭᒋᒋᔪᑦ ᑲ ᓱᑭ ᓴᑲᒪᑉ ᐯᑲᑉ ᓄᑦᑕ ᑉᑲᔭᕐᑉ ᑲ ᓄᓄᒪᑉᓵ
- ᑭᒋᒋᔪᑦ ᓂᑦᑕᑦ ᑕ ᑭᓂᐱᑉ ᐅ ᓄᓄᒪᐸᓂᐅᑉ ᓄᑦᑕ ᑭᑉᑲ ᐯᑲᑉ ᐅ ᑲᑭᐱᒋᑉᓵ
- ᑲ ᐯᑕᑉᐊᑉ ᐅ ᑯᒋᐸᓂᒋᑭᑉᓵ
- ᑭᒋᒋᔪᑦ ᒥᑦᑕᐃ ᐅ ᑕᑉᐊᑎᑉ ᐅ ᐊᐱᐸᓂᓂᑉ ᐅᑐᑦᓵ ᑭᒋᒋᔪᑦ ᐅᑕᑉᐊᑲᔭ ᓄᑦᑕ ᐱᑯ ᐅᑐᑦᑕ ᑕ ᐊᒋᒪᑲᓂᓂᑉᒣᑉᑲᑉ ᐅ ᓄᓄᒪᑉᓵ

ᐃᑦᐱ ᑭᒋᒋᑦ ᒃ ᐃᒡᒃ ᑭᔪᑕᑊ ᐅ ᓄᕐᓂᑊ

- ᓗᓂᓄᒥ ᑊᒃᓇᓇᑭᒧᑐ ᔪᒃᑭᑭ ᒃᐯᒋᒧ ᐯ ᑊᓂᒥᐃᐯᑭᐅ ᒥᓂᓄᑊᒐᒧᒐ ᑐᒃᐯᓇᒧ ᐯᑊᒐ ᒥᒃᒧᒪ ᑐᒃᓂᓄᑭᒐ ᑊᓂᒥ ᑭᓂᓂᔭ ᓇᒃᑊᐸᒃᒧᒐᐅ
- ᓗᓂᓄᒥ ᐊᒥᒧᐯᑐᒥᑐ ᐃᐯᒪ ᑎᒧᒧᑭ ᑐᓂᑎᒥᒧᒥᐅ ᓗᓂᓄ ᐃᐯᒪ ᑊᓂᒥᒃᐸᒧ ᒥᒃᒃᑐ ᐃᓂᒥᒧ ᒃᑊ ᒥᒃᒧ ᑎᒃᒥᑐᒥ ᑎᒧᔪ ᔪᒧᒧᔭᑐ ᓂᑎ ᐊᒥᒧᐯᑐᒥᑎᒧᒧᒐᒃᑊᑕᐅ
- ᓗᓂᓄᒥ ᐊᐯᐊᒪ ᑐᒃᓂᓄᑭᒐ ᐊᒧ ᒥᒧᑭᐯᐱᒧᒐ ᐯᑊᒐ ᐸᓂᑊᒧᑊᒥᐅ
- ᓗᓂᓄᑊᒧᒥ ᐊᐯᐊᒃᒧᑐ ᐃᐯᒪ ᑎᐯᑭᑭ ᐯᑐᑭᒧᒧᓇᐅ ᓗᑎ ᒪᓂᓄᒥ ᐊᐯᐊᒪ ᔪᐯᔭᒧᑐ ᓄᓇ ᔪᒃᒧᑊ ᒪᓂᓄ ᒥᐯᔭᒧ ᒃᒃᐃ ᓂᑎᑎ ᐯᑊᒐ ᑐᒃᓂᔪᑐ ᑎᒧᒧᒐᒃᑊᑕ ᐸᓄᒧᑐᐅ ᒃᒧ ᔪᐯᑐ ᑊᓂᒥ ᒪᒧᒥ ᑐᓂᑊᒧ ᐯᑊᒐ ᒪᓂᓄ ᐸᐯᑊ ᓂᑎᑎᒧᒥ ᒃᒃᐃ ᒪᓂᓄᒥ ᐊᒥᒧᐯᑐᒥ ᐯᑕᐯᒃᑊᐅ
- ᓕᑭᑐᒧᒥ ᐊᐯᐊᒃᒧᑐ ᐃᐯᒪ ᑐᒥᐯᒪ ᐯᔪᐯᔭᒧ ᐊᓄᒥ ᑭᒧᒥ ᒪᓂᓄ ᔭᑊᓂᔪ ᒥᒃᒧᒪ ᐯᒥᒧ ᑐᓂᑊᒧ ᑎᒧᒧᑐᒃᑊᑕ ᐊᒪ ᒥᓄᒥᑊᒃᑊᑕ ᐯᔪᐯᒪ ᓂᒥ ᑐᒥᐯᒥᒥᒃᑊᑕ ᒥᓂ ᓇᑭᐯᒪᐅ

ᒃ ᑊᐃᒋᑭᒪᒃᑭ ᐅ ᒥᓄᐸᓂᑊ ᓄᕐᓇᐊᑊᐊᓱᑊᐃᑐ

ᑭᒃᑊ ᒥᓱᑊᐅ ᒃ ᐅᒡᑭ ᓂᑕᑊᐃᑭᒋᑊ ᒋᒋᕐᑊ ᓄᕐᓂᑊᐊᑊ ᒃᓇᑭ ᓂᔭᓇᒃᑊᐊ ᒃᑦᑕ ᐱᑯ ᐊᑊᐊᓱᒐ ᐯᔭᑊᒃ ᐅ ᑭᔪᒃᑊ ᓂᔪᑕᓇ ᒃᐅ ᑭᓂᑊᒃᓂᒡᒃᑊᒃᑦ ᓄᕐᓇᐊᑊᐊᓱᑊᐃᑐ ᐅᒋ ᒥᒋᓱᑊᑦ ᑭᒋᒋᔪᑦ ᑭᒋ ᓂᑕᑊᐃᑭᑊ ᒃᑦᑕ ᐅᑊᐱᑭᑊᑦ ᒃᑦᑕ ᓇᐅᑐᒥᐃᑯᑊᑦ ᑭᒋᒋᔪᑦ ᒃᑦᑕ ᒃᑭᓇᑦ ᑭ ᑊᐃᒋᐃᑯᓇᑊᐊᑊᑦ ᑭᒋ ᓴᑭᐃᑐᔪᑊᑦ ᐊᑎᑊ ᒋᒋᕐᑊ ᑕᑊᑕ ᓄᕐᓂᑊᐊᑊ ᒃᑦᑕ ᑊᐃᐸᑊ ᐅᔪᑕᑊᐊᑊ ᐃᑦᐱ ᑭ ᓄᕐᓂᒋᑊ ᑯᑕᑭᔭᑊ ᒋᒋᕐᑊ ᒥᑭᑊᑕ ᓇᑭᑦᒃᑦ ᐱᑯ ᐅ ᒥᑊᓂᑕᑭᑊ ᐅ ᓄᕐᓂᒋᑊ ᐅᓴᑦ ᒃ ᐅᑕᑯᔪᓂᓂᑊ ᒃᑦᑕ ᐱᑯ ᐅ ᑎᐱᑦᒃᓂᑊᑦ ᒥᓇ ᒥᓇ ᒃ ᑊᐃ ᓄᕐᓂᒋᑊ ᐃᑭᑐ ᐱᑯ ᐊᓂᐃ ᓂᑦᑕᑦ ᒃ ᑕᑊᐊᑦᑎᑭᑊ

ᓄᕐᓂ ᑭᒋᒋᔪᑦ ᐃᑦᐱ ᒃ ᑊᐸᑕᐃᑊᐅᑊ ᐅ ᑊᐃ ᓄᕐᓂᑊᑊ ᓄᕐᓂ ᐃᓂᑯᑊ ᒃ ᑊᐃ ᓄᕐᓂᑊᑊ ᐃᑦᐱ ᒃ ᐳᓂ ᓄᕐᓂᑊ ᐊᓂᐃ ᓂᑦᑕᑦ ᒍᒍᕐ ᑭᒋ ᐯᒃᑎᑊ ᐃᑐᑕᑦ ᒃᑦᑕ ᒥᑦ ᐊᓂᐃ ᑯᑕᑭᔭ ᒍᒍᕐᑊ ᒃ ᑊᐃᒋᐃᑯᑦ ᐅᒪ ᑕᔪᒃ ᑊᒃᔭᑦᑊ ᑭᒋ ᐊᔭᔭᑦ ᒍᒍᔪᓇᐳᔭ ᐅ ᐊᑎ ᐅᑊᐱᑭᑊ ᑭᒋᒋᔪᑦᑊ ᐊᑎᑊ ᒋᒋᕐᑊ ᓄᕐᓂᑊᐊᑊ ᓂᔪᑕᓇ ᒥᓂᑯᔪᒡ ᐊᑎᑊ ᐊᑊᐊᓱᒐ ᓇᑊᐊᑊ ᒍᓇ ᐊᐸᑦᑦ ᑭᒋ ᒥᑯᒡᒃᑎᓂᑕᒪᑦ ᐃᓂᑯᑊ ᒃ ᓄᕐᓂᑊ ᑎᐱᓇᑊ ᑭᒋᒋᔪᑦ ᐅᒪ ᐅᑐᑕᑊᑦ

- ᒥᑊᑕ ᒃ ᓄᕐᓂᑊ ᒃᓇᑭ ᓂᔭᓇᒃᑊᐊ ᐯᔭᑊᒃ ᐅ ᑭᔪᒃᓂᑊ ᓂᔪᑕᓇ ᒃᐅ ᑭᓂᑊᒃᓂᒡᒃᑦᑊ
- ᑭᓂᑯᑊ ᐅ ᓄᓄᑊᐊᒋᑭᑊ ᐅ ᓄᕐᓂᑊ ᒃᑦᑕ ᐅ ᑯᒋᐸᓂᒋᑭᑊ
- ᒥᑦᑕᐃ ᐅ ᓂᐱᑊᐃᑊ ᒃᑦᑕ ᑊᐃᑭᒋᓱᓂᒋ ᐅᑕᓱᔭᓇᑊ
- ᑕᔪᒃ ᐅ ᐊᑎ ᑯᓱᑊᒃᑎᑊᑊ ᐃᑕᐱ ᒪᓱᓇᐃᒃᑦ 17 ᐸᑦᑭᓂᒃᓂᑊᑊ

ᑭᑦᑭᓱᑊ ᓇᓇᒃᒋ ᑭᒋᒋᔪᑦ ᒧᓇ ᑊᐃᓇ ᐱᓱᒧᒃᑦᑊ

ᒃ ᐊᑎ ᒥᔪᑭᑎᒋᑊ ᒋᒋᕐᑊ ᑕ ᐊᒋᑕᑊᐊᑊ ᐃᓂᑯᑊ ᒃᑦᑕ ᑕᑊᑕ ᐃᓂᑯᑊ ᑭ ᓄᕐᓂᒋᑊ ᐱᒥᑎᕐᐊᑦ ᑭᒋᒋᔪᑦ ᒃ ᑊᐃᑕᒪᑦᑊ ᑭᒋᒋᔪᑦ ᑭᑦᑭᓂᑕᑦ ᐃᑦᐱ ᒃ ᔪᑊᐊᑊᑦ ᒃᑦᑕ ᐃᑦᐱ ᒃ ᑭᑦᐳᑦᑊ

ᐃᑦᐱ ᒃ ᑊᐃ ᓄᕐᓂᑊᑊ ᑭᒋᒋᔪᑦ ᐊᓂᐃ ᑭᒍᒍᔪᒪ ᐅᒃ ᐅᒋ ᓄᕐᓂᑊᑊ ᓂᑦᑕ ᒃ ᓄᓄᑊᐊᒥᑦᑊ ᑭᕐᑦᐱᑐ ᒃ ᑭ ᓄᕐᓂᑊᑊ ᒃᑭᓇᑦ ᒍᒍᕐ ᓂᑦᑕᑦ ᐊᓂᐃ ᒪᒋᑊ ᒃ ᑭ ᓄᕐᓂᑊᑊ ᑕ ᓄᕐᓂᑦᑊ ᐃᑐᑕᑦ ᐃᓂᑯᑊ ᐱᑯ ᑭ ᓄᕐᓂᑊᑊ ᑭᒋᒋᔪᑦ ᑎᐱᓇᑊ ᐅ ᑭᔪᕐᑊᐅᓂᑕᑊᑊ ᒥᑦᑯᑐᓂᑦ ᑯᑕᑭᔭ ᒍᒍᕐ ᐃᑦᐱᑊ

- ᐅᒃ ᑭᓂᑯᑊ ᒃ ᓄᓄᒪᑊᑭ ᑭᒋᒋᔪᑦᑊ
- ᑭᒋᒋᔪᑦ ᒃ ᐸᑭᑕᒪᑊᑭ ᒍᒍᕐ ᒃᑦᑕ ᐱᑯ ᐅ ᓂᑦᑭᑊᒃᒥᑊᑊ

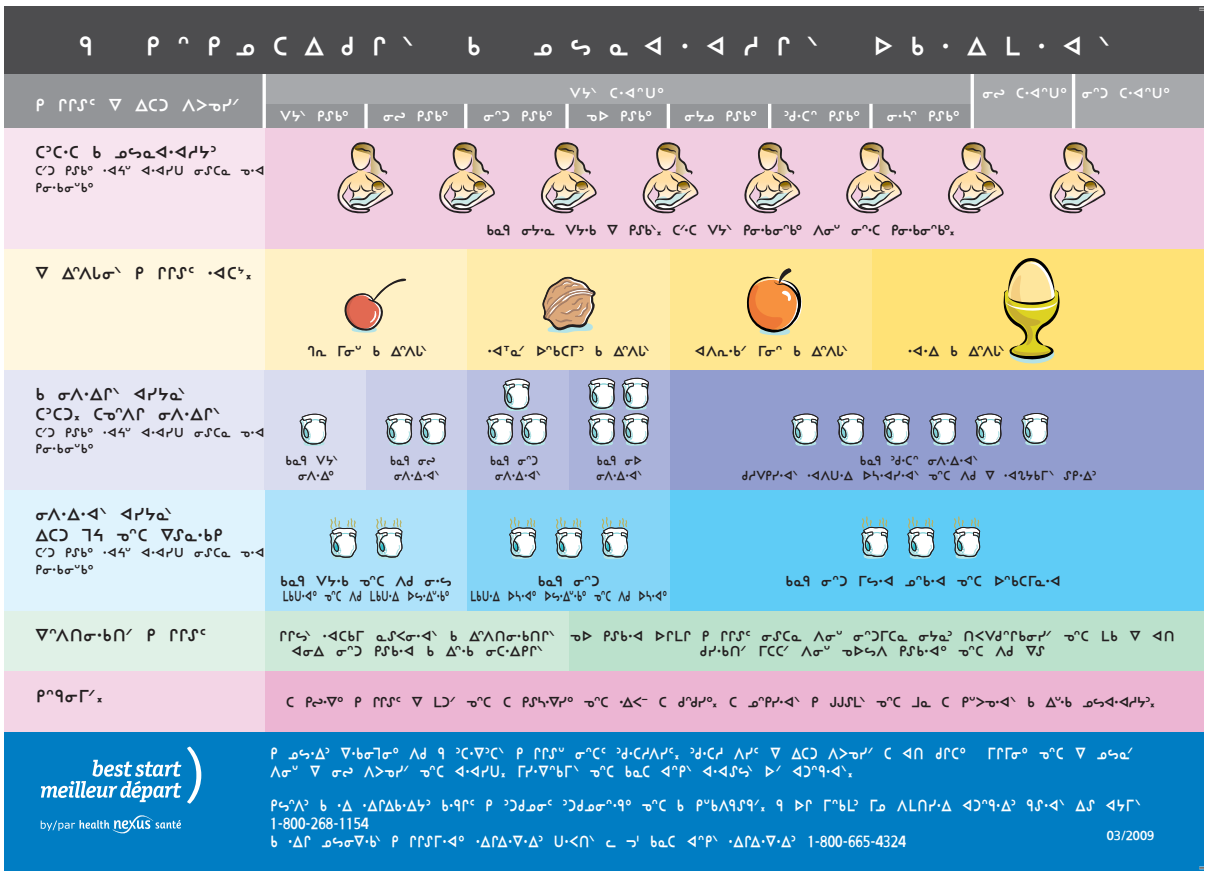
ᑭᒋᓇᐅ ᑭᒋᒋᔪᑦ ᒃ ᓄᕐᓂᑊᑭ ᒃᑭᓇᑦ ᑭ ᒍᒍᔪᒪ ᑕᑊᑕ ᑕᔪᒃᑊ ᐊᑎᑊ ᐃᑦᑊᑭᑊᐊᑊ ᐊᑯᒃᒃᑊᐊᑊ ᐊᓂᐱᓇ ᐅᒍᒍᔪᒥᑭᑊᐊᑊ ᒃᑦᑕ ᐱᑯ ᐅᑦᑎᑐᓂᑊᐊᑊ ᒃ ᑭᒡᒃᑭᑊ ᑭᑦᑭᑊᓇᒥᐊᒥᑊᑊ ᐃᑐᑕᐱᑯ ᑭᑊᒃᑦ ᑭ ᐃᒥᐃᑯᔭᑦ ᒃᑦᑕ ᑭᒋᒋᔪᑦᑊ

ᐁ ᑕᒪᑯᓂᑊ ᒍᒍᒡ

ᐊᑎᑊ ᑲ ᐅᒡᑭ ᓂᑕᐧᐃᑭᒋᒃ ᒋᒋᕐᒃ ᐧᐊᑕᑲᒥ ᓂᑦᑭᐧᑲᒥᐧᐊᒃ ᒣᐧᑲᒻ ᐁ ᓄᕐᓂᒋᒃᑦ ᑲ ᑭ ᑕᒪᑯᓇᒥ ᑭᒍᒍᕐᑦ ᑭᒋ ᕐᑭᐊᑊ ᑭᒋᒋᕐᑦ ᑭᒋ ᓄᕐᓂᑊ ᐱᓂᒡ ᐁ ᐊᑎ ᑭᒡᐳᑊ ᑭᕐᕐᐱᒃ ᑭᒋᒋᕐᑦ ᑲ ᓂᑦᑭᐧᑲᒥᑊ ᑭᒡᐧᑲ ᐊᑎᑊ ᒥᓂᑯᕐᕐᓂ ᑲ ᓄᕐᓂᑊ ᒪᑯᒃ ᑭᒍᒍᑦ ᐅᑕᓇᒃ ᓇᐧᐊᒻ ᐁ ᐧᐃᒋᐧᑕᒃᕐᒃ ᑭᒋ ᐅᒋᑲᐧᐃᒃ ᑭᒍᐧᒍᕐᓇᐳᑦᑦ ᑲᐧᐃᓇ ᑭᒋ ᕿᓂᑯᒃ ᒪᑯᒃ ᐁ ᐧᐃᓴᑭᓂᑎᓱᒃᑦ ᑕ ᐧᐃᒋᐃᑯᐧᑭ ᑭ ᒋᒋᕐᒡᑭ ᑭᒋ ᐊᑎ ᓄᓄᐧᐊᒪᑊ ᒥᓇᑦ ᑲ ᑭ ᐃᑐᒐᒃ ᐅᒪ ᒣᐧᑲᒻ ᑲ ᓄᕐᓂᑊ ᓇᑦᑕ ᐱᑯ ᑲ ᐃᒡᐧᑲ ᓄᕐᓂᑊ ᐃᑦᐱ ᑭᒋᒋᕐᑦ ᑲ ᐧᐃ ᐊᑎ ᓂᑦᑭᐧᑲᒥᑊ

ᑎᐱ ᒥᓂᐧᕿᐧ ᓇ ᐧᒋᒋᕐᑦ ᒍᒍᕐᓇᐳᓂᐧ

ᐃᑕᐧᑲᐧᓇ ᕿ ᐧᐃᒋᕿᑲᒪᑲᑭ ᑭᒋᒋᕐᑦ ᑲ ᑎᐱ ᒥᓂᕿᐧᕿ ᒍᒍᕐᓇᐳᓂᐧᑊ



ᕿᒋᓇᐅ ᑭᒋᒋᕐᑦ ᑲ ᑎᐱ ᒥᓂᕿᐧᕿ ᒍᒍᕐᓇᐳᓂᐧ ᒣᐧᑲᒻ ᐊᓂᒣᓂᐧ ᓂᑦᑕᑦ ᑕᐧᐊᑦᑌᓂᐧ ᑭᑦᑭᐧᓇᒋᑕ ᐃᓂᑯᑊ ᑕᑦᑕ ᑲ ᓂᐱᐧᐃᓂᒋ ᓄᑦᑕ ᐱᑯ ᑲ ᐧᐃᕿᑭᐊᑊ ᐅᑕᒋᓴᓇ ᐯᓴᐧᑲ ᐁ ᑭᕐᑲᓂᑊ ᓂᕐᑕᓇ ᓄᐅ ᑭᓂᐧᑲᓂᑦᑲᐧ ᐱᒋᒧᒪᑲᑦᑦ

ᓂᑦᑕᑦ ᑕᑭ ᐊᓂᒪᑦ ᐅᒡᑭ ᐅᓂᑭᐃᑯᒪᐧᐊᑊ ᐅᒋ ᑭᕐᑦᐱᑦ ᑭᒋ ᑭᑦᕿᓂᑕᑭᑊ ᑲ ᓂᐧᐃᓂᓂᐧᕿ ᐅᒋᒋᕐᒥᐧᐊᑦ ᐅᑕᒋᓴᓇᑦ ᑲ ᑭᒋ ᓂᐱᐧᐃᑊ ᐊᒋᓴᑦ ᑲ ᑯᒋᐯᑭᒋᑦ ᐃᑦᐱᑊ ᑲ ᐸᑯᒋᑦ ᑭᕐᑦᐱᑦ ᐧᐊᑭᑦᕿᓂᑕᒪᑦ ᐁᑦᐱᑎᓂᐧᑲᑎᐧᕿ ᑲ ᑯᒋᑯᐯᑭᒋᑦ ᐊᒋᓴᑦ ᒋᑭᓇ ᓂᕐᑦ ᑲ ᒥᕐᑎᐧᕿ ᑲ ᐃᑕᑭᐅᑦ ᑕ ᕐᐳᓇᐧᑲᓂᓂᐸᑦ ᓇᑦᑕ ᐱᑯ ᑕ ᐅᓴᐧᐊᑲᒥᓂᓂᑦ ᓇᑦᑕ ᑕ ᒥᓇᐧᑲᓂᓂᑦ ᑭᕐᑦᐱᑦ ᐊᒋᓴᑦ ᑲ ᑯᒋᐧᑲᑎᑊ ᑲᑭᓇᑦ ᑭ ᕐᑭᑎᐧᕿ ᓇᑦᑕ ᐱᑯ ᑭ ᒥᒋᑎᐧᕿ ᑲ ᐃᑕᑭᑐᑦ

ᐅᒪ ᒪᒋᓇᐃᑲᑦ ᑲ ᑭ ᐅᑎᓇᑦ ᐅᑕᓇ www.beststart.org/resources/breastfeeding/index.html

ᑭᕐᓴᐃᑦ ᑭ ᒋᒋᔪᑦ ᐁᒃ ᓱᑭ ᔪᑭᑕᑦᑐ ᓄᑦᑕ ᐱᑯ ᒃ ᒥᒋᑕᑦᑐ ᐅᑕᓯᔭᓇ ᑉᐃᐸᒻ ᐣᑕᑦᐁᐣᑕ ᑭᒋ ᑉᐃᒋᐃᑯᔭᐣ

ᒋᒋᕐᓵ ᓄᑕᑉ ᐊᐱᔪᒡ ᕐᓗᑦᑐᒡ ᐃᓂᑯᓵ ᓇᔪᐸᓂᑦᐊᓵ ᒃ ᐃᑦᐱᑎᓂᑦᒃᑎᒋᓵ ᐊᓂᐃ ᓂᑦᑕᑦ ᓂᑦᑐ ᑭᔪᒃᑦᐊ ᒃ ᐃᒡᑦᒃ ᓂᑕᑦᐃᑭᒋᓵᓵ ᒪᑎᒃ ᓂᑦᓴᑦ ᒃ ᑎᐸᐯᒡᑯᒋᒃᓂᓯᑊ ᒋᒋᒡ ᐊᐱᑕᑉ ᑎᐸᐯᑦᑯᒋᒃᑐ ᑕ ᑦᐊᓂᑕᑉᓵ ᓄᐅ ᑭᔪᒃᑦᐊ ᐅᒋ ᒪᒋ ᓄᔪᒃᒻ ᐊᐱᔪᒡ ᑕ ᐊᑎ ᑕᒋᐳᑉ ᑕᑉᑐ ᑭᔪᒃᑉ ᒪᒃ ᒥᑕᑕᑊ ᓄᐅᕐᓴᐱ ᑭᔪᒃᑦᐊ ᑭᒡᒃ ᒥᓇ ᐯᔭᒃᑐ ᑕ ᑕᐱ ᐃᑦᐱᑎᓂᑦᒃᑎᑉ ᒃ ᑎᐸᐯᒡᑯᒋᒃᓂᑦᐸᑐ ᑦᒥᒋ ᒃ ᓂᑕᑦᐃᑭᑊᓵ ᒥᑦᒃᒻ ᐊᓂᐃ ᓂᑦᑐ ᓄᐅ ᐱᓯᑦᒪ ᑭ ᒋᒋᔪᒡ ᐯᔭᒃᑐ ᐃᓂᑯᓵ ᑕ ᐊᑎ ᑕᒋᐳᑉ ᐊᐱ ᐊᐱᔪᒡ ᑕᑉᑐ ᑭᔪᒃᑉᓵ

ᑭᕐᓴᐃᑦ ᑭ ᒋᒋᔪᒡ ᐁᒃ ᓱᑭ ᒃ ᐊᑎ ᑕᒋᐳᑦᑐ ᑯᒡᑯᑦ ᑭ ᒋᒋᔪᑦ ᒥᓇ ᒥᓇ ᑭᒋ ᓄᓐᓇᐊᑉᓵ ᓇᑕᑦᐁᐣᑕ ᑭᒋ ᑉᐃᒋᐃᑯᔭᐣ ᑭᑦᑎᓇᒻ ᑭ ᒋᒋᔪᑦ ᑉᒃᔭᑦᒡ ᒃ ᒥᒋᓱᑦᑐᓵ ᒧᕐᓴᒡ ᓄᕐᓴᓂ ᑭ ᒋᒋᔪᑦ ᐃᑦᐱ ᒃ ᔪᑦᐊᒐᑦᑐ ᐁ ᐃᒐᐣᑕᑯᓯᑊᓵ

ᐊᓂᐃ ᓂᑦᑕᑦ ᓂᑦᑐ ᑕᑦᐊᑦᒐᑦᐊ ᓄᑦᑕ ᐱᑯ ᐊᑦᐊᓯᒐ ᑭ ᒋᒋᔪᑦ ᒃᓇᑭ ᓂᑦᑦᑕ ᒃ ᒥᓯᐸᐣ ᑕᑉᑐ ᑭᔪᒃᑦᓵ ᑦᐊᔪᑉ ᒃ ᐯᔭᑯ ᐱᓯᑦᒥᓯᒋᒡ ᐊᑎᑊ ᒋᒋᕐᓵ ᐯᔭᒃᑐ ᓄᑦᑕ ᐱᑯ ᓂᑦᓴ ᑕ ᒥᓯᑦᐊᒡ ᑕᑉᑐ ᑭᔪᒃᑦᓵ ᐊᑎᑊ ᑕ ᒥᔪ ᒥᓯᑦᐊᒡ ᑕᑦᑕ ᓂᓐ ᓂᑦᑐ ᑭᔪᒃᑦᐊᓵ ᒧᓇ ᑦᐊᔪᑉ ᐃᑭᐣ ᐅᒪ ᐃᐱᓇᒡ ᑦᒃᔭᑦᒡ ᒃ ᒥᒋᓱᑦᑐ ᑭ ᒋᒋᔪᑦ ᓄᑦᑕ ᒃ ᓴᒃᑦᑐᓂᒧᑊ ᓄᑦᑕ ᒃ ᓄᑦᒃᓂᑦᑐ ᐅᒥᔪᓵ ᑭᕐᓴᐃᑦ ᑭ ᒋᒋᔪᑦ ᐁᒃ ᑦᒃᔭᑦᒡ ᒃ ᒥᒋᓱᑦᑐ ᒃ ᐊᓂᒥᓯᑦᑐ ᐁᒃ ᒃ ᐃᐅᑦᑕᑯᓯᑦᑐ ᓄᑦᑕ ᐱᑯ ᐁᒃ ᒃ ᒥᓯᑦᑐ ᐊᑦᐊᓯᐅᐅ ᐯᔭᒡ ᑕᑦᐊᑉᐅᑦ ᐃᑕᐱ ᐅᑕ ᐱᑦᑭᑕᓯᓇᐃᒃᓂᒡ ᐃᑦᐱ ᑐ ᑦᑕᑦᐊᐸᑕᒪᑦ ᑭᒋ ᑉᐃᒋᐃᑯᔭᐣ ᒃ ᐃᑦᐅᒪᒃᒡ 42 ᐸᑦᑭᓂᒃᓂᒡ ᐅᑕ ᒪᓯᓇᐃᒃᓂᒡᓵ

ᐁᑦᐱᒐᓂᒡ ᑭᒋᒋᔪᑦ ᑦᐊᑕᔭᓵ

ᑭᒋᒋᔪᑦ ᑦᑕᑦᐁᓂᑕᑯᓯᑦ ᑭᒋ ᓄᕐᓴᓂᑉ ᒥᑊᑦᑕ ᒋᑊᒪ ᐁ ᐊᐱᔪᑕᕐᔪᑉᓵ ᐃᑦᐱ ᑭᒋᒋᔪᑦ ᐁ ᓂᑕᑦᐃᑉ ᑦᐊᔭᑦ ᒥᓂᔪᓂᑦ ᕿᓇᒃ ᐃᑦᐱᒐᒡ ᐃᑦᐱᒐᓂᑦ ᓄᑦᑕ 5-7 ᐃᓂᑯᒡ ᐱᒋᑎᓂᓂᑦ ᕐᒃᓂᑦᒃ ᑯᒋᐸᓂᑦᑕᑉᓵ ᓂᑦᑐ ᑭᔪᒃ ᑭᒡᒃ ᑭᒋᒋᔪᑦ ᑦᐊᑕᔭ ᐊᑎ ᒥᕐᓴᓂᑦ ᑦᐊᑦᒃᑕᒥᒡ ᒃ ᐃᑎᑭᑎᒡ ᐃᑦᐱᒐᓂᑦ ᓄᑦᑕ 22-27 ᐃᓂᑯᒡ ᑕᑭ ᐱᒋᑎᑎᓂᑦᓵ ᓂᑦᓴᑦ ᑭᔪᒃᑦᐊ ᑭᒡᒃ ᐁ ᐃᑕᑐ ᑭᔪᒃᑦᐃᑉ ᑭᒋᒋᔪᑦ ᑦᐊᑕᔭ ᑦᐊᑦᐃ ᐁᑦᐱᒐᒡ ᐃᑦᐱᒐᓂᑦ ᓄᑦᑕ 60 ᐃᓂᑯᒡ ᑕ ᐱᒋᑎᑎᓂᓂᑦ ᕐᒃᓂᑦ ᒃ ᑯᒋᐸᓂᑦᑕᑉᓵ

ᐁ ᓇᓇᑲᒋᐃᑲᓐᐃᔭᐣ ᓄᑦᑕ ᐁ ᓐᐃᒋᐃᑲᓐᐃᔭᐣ ᓄᑦᑕ ᑭᒋᒋᔪᑦ

ᓇᑲᐯᐊᓄᒃ ᐃᐅᕿ ᑭᑦᑭᓐᓇᒋᒋᕿᒪᑲᐣ ᓇᓇᑲᒋᐃᑯᓯᓐᐃᐣ ᓄᑦᑕ ᐁ ᐱᒧᑕᐅᒋᑲᐅᒃ ᐱᒪᑎᓯᓐᐃ ᐱᑦᐱᒋᓐᐃᐣ ᐁᔪ ᒥᓐᓇᔪᒃᓐ ᐁ ᐸᒥᐃᑎᓱᔭᐣ ᓄᑦᑕ ᐁ ᓄᔭᓂᐊᑊ ᑭᒋᒋᔪᑦ ᐁᓐᑲᓂᒪ ᒪᓐᐊᒻ ᕿ ᐅᒋ ᓇᓇᑲᒋᐊᑊ ᑭᑊ ᐅᐯᑭ ᒋᒋᔪᑦᓐ ᓄᔭᓇᐊᓐᐊᓯᓐᐃᐣ ᓐᐃᒋᐃᓐᐁᒪᑲᐣ ᐁ ᓇᓇᑲᒋᐃᑯᓇᓂᓐᐊᒃ ᐊᑯᓯᓐᐃᐣ ᐅᒋ ᐁ ᐅᔪᑕᒧᒪᑲᒃ ᒥᔭᓐᐃᒃ ᕿ ᐅᒋ ᒪᔪᑕᓂᓐᐊᒃ ᓄᑦᑕ ᕿ ᐅᒋ ᐊᒍᓐᐃᓂᑲᒐᑭ ᒥᕿᑊ ᒥᓄ ᐱᒪᑎᓯᓐᐃᒃ ᑲ ᒥᑯᐯᑲᒐᓂᒋᑲᒐᑭᓐ ᐁ ᓄᔭᐊᓐᐊᓯᔭᐣ ᑭᒋ ᐸᑭᑎᓂᑯᐣ ᑭᒋ ᓴᑭᐃᑐᔭᒃ ᑭᒋᒋᔪᑦ ᓄᑦᑕ ᑭ ᑲ ᓐᐃᒋᐃᑯᐣ ᓄᑦᑕ ᑭᒋᒋᔪᑦ ᐁ ᐊᑎ ᓂᑕᓐᐃᑭᑊ

ᑲ ᓄᔭᓇᐊᓐᐊᓯᐣ ᐃᓂᑯᒃ ᐁᔪ ᑲᐯᑕᔭᐣ ᒋᕿᒪ ᓂᓴᑭᑕᐣ ᓄᑦᑕ ᓂ ᓴᑭᑕᐣ ᐁᑭ ᑲᐯᑕᔭᐣ ᑭᒋ ᓂᑕᓐᐃᑭᑕᔭᐣ ᕿᓐᑲᐣ ᕿ ᓐᐃᒋᐃᑯᑊ ᐁᑲ ᑭᒋ ᐊᑯᓯᑊ ᓄᑦᑕ ᒧᓇ ᓐᐃᑦᑲᒻ ᐅᒋ ᐊᑯᓯᑦᓐ ᒍᓕ ᒻᐸᕿᐣᓯᑦ ᒧᐊᒃᓐ

ᐅᓂᑭᐃᑯᒪᓐᐃᐣ ᐣᑕᓐᐁᓂᑕᓐᑲᐣ ᑎᐱᓇᓐᐁ ᑭᑦᑭᓄᐊᒪᓯᓐᐃᐣ ᑎᐱᓇᓐᐁ ᐸᒥᐃᑎᓯᓐᐃᐣ ᓄᑦᑕ ᑎᐱᓇᓐᐁ ᓴᑭᐃᑎᓯᓐᐃᐣᓐ ᑲ ᑭ ᐃᒋ ᒥᓂᑯᓯᔭᐣ ᑭᒋ ᑭᑦᑐᓂᒥᑎᓯᔭᐣ ᒥᑦᑕ ᑭᑊ ᐊᔭᐣ ᕿ ᒥᓇᑊ ᑭᒐᓐᐊᒋᒥᓐᓂ ᓂᑦᑕᑦ ᐅᑭᑦᑭᓄᐊᒪᕿᓐᐊ ᒪᓐᐊ ᐊᓐᐁᓂᑲᐣ ᕿ ᓄᓯᓇᐊᑊ ᓄᑦᑕ ᕿ ᐱᒪᒋᐃᑯᑊ ᑲ ᐅᐧᐱᑭᐃᑯᑊ ᓄᑦᑕ ᑲ ᓯᑐᓂᑯᑊ ᐁ ᐱᒪᑎᓯᑊᓐ ᑭ ᑭᑦᑐᓂᑕᑯᓯᐣ ᓄᑦᑕ ᒥᓯᓐᐁ ᕿᓐᑲᐣ ᑲ ᐃᑐᑕᒪᐣ ᓐᐃᓇ ᐅᒋ ᓄᑦᑕ ᑭᒐᓐᐊᒋᒥᓐᓂ ᑭᑦᑐᓂᑕᓐᑲᓂᓂᓐᓐ

ᓄᐣᑲᒥᕿᓐᐃᐣ ᐅᒋᓐᐯᓐᐃᐣ ᐃᓐᑐᒪᑲᐣ ᓄᑦᐸᑎᓯᓐᐃ ᐅᓂᑭᐃᑯᒪᓐᐃᓐᐃᐣ ᑲ ᐊᓂᑦᕿᐸᓂᒃ ᐊᑲᒥᐃᓐᐁᓐᐃᐣ ᑭᒋ ᓴᑭᐃᑐᓐᐃᓇ ᓄᓐᐊᒻ ᑲ ᐃᑦᐸᓂᐅᓇᓂᓐᐊᒃ ᐁᔪ ᓇᑕᓐᐁᓂᑕᒃ ᐊᓐᐊᔪᓐᓇ ᐊᐣᑕ ᐅᒋ ᓂᐸᓐᐃᒪᑲᐣ ᑕᓐᐯᔪᓂᑕᒧᓐᐃᓂᒃ ᐊᓐᐊᔪᔭᒃ ᐱᑯ ᐁ ᑲᓐᕿᒋᕿᒧᒋᒃ ᐊᓂᐃ ᕿᓐᑲᓇ ᑎᐱᓇᒃ ᑲ ᐣᑕᓐᐁᓂᑕᑭᒃᐣ ᑕᐱᑦᑯᒻ ᐊᓂᑦᕿ ᐊᑲᒥᐃᓐᐁᓐᐃᓇ ᐯᔭᓐᑲᐣ ᑕᐱᑦᑯᒻ ᑲ ᐃᔪ ᓂᐸᓂᓐᐊᒃ ᐯᓐᒻ ᑎᑭᓇᑲᓂᒃ ᕿᓐᑲᓂᑦ ᑲ ᑭᒡᑲᒃ ᒋᒋᒡᓐ ᒃᓗᕿ ᐸᓐᕿᐣᑦ ᓄᑦᑕ ᐱ ᐸᑐᕿᐣᓯᐣᓐ ᐁ ᒪᓐᐊᑐᓂᑲᑎᑭ ᐱᑦᑭᒋ ᒪᓯᓇᐃᑲᓇᓐ ᐊᔭᒥᓐᐃᓇ ᐊᐸᑎᓯᓐᐃ ᓇᑭᒡᑲᑐᓐᐃᓇ ᓄᑦᑕ ᐃᑎᓂᑕᒧᓐᐃᓇᓐ 1997ᓐ

ᒋᒋᕋᒃ ᑕ ᓚᐃ ᓴᑲᖏᕐᓂᒧᓐᐊᒃ ᓄᖏᑕ ᓚᐃ ᓇᓇᑲᒋᐃᑯᓯᓐᐊᒃᓵ

ᑭᒋᒋᕐᑦ ᑭᖏᐊᒃ ᑭ ᐃᑕᒍ ᐃᓂᑯᒃ ᐯᒪᑎᓯᐟᓵ ᑕ ᑯᖑᐸᓂᒍ ᒋᒋᖕ ᓚᐊᓇᐃᑎᒃ ᐃᖏᐃ ᐅᑕᐟ ᒪᖏᐸᒃᓵ ᒪᒥᑐᓄᓂᑕ ᐅ ᑭᓐᐊᒃ ᐅ ᐯᑕᑲᓂᓂᒃ ᑭ ᑲᐃᔭ ᐅᑌᐃ ᐅ ᐸᑲᐊᓂᓂᒃᓵ ᑭᒋ ᕐᔪᐃᐃᐟ ᕿᑲᐟ ᒧᓇ ᑕᑭ ᐃᑭᑦ ᐅ ᓯᒐᒃ ᐅᓴᑦ ᕿᑲᐟ ᐧᒥᒋ ᐅ ᐊᑎ ᓂᑕᐃᑭᐟᓵ ᒋᒋᕋᒃ ᐊᖏᑲᒍ ᑕ ᐃᓱ ᑯᒋ ᑎᐱᓇᒪᒃ ᕿᑲᓂᒍ ᓄᖏᑕ ᒧᓇ ᕿᑲᓂᒍ ᑕ ᒧᓱᑕᐃᒃ ᓄᓄᐃᓂᓂᒍ ᐱᑯᓵ ᑕ ᐊᑎ ᒪᑑᐃᒃ ᒋᕿᒪ ᒧᓇ ᑲᔭᒥᑦᑕᐃᒪᒃᓵ ᒪᑯᒡᑲᑐᑕᐃᒪᒃ ᐅᑲ ᕿᑲᓂᒍ ᐅ ᒧᓱᑕᒋᒃ ᐊᑕ ᐅ ᐃ ᑲᐃᕿ ᑌᐱᓇᑭᒃ ᕿᑲᓂᒍᓵ ᐅ ᐃᖏᐃᕿᒃ ᐅᐊᓇᐟᓵ ᐅᖏᑕᒃᐅᑕᓵ ᐃᖏᐃ ᑲ ᐊᑎ ᐱᒧᑌᒋᒃ ᓇᑲᓯᐃᒃ ᐅᐱᒪᑎᓯᐃᓂᒃ ᐊᖏᒃᓵ ᒧᓇ ᑭᖏᓂᒪᑲᐃᒃ ᑲ ᑭ ᒪᓯᓇᐊᒃ ᐅᒥᓂᒍᓵ

ᑭᒋᕋᓇᒃ ᓄᖏᑕ ᐃᑕᐃᒃ

ᑭ ᐃᕐᐊᑲᒃ ᓄᖏᑕ ᑭᐟ ᐃᑕᐃᒃ ᐃᑕᐊᒃ ᐊᒃᑕ ᑭᒋ ᓇᓇᑲᒋᐃᖏᒃ ᓄᖏᑕᓵ ᑲ ᓯᑐᖏᑲᑯᔭᒃ ᓄᖏᑕ ᑲ ᑲᑲᒋᐃᑯᔭᒃ ᑭ ᐃᕐᐊᑲᓇᒃ ᓄᖏᑕ ᑭᒋᕋᓇᒃ ᑭᖏᑐᓂᑕᐃᑲᒃ ᑭ ᐅᒋ ᒥᓄᐸᓂᔭᒃ ᐅ ᓄᕋᓇᐊᐊᓯᔭᒃᓵ ᐊᔭᒥᐃᒃ ᑭᒋᕋᓇᒃ ᓄᕋᓇᐊᐊᓯᐃᓂᓂᒃ ᐅᒋᓵ ᓇᑕᐃ ᑭᖏᓂᑕᒃ ᑭᖏᑐᓂᑕᑭᒃᓵ ᓄᕋᓇᐊᐊᓯᐃᒃ ᐅᑯᑕᓂ ᐧᐅᒋ ᑭᖏᓂᒋᑲᑌᒃ ᑭᒋᕋᓇᒃ ᐅᑕᓇᒃ ᐅᐱᒪᑎᓯᐃᓂᐊᒃ ᓄᖏᑕ ᐅᕐᒧ ᑕᐧᐅᓴᓂᑕᑭᒃᓵ ᑭ ᑭᒋ ᐱᒪᒋᐃᑯᔭᒃᓵ ᓄᕋᓇᐊᐊᓯᐃᒃ ᐸᑭᑎᓂᑯᓇᓂᐊᒃ ᑭ ᐅᒋ ᒃᑕᐊᐸᒋᑲᑌᒃ ᓂᖏᑕᑦ ᑭᖏᓄᐊᒪᑭᐃᓇᓵ

ᐃᑭᒃ ᐱᑯ ᓄᕋᓇᐊᐊᓯᐃᒃ ᐅ ᐱᒪᑎᓯᓇᓂᐊᒃ ᓄᖏᑕ ᒋᒋᕋᒃ ᓂᑕᐃᑭᐊᒃ ᑭᒋ ᓇᕋᓂᒋᒃᓵ ᒥᐧᑲᒻ ᐊᓂᐃ ᓂᖏᑕ ᑭᕐᑲᐊ ᑲ ᐃᒡᑲ ᓂᑕᐃᑭᐟ ᐊᑎᐟ ᒋᒋᕋᒃ ᓄᖏᑕ ᐅᑲᐊᒪᐊᒃ ᒃᑕᐧᐅᓂᑕᐊᒪᒃ ᑭᒋ ᑭᖏᓄᐊᒪᓯᒋᒃ ᓄᖏᑕ ᐧᑲᔭᖕᒃ ᑭᒋ ᐃᑐᑕᑭᒃᓵ ᑲ ᐃᐧᒋᒃ ᑯᑕᑭᔭᒃ ᐊᐧᐅᓂᑲᓇᒃ ᓄᖏᑕ ᐱᑯ ᑕᐧᐅᓴᓂᑕᑭᒃ ᑕᑭ ᐊᒋᐸᓂᑭ ᑭ ᐅᒋ ᑲᒃᑭᑕᐟ ᐅ ᓄᕋᓇᐊᐊᓯᔭᒃᓵ ᑭᒋᕋᓇᒃ ᓄᖏᑕ ᑭᑐᒐᒪᒃ ᑲ ᑭ ᐧᐃᒋᐃᑯᒃ ᑭᒋ ᒥᓇᐟ ᑭᒋᒋᕐᑦ ᑭ ᐅᒋ ᑲᒃᑭᑕᐟ ᐅ ᐅᒃᑭ ᑭᒋᑕᐟ ᐅ ᐱᒪᑎᓯᐟᓵ ᑭᑲᐧᐃᔭ ᑯᑯᑦ ᑭᓯᑯᓴᒃ ᑭᑐᓯᓴᒃ ᓄᖏᑕ ᑭᖑᔭᐊᐧᐊᒃ ᒧᓇ ᒪᖏᑯᒻ ᐅᒋ ᓄᕋᓂᐅᐧᐊᒃ ᐅᒋᒋᕐᒥᐧᐊᒍᓵ ᑭ ᐸᑭᑎᓂᑯᓇᐧᐊᒍ ᒪᑲ ᑭᒋ ᑭᖏᓄᐊᒪᓯᓴᒃ ᑕᐱᖏᑯᒻᓵ

ᐊᓂᒪ ᑲ ᐃᑌᑐᒋᑲᑌᒃ ᐊᐧᐊᕐᕋᒃ ᑲ ᑕᑯᓇᒋᒃ ᑭᒋᕋᓂᓂᓇᐧᐊ ᓄᖏᑕ ᑭᐟ ᐃᑕᐧᐃᓂᓇᐧᐊ ᑲᑭᓇᒍᒃ ᐅᐧᑲᓂᒥᓂᒍᒃ ᑲ ᑭᖏᓄᐊᒪᕐᐃᓂᓂᒍᒃ ᐅᐟᓇ ᒪᓂᑐᐧᐊᐱᒃ ᑲ ᑭ ᕐᐧᐅᓂᒥᐟᓵ ᑲ ᐊᓯᓂᐧᐊᒃ ᓴᑲᐃᑲᒃᓵ ᐸᐧᐊᑕᑭᓇᕐᒡ 2010 ᓕᐊᒃ ᓯᑦᓯᒃᓵ ᐅ ᓂᒥᔭᒃ ᑭ ᒥᑭᓇᒃ ᐧᐊᐧᐃᑲᓂᒃ 2011ᓵ

∇ ᐅᑯᐅ ᐊᑎ᐀ ᕿᑦᑲᓇ ᕿᑐᑕᒪᒃᓵ

- ᐊᑕ ᑉᐸᒪᕐ ᓂᑕᑦᐃᑭ᐀ ᑭᒋᒋᕐᑦ ᑉᐃᑕᒪᑦᐃᑦ ᑭᒋᖅᓇᑦ ᓄᑦᑕ ᑭᑐᒐᒪᑦ ∇ ᐃᑐᒃᑕᒪᒃ ᑭᒋ ᓄᖅᓇᐊᑦᑉᐊᓱᒃ ᓄᑦᑕ ᑲᑦᕿᒥᑦ ᑭᒋ ᑉᐃᒋᐃᑦᑭᑦ᐀
- ᕐᑭᐃᑦ ᑭᒋ ᑭᑦᕿᓂᑕᑭᑦ ᐅᒣᓂᑉ ᒪᓯᓇᐃᑲᓂᓂᑉ ᑭᒋ ᑭᑦᕿᓂᑕᑭᑦ ᑕᒃᑐ ᕿᑐᑕᑭᑦ ᑭᒋ ᑉᐃᒋᐃᑦᑭᑦ ᓄᑦᑕ ᕿᑯ ᑉᐃᒋᐃᑦᑉᐊᑦᑐᒃ ᓇᓄᑦᐯᑦ ᐃᑕᑦᑲᒃ ᑭ᐀ ᐃᑕᑦᐃᓂᑦ᐀
- ᐸᑭᑎᓂᑦ ᑭᒋ ᓇᓇᑲᒋᐃᑦᑭᑦ ᒪᑲ ᑭᒋ ᐸᒥᐊ᐀ ᑭᒋᒋᕐᑦᑉ᐀

ᑭ ᑉᐃᕐᑦᐊᑲᒃ ᑭᒋᖅᓇᑦ ᓄᑦᑕ ᑭ᐀ ᐃᑕᑦᐃᒃ ᑲ ᑭ ᑉᐃᒋᐃᑯᑦ ᐅᒪ ᐃᑐᕐᓇ᐀

1. ᑭᑦᑭᓄᐊᒪᓱ ᐊᑦᐊᓯᑐᓇ ᒪᑦᐊᑐᓇ ᒥᑦᑕᐃ ᑭᑦᕿᓂᑕᒧᑦᐃᒃ ᓄᖅᓇᐊᑦᑉᐊᓱᑦᐃᒃ ᐅᒋ ᐁᕐ ᑲᑭᑕᒃᑉ ᑉᐸᒪᕐ ᓂᑕᑦᐃᑭ᐀ ᒋᒋᑦ᐀ ᐊᒃᒥᐃᑦ ᑭᑐᒐᒪᑦ ᑲ ᑉᐊᑯᒪᒋᑦ ᑯᑕᑭᒃᑉ ᑭᒋᐊᖅᓇᑦ ᑲ ᓄᖅᓇᐊᑦᑉᐊᓱᒋᑦ ᓄᑦᑕ ᒥᓄ ᐱᒪᑎᓯᑦᐃᓂᑦ ᑲ ᑲᑭᑭᐅᒋᑦ ᑭᒋ ᑭᑦᑭᓄᐊᒪᓱᒃᑉ ᕿ ᐅᒋ ᑲᑭᑕᓂᑦᐊᑦ ᐁ ᓄᖅᓇᐊᑦᑉᐊᓱᓇᓂᑦᐊᑦ᐀ ᐊᒃᒥᑕ ᐅᒪ ᒪᓯᓇᐃᑲᒃ ᑭᒋ ᑉᐃᒋᐃᑯᒃᑉ ᕿ ᐅᒋ ᑭᑦᕿᓂᑕᒪᒃ ᐊᑦᐊᓯᑐ ᓄᖅᓇᐊᑦᑉᐊᓱᑦᐃᒃ᐀

2. ᑭᑦᕿᓂᑕ ᑕᒃᑐ ᕿ ᐅᒋ ᑉᐃᒋᐃᑲᑦᐃᒃᑉ᐀ ᓇᑕᑦᐃ ᑭᑦᕿᓂᑕ ᐊᓂᐃ ᑉᐃᒋᐃᑦᐁᑦᐃᓇ ᑭ᐀ ᐃᑕᑦᐃᓂᑦ ᓄᑦᑕ ᑉᐃᒋ ᐅᑲᑦᐃᒪᑦ ᑭᒋ ᐊᐸᒋᑕ᐀

3. ᑲᑲᒋ ᐅᑲᑦᐃᒪᑦ᐀ ᑲ ᐅᒡᑭ ᐅᑲᑦᐃᒪᑦᐃ᐀ ᑕ ᒥᑯᒡᑲᑐᓂᑕᑦ ᐁᑲ ᐁ ᑎᐱ ᐊᒃᑉ ᐅᒍᒍᕐᓇᐳᑦ ᐅᒋᒋᕐᒪ ᐅᒋ᐀ ᒥᕐᑉ ᐃᑦᑦᕐᐊᑦ ᒥᑦᑕᐃ ᐊᓇᑦᐊᑦ ᐊᒃᑦᐊᑦ ᒥᒍᒍᕐ ᒍᒍᕐᓇᐳᓂᑦ᐀ ᑉᐃᑕᒧ ᓄᖅᓇᐊᑦᑉᐊᓱᑦᐃᒃ ᒪᑦᐊᒻ ᐁ ᒥᑦᓇᕐᑦ ᐊᖅᒪᑦ ᐅᒋᒋᕐᒪᑦ᐀ ᑉᐃᑕᒧ ᐁ ᑕᑦᐯᔭᓂᒪᑦ᐀ ᑉᐃᑕᒧ ᐁ ᐃᑕᑦᐊᑦ ᐊᒃᑕ ᑭᒋ ᑉᐃᒋᐊᑦ᐀

4. ᑲᑦᐃᓇ ᑕ ᑉᐊᓇᐊᑲᑦᓇᒃᑉ᐀ ᐅᓇᑭᒥᑦ ᕿ ᒧᑦᐊᐱᒋᑦ ᓄᑦᑕ ᑐᓚᑦᐸᒃ ᕿ ᐊᒃᒥᐃᑯᑦ ᓄᑦᑕ ᑯᑕᑭᒃ ᕿᑦᑲᓇ ᕿ ᑉᐊᓇᐃᑯᑦ ᒣᑦᑲᒻ ᐊᓂᐃ ᓂᑦᑕᑦ ᑕᑦᐊᑦᑐᑦᐊ ᑲ ᐃᒡᑦᑲ ᓂᑕᑦᐃᑭᑦ ᒋᒋᒡ ᒪᑲ ᐅᑲᑦᐃᒪᑦ ᓄᑦᑕ ᒋᒋᒡ ᑭᒋ ᐊᑎ ᑭᑦᕿᓂᒥᑐᒋᑦ ᓄᑦᑕ ᑭᒋ ᑲᒡᑭᐅᑦ ᐅ ᓄᖅᓇᐊᑦᑉᐊᓱᑦ ᓄᑦᑕ ᓄᖅᓂᑦᑉ᐀

5. ᕐᑭᑦ ᑭᒋ ᐊᑦᓄᐱᑦᑉ᐀ ᐅᒡᑭ ᐅᑲᑦᐃᒪᑦ ᑉᑕᑦᐁᓂᑕᑦ ᒥᑦᑕᐃ ᒪᒡᑲᑦᐃᓯᑦᐃᓂᓂᑦ ᑭᒋ ᑲᓇᑦᐊᐸᒪᑦ ᒋᒋᖅᑉ᐀ ᐁ ᑦᐊᑦᐃᒋᐃᑦ ᑕᑦᑐ ᑭᕐᑲᑦ ᐁᕐ ᑉᑕᑦᐁᓂᑦᑲᑦ ᑕᐱᑦᑯᒻ ᐁ ᐅᕐᑕᓂᑦᐊᑦ ᒥᒋᑦ ᓄᑦᑕ ᐅᓇᑲᓇ ᓄᑦᑕ ᕿ ᑭᑎᑦᑕᑦᐸᒐᑭ ᑦᐃᓇᒋᑲᓇ ᐁ ᓇᓇᐃᑐᒋᑲᒐᑦ ᑦᐊᑦᑲᐃᑲᒃ ᓄᑦᑕ ᐁ ᐸᒥᐃᒋᑦ ᐊᑦᐊᕐᕋᖅᑉ᐀

6. ᑉᐃᒋ ᐅᑲᑉᐃᒪᒻ ᐁ ᐸᒥᐊᑊ ᐅᒋᒋᕐᒪᓐ ᒋᒋᕐᓗᑉ ᒪᑐᑉᐊᑉ ᒥᕐᑊ ᐱᑯ ᕿᑉᑲᑦ ᐅᒋ ᒧᓇ ᐱᑯ ᐁ ᕐᑉᐊᑌᒋᑉᓐ ᑭᒃᑭᓄᐊᒪᓱ ᓇᓇᑲᒻ ᕿ ᐅᒋ ᓇᐁᓂᑕᒥᐊᑊ ᐊᓇ ᒋᒋᒡ ᑕᐱᕐᑯᒻ ᐁ ᐱᒧᑕᐊᑊ ᐁ ᓂᑲᒧᔭᑦ ᓄᑦᑕ ᐱᑯ ᐁ ᓂᒥᔭᑦᓐ ᐁ ᑭᑎᑦᑕᐸᑉᐊᓂᑊ ᓄᑦᑕ ᐁ ᐊᒋᐃᑊ ᐁᑉᑲᓂᐃ ᕿ ᐅᒋ ᑭᑦᑭᓄᐊᒪᓱᔭᑦ ᐊᓇ ᒋᒋᒡ ᐁ ᐃᓂᓂᑉᐃᑊᓐ ᐁ ᓇᐁᓂᑕᒧᐊᑊ ᐁ ᑭᑎᑦᑕᐸᑉᐊᓂᑊ ᓄᑦᑕ ᐱᑯ ᐁ ᐊᒋᐃᑊ ᐊᓇ ᒋᒋᒡ ᑕ ᑕᑉᐃᓂᒪᑯᓱᑉ ᐊᓇ ᐅᑲᑉᐃᒪᒻ ᒋᑭ ᓄᕐᓂᐊᑉᐊᓱᑊ ᓄᑦᑕ ᑭᒋ ᐸᒥᐃᑎᓱᑊ ᓄᑦᑕᓐ

7. ᒪᒥᑐᓄᓂᑕᑉ ᑉᑲᔭᑦᑉᓐ ᐅᒡᑭ ᒋᒋᒡ ᐁ ᐃᑕᑊ ᐊᒋᐸᓂᑉ ᐱᒪᑎᓱᑉᐃᑉ ᑲᑭᕐᓐ ᐃᑭᑉ ᐱᑯ ᓇᓇᑲᑉ ᑭᒋ ᐃᑌᑉᒋᑲᑌᑉ ᐊᓂᐃ ᕐᑉᑲᓇ ᑲ ᐊᑎ ᐊᒋᐸᓂᑭᓐ ᐁ ᐳᓂᑕᓂᑉᐊᑉ ᑲ ᓄᕐᓇᐊᑉᐊᓱᓇᓂᑉᐊᑉ ᒧᓇ ᑕ ᓇᑲᑎᑯᓇᓂᑉᐊᑉᓇ ᐊᓂᐃ ᓇᓇᑲᑉ ᑲ ᐃᑌᓂᒋᑲᑌᑭᓐ ᓄᕐᓇᐊᑉᐊᓱᑉᐃᑉ ᑕ ᑉᐃᒋᐃᑯᑉᐊᑉ ᑲᑭᓇᑉ ᐊᓇ ᐅᑲᑉᐃᒪᑉ ᓄᑦᑕ ᒋᒋᒡᓐ

8. ᒥᑦᑲ ᑉᐃᒋᐃᑯᓱᑉᐃᑉᓐ ᑭᕐᑦᐱᑉ ᐊᓇ ᐅᑲᑉᐃᒪᑉ ᒥᓱᑉᐅ ᕿᑉᑲᑉ ᐅᑲ ᒥᓄᐸᓂᑉ ᐁ ᐃᑌᑉᑕᑉ ᐁ ᓄᕐᓇᐊᑉᐊᓱᑊ ᑭᑦᑎᓇᑦ ᐃᑐᑕ ᒋᒋ ᑉᐃᒋᐃᑊᓐ

8. ᑭᑦᑭᓱ ᓇᓇᑲᑉ ᐁ ᐃᑎᒋᑉ ᐅᑲᑉᐃᒪᑉᐊᑉᓐ ᑲᑉᕿᒋᑦ ᕿᑉᑲᓂᑉ ᕿᑭ ᑉᐃᒋᐃᑯᑉᕿᓐ

ᐅᑲᑉᐃᒪᑉᐊᑉ ᐁ ᑉᐊᑉᐃᒋᐃᑐᒋᑉ

ᐅᑲᑉᐃᒪᑉᐊᑉ ᓄᑦᑕ ᑉᐃᒋᐃᑯᑉᐊᑉ ᐁ ᑉᐊᑉᐃᒋᐃᑯᒋᑉ ᑯᑕᑭᔭ ᐅᑲᑉᐃᒪᑉᐊ ᑲ ᓄᕐᓇᐊᑉᐊᓱᓂᒋᓐ ᒪᑦᑯᒻ ᑭᑐᒐᒪᑉ ᓄᑦᑕ ᐱᑯ ᑯᑉᐊᑯᐸᒪᑲᓇᑉ ᓄᕐᓂᐁᑉᐊᑉ ᐅᒋᒋᕐᒥᑉᐊᑉ ᓄᑦᑕ ᐱᑯ ᐊᑦᑕᒥᑦᐱ ᑭ ᓄᕐᓇᐊᑉᐊᓱᑉᐊᑉᓐ ᓄᑦᑕ ᑲ ᑭ ᓇᑭᑦᑲᑉᐊᑉᐊᑉ ᑯᑕ ᐅᑲᑉᐃᒪᑉᐊᑉ ᑲ ᓄᕐᓇᐊᑉᐊᓱᒋᑉ ᐊᑐᑌᓐ

- ᐁᕐ ᑭᑦᑭᓄᐊᒪᓱᓇᑉᐊᑉ ᑉᐸᒪᕐ ᓂᑕᑉᐃᑭᑉ ᐊᑉᐊᕐᑉᓐ
- ᐅᓂᑭᐃᑯᒪᑉᐊᑉ ᑲ ᑉᐊᑉᐃᒋᐃᑐᒋᑉᓐ
- ᓄᕐᓇᐊᑉᐊᓱᑉᐃᑉ ᑉᐃᒋᐃᑉᐁᑉᐃ ᐊᑐᑦᑯᑉᐃᓇᓐ
- ᑲᓇᑕ ᐊᑐᑦᑯᑉᐃᓇ ᑉᐸᒪᕐ ᓂᑕᑉᐃᑭᑉ ᐊᑉᐊᕐᑉᓐ ᒥᒋᒥ ᐊᑐᑦᑯᑉᐃᓇᓐ

ᐊᑉᐊᓱᑌ ᑉᐃᑕᒪᑯᑉᐃᑉ ᓄᕐᓇᐊᑉᐊᓱᑉᐃᑉ ᑉᐃᒋᐃᑉᐁᑉᐃᑉ ᐅᒋ ᐃᑕᐱ 42 ᐸᑦᑯᑭᓂᑲᓂᑉ ᐅᑕ ᒪᓱᓇᐃᑲᓂᑉᓐ

ᐃᑕᑉᐃᓂᑉ ᑲ ᐊᕐᑕᑭᒥᑯᓱᒋᑉ ᒧᕐᑉ ᑕ ᑉᑕᑉᐃ ᓇᑭᒡᑲᑉᐁᑉᐊᑯᐸᑉ ᐅᑲᑉᐃᒪᑉᐊ ᐃᑦᐱ ᐅᒡᑭ ᒋᒋᒡ ᑲ ᓂᑕᑉᐃᑭᑉ ᐁ ᑉᐊᑉᐃᒋᐊᒋᑉ ᓄᑦᑕ ᐁ ᓄᑯᑕᒋᑉ ᓴᑭᐊᒋᑉᓐ ᒪᑉᐊᒋᑐᑉᐃᑉ ᐅᓂᑦᑕᒪᑦᑲᓄᓱᑉᐃᓇ ᑲᕿᑕᑉᐁᓂᑕᒧᑉᐃᑉ ᓄᑦᑕ ᐅᑎᓴᐸᑕᒧᑉᐃᑉᓐ ᑲ ᒪᓱᓇᑌᑉ ᒥᓄ ᐱᒪᑎᓱᑉᐃᑉ ᑲᓇᑕ 2003ᓐ

ᐊᑯᓯᐧᐃ ᐃᑕᐟᐱᓗᐧᐃᓇ ᑲ ᐃᐡᐧᑲ ᐧᐊᐸᒪᐧᐊᓱᓇᓂᐧᐊᐵ

ᐊᑯᓯᐧᐃ ᐃᑕᐟᐱᓗᐧᐃᓇ ᑲ ᐃᐡᐧᑲ ᐧᐊᐸᒪᐧᐊᓱᓇᓂᐧᐊᐵ

ᓄᓴᓇᐊᐧᐊᓱᐧᐃᐣ ᐧᐃᒋᐃᑯᐧᐊᐵ ᐅᑲᐧᐃᒪᐧᐊᐵ ᒋᑫᒪ ᐊᓂᐃ ᕿᐧᐧᑲᓇ ᐧᐃᔭᐧᐃᐧᐊᐵ ᓗᐟᑕ ᕿᐧᑲᓇ ᑲ ᒥᐧᓗᓂᑕᒥᐡᑲᑯ´ ᐅ ᐧᐊᓇᐧᐃᐸᓂᓂᑭᓐ ᒥᕿ´ ᐅᑲᐧᐃᒪᐧᐊᐵ ᒥᓄᒪᒋᐅᐧᐊᐵ ᒣᐧᑲ⁻ ᑲ ᓄᓴᓇᐊᐧᐊᓱᒋᐵᓐ ᐊᑎ´ ᐅᑲᐧᐃᒪᐧᐊᐵ ᒧᓇᓐ ᐊᑯᓯᐧᐃ ᐃᑕᐟᐱᓗᐧᐃᓇ ᑲ ᐃᐡᐧᑲ ᐧᐊᐸᒪᐧᐊᓱᓇᓂᐧᐊᐵ ᓄᒋᐃᑯᐧᐊᐵ ᐯᔭᐵ ᐅᑲᐧᐃᒪᐧ ᓂᔭᓇᐣ ᐅ ᐃᑕᑦᒋᐵ ᐟᑕ ᐯᔭᐵ ᐅ ᒥᑕᑕᑦᒋᐵ ᐅᑕᐧᐃᒪᐧᐊᐵᓐ ᐱᑯ ᐊᐧᐅᓇ ᑕᑭ ᐃᑎᐧ ᐅᒣᓂᐧᓐ

ᑭᓵᐟᐱᐣ ᐅᒪ ᐊᑯᓯᐧᐃ ᐃᑕᐟᐱᓗᐧᐃᐣ ᑲ ᐃᐡᐧᑲ ᐧᐊᐸᒪᐧᐊᓱᔭᐣ ᑲᐅᑎᑎᑯᐧᐊᓗ ᐅᒪ ᑲ ᑭ ᐃᑕᐟᐱᓇᐣᓐ

- ᒧᓇ ᓱᑭ ᓗᐟᑕ ᐱᑯ ᒧᓇ ᑲ ᑭᑦᑦᓵᐧᐅᓂᐡᐣ ᓗᐟᑕ ᐱᑯ ᒧᓇ ᑲ ᒥᐧᓗᓂᐡᐣ ᐊᓂᐃ ᕿᐧᑲᓇ ᑲ ᒥᐧᓗᓂᑕᒪᐸᐣᓐ
- ᕿᑲ´ ᑕᑦᓗ ᑲ ᐱᑭᐟᑲᐡᐣᓐ

ᓗᐟᑕ ᒪᑲ ᐅᒪ ᑲ ᐃᑕᒪᒋᐅᐣᓐ

- ᑲ ᐧᐃ ᓴᑭᓯᐣ ᓗᐟᑕ ᐱᑯ ᑲ ᒥᑯᐡᑲᐡᓂᐡᐣᓐ ᒪᐟᑯ⁻ ᑭ ᑲ ᑲᑭᐡᐧᐊᑭᓯᐣ ᑲ ᒧᑦᐅᐣ ᑲᐟᑭᑲᓂᐵ ᑲ ᑕᐧᑲᑕᒧᐣ ᑲᑭᐟᑭᒥᓯᐣ ᑲ ᒋᒋᓯᓗᓯᐣ ᓗᐟᑕ ᐱᑯ ᑲ ᒧᑦᑕᐣ ᑭᑯᐟᑕᐡᐧᑲᐧᓐ
- ᑲ ᐊᑕᒥᓂᒥᑎᓱᐣ ᓗᐟᑕ ᐱᑯ ᑲ ᓇᓗᐯᐧᐃᓱᐣᓐ
- ᓂ ᐯᔭᑯᐣ ᑲ ᐃᑕᒪᒋᐅᐣᓐ
- ᑲ ᑭᒋ ᐃᐡᐣᐡᐣᓐ
- ᑲ ᓯᑲᐡᐣᐡᐣᓐ
- ᑲ ᑭᐧᓵᓯᐣ ᓗᐟᑕ ᑲ ᐧᐃ ᑭᐧᓵᓯᐣ ᑕᑦᓗᓐ
- ᒧᓇ ᑲ ᑕᐧᐯᔭᓂᒥᑎᓱᐣᓐ
- ᑲ ᐸᑭᐡᓂᒧᐣᓐ
- ᑲ ᐊᑕᒥᓂᒥᑎᓱᐣᓐ ᒧᓇ ᑭ ᒥᓄ ᐅᑲᐧᐃᒪᐧᐃᐣ ᑲ ᐃᐡᐣᐡᐣᓐ

ᑲ ᐃᑕᒪᒋᐅᐣᓐ

- ᐅᑲ ᐅ ᐱᒪᑎᓯᐧᐊᕿᓗᒧᔭᐣᓐ
- ᒧᓇ ᑲ ᐧᐃ ᒥᒋᓱᐣ ᓗᐟᑕ ᐱᑯ ᑕᑦᓗ ᑲ ᐧᐃ ᒥᒋᓱᐣᓐ
- ᒧᓇ ᑲ ᑭ ᒪᒥᑐᓗᓂᐡᐣᓐ
- ᐧᑲᐣᑕᐧ ᐱᑯ ᑲ ᒪᑐᐣᓐ
- ᕿᓂᑯᐧ ᑲ ᓂᐸᐣ ᓗᐟᑕ ᐱᑯ ᒧᓇ ᓱᑭ ᑲ ᓂᐸᐣᓐ
- ᒧᓇ ᕿᐧᑲᐣ ᑲ ᐧᐃ ᐃᑐᐡᐣ ᑭ ᐧᐃᕿᐧᐊᑲᐣ ᑭᒋᓵᓇᐧ ᓗᐟᑕ ᐱᑯ ᑭᒋᒋᑦᑦ ᐅᒋᓐ

ᒪᑲ ᒪᔭᐧ ᑭᓇ ᑲ ᐊᑕᒥᓂᑕᑯᔭᐣ ᐅ ᐃᑕᐣᑕᒪᐣᓐ ᑲᐧᐃᓇ ᐯᐅᓐ ᐃᑕᐧᑲᐣ ᕿ ᐅᒋ ᐧᐃᒋᐃᑲᐧᐃᔭᐣ ᓗᐟᑕ ᑭᒋᓵᓇᐧ ᐅᒋᓐ

ᐅ ᐅᑯᑯ ᐊᑎ´ ᐊᐧᐅᓂᑲᓇᐧ ᓗᐟᑕ ᑕᐣᑕ ᕿ ᐅᒋ ᐧᐃᒋᐃᑲᐧᐃᔭᐣᓐ

ᐁ ᑊᐃᒋ ᑭᖅᑭᓄᐊᒪᓱᒪᑉ ᑭᒋᒋᔪᑦ

ᓄᓴᓇᐊᑊᐊᓱᐃᑦ ᐃᑐᑕᑯᑊᐊᑉ ᒋᒋᒡ ᓂᖅᑕ ᐅᑲᑊᐃᒪᒋ ᑭ ᑭ ᐃᑊᑕᓂᑊᐊᑉ ᐁ ᐯᔭᑯ ᐊᒐᑯᑊᐃᒋᑉᓵ ᑭᔭᒋ ᓂᖅᑕ ᑭᒋᒋᔪᑦ ᑊᐃᔭᒋ ᑕᐱᖅᑯᒻ ᑊᐃᑦᑎᐃᑐᒪᑲᑊᓇ ᐯᔭᑉ ᒧᓕᐅᑊᐃᓂᑉ ᓂᓂᑊᐃᓂᑉ ᓂᖅᑕ ᐯᔭᑉ ᒥᑎᐃ ᐁ ᐸᐸᑲᐊᑉᓵ ᑲ ᒧᓕᐅᔭᑉ ᑲᑭᓇᒋ ᑭᔭᑊᐃᑊᐊᑉ ᐊᓇᑊᐃᐸᓂᑊᐊ ᕝᑊᑲᓇ ᑭ ᒥᑎᑦᐱᑊᐊᑉ ᕝ ᐅᒋ ᒥᓄ ᒪᒋᐅᔭᑉᓵ ᑭ ᑊᐃᒋᐃᑯᑦ ᑭᒋ ᓴᑭᐊᑊ ᑭᒋᒋᔪᑦᓵ ᐊᑊᐊᓱᑎ ᑲ ᐸᐸᑊᑲᑎᑦᑎᑦ ᓂᖅᑕ ᐊᑊᐊᓱᑎ ᑲ ᒧᔪᑕᑦ ᓴᑭᐃᑊᐁᑊᐃᑦ ᓂᖅᑕ ᑕᑊᐯᔭᓂᒥᑐᑊᐃᑦ ᑲᑭᓇᒋ ᑭᓇ ᓂᖅᑕ ᑭᒋᒋᔪᑦᓵ ᐯᑲᒻ ᐃᑐᑕ ᓂᖅᑕ ᒥᑊᓂᓂᑕᓵ ᑭᖅᑭᓄᐊᒪᕕᒪᑲᑦ ᔪᐱᓇᑊᐁᑊᐃᓱᑊᐃᑦ ᐁ ᒥᓇᑉ ᑭᒋᒋᔪᑦ ᒥᓱᑊᐁ ᐃᑎᕕ ᐁᔪ ᓇᓇᑲᒋᐊᑉ ᐁ ᓇᐯᓂᒧᐊᑉ ᓂᖅᑕ ᐁ ᑭᓕᓇᑉᓵ

ᑭᑊᐁᑎᓄᑉ ᐃᑎᕕ ᒥᑊᑊᑕ ᐃᔪ ᑭᓇᑊᐊᐸᒋᑲᑎᐅᑉ ᑲᕕᑕᑊᐁᓂᑕᒧᑊᐃᑦ ᓂᖅᑕ ᓴᑭᐃᑊᐁᑊᐃᑦ ᐁ ᐅᒋᐸᓂᑉᓵ ᑕᑉᑐ ᑭᔪᑲᑉ ᑭᑉ ᐊᑎ ᐅᑎᓇᒪᓱᑦ ᑭᖅᑭᓂᑕᒧᑊᐃᑦ ᐁ ᐊᑎ ᑭᖅᑭᓂᑕᒪᑦ ᑭᔭᑉ ᐁ ᑭᖅᑭᓄᐊᒪᓱᔭᑦ ᕝᑕᑕᒪᑦ ᑭᒋ ᒥᓄ ᐅᓂᑭᐃᑯᒪᑊᐃᔭᑦ ᓂᖅᑕ ᐁ ᐊᑎ ᑭᖅᑭᓂᒪᑉ ᑭᒋᒋᔪᑦᓵ ᑲ ᐃᔪ ᑭᖅᑭᓄᐊᒪᑲᓂᑊᐊᑉ ᐅᑕᓇᑉ ᑭᒋᒋᔪᑦ ᑭᔭᐱᑉ ᓴᑭᓂᑯᑉ ᐊᑊᑯᑊᐃ ᐱᒪᑎᓱᑊᐃᓂᓂᑉ ᓂᖅᑕ ᐊᔭᑉ ᑲᕕᑕᑊᐃ ᑭᖅᑭᓂᑕᒧᑊᐃᓂᓂᑉᓵ ᑭᓇ ᐱᑯ ᑲ ᐅᒋ ᑭᖅᑭᓄᐊᒪᓱᑦ ᑭᒋᒋᔪᑦ ᓂᖅᑕ ᑲᓇᑊᐁᓂᑕᒪᑊᐊᑉ ᐅᑕᒐᑊᐊᓵ ᓂᖅᑕ ᐃᑊᑕᓂᑊᐊᑉ ᐁᑭ ᐅᑎᓂᖅᑉ ᑭᒋᒋᔪᑦ ᑭᒋ ᐅᓂᑭᐃᑯᒪᑊᐊᑉ ᒋᕝᒪ ᐁᑭ ᑊᐸᑕᑉ ᑭᒋ ᕝᑲᓂᑉ ᐁ ᐊᔭᑊᐊᑉᓵ

ᐊᑉᒋᑯᓂ ᐅᒋᑊᐯᒧᑊᐃᓂᑉ ᐃᑊᒐᒪᑲᑦ ᐁᑲ ᑭᒋ ᒥᑯᒡᑲᒋᐃᑉᓵ ᒧᓇ ᑲᕕᖅᑭᒪᑲᓂᑊᐃᑯᐸᑦ ᐊᑊᐁᓇ ᐸᑎᒪ ᑲ ᑲᑊᕕᕕᒧᑉ ᐁ ᓄᑯᑕᓂᑊᐊᑉ ᑭᖅᑐᓂᒥᑊᐁᑊᐃᑦ ᑯᑕᑉ ᐊᑊᐁᓇ ᐁᖅᑊᑲᓂᐸᓂᓂᑉ ᕝ ᐃᔪ ᐸᑭᑎᓇᒪᕕᑉᓵ ᐅᓂᑭᐃᑯᒪᑊᐃᑦ ᓴᑭᐃᑊᐁᑊᐃᑦ ᓱᑐᓂᕕᑊᐃᑦ ᓂᖅᑕ ᑭᖅᑭᓄᑕᐃᑊᐁᑊᐃᑦ ᐁ ᐸᑭᑎᓂᑲᑎᑉ ᒧᓇ ᑊᐃᓇ ᐁ ᑭᒋ ᑎᐯᑦᒋᑲᓂᑊᐊᑉᓵ ᑲ ᑭ ᐃᑊᑉ ᑉᓗᕝ ᐸᑊᕝᑦ ᐱ ᐸᑐᕝᓱᑦᓵ ᐃᓂᓂᑊᐃ ᐊᑊᐊᔪᔪ ᐅᐱᑲᐊᑊᐊᓱᑊᐃᓇ ᐁᑐᒋᑲᑎᑭ ᓂᖅᑕ ᐅᑉ ᐃᑎᓂᑕᑯᓱᑊᐃᓂᑊᐊᑊᐅ ᒥᑐᓂᒋᑲᓂ ᒥᓄ ᐱᒪᑎᓱᑊᐃᓂᑉᓵ ᐁ ᒪᑊᐊᑐᓂᑲᑎᑭ ᐱᑭᑦᑕᓱᓇᐃᑲᓇᓵ ᐊᔭᒥᑊᐃᓇ ᓂᖅᑕ ᐊᐸᑎᓱᑊᐃ ᓇᑭᖅᑲᑐᑊᐃᓇ ᓂᖅᑕ ᐃᑎᑦᑕᒧᑊᐃᑊᓇ 1997ᓵ

ᒥᕐᑊ ᕿᑦᑲᓇ ᑭᖅᑭᓄᐊᒪᓱᓇᓂᐊᕐ ᐃᖅᐱ ᑲ ᐅᒋᒋᕐᒥᔭᕐᓵ ᒣᑦᑲᒻ ᐊᓂᐃ ᓂᖅᑕᑦ ᑕᐊᖅᑐᐊ ᐅᒡᑭ ᕿᑦᑲᓇ ᓇᑭᒡᑲᑯᓇᓂᐊᕐ ᕿᑲᑊ ᑕᑐ ᑭᕐᑲᑯᓵ ᐅ ᑎᐱᑐᑕᒪᐊᑊ ᑭᒋᒋᕐᑦ ᐅᕐᑭ ᓇᑕᐅᓂᑕᒃ ᐅᐃᐸᒻ ᑲ ᐊᑎ ᑕᐅᓴᓂᒥᑎᓱᕐᓵ ᒧᓇ ᑭᓄᐅᒡ ᑲ ᐊᑎ ᒪᒡᑲᐅᓂᒥᑎᓱᕐ ᐅ ᐅᐃᒋ ᕿᑦᑭᓄᐊᒪᓱᒪᑊ ᑭᒋᒋᕐᑦᓵ

ᐊᑎᑊ ᐊᓂᐃ ᕿᑦᑲᓇ ᕿ ᕿᑦᑭᓄᐊᒪᓱᔭᕐᓵ

- ᐅ ᑯᒡᑯᓇᑊ ᐅ ᓂᐸᑊ ᒋᒋᒡᓵ
- ᑭᒋ ᐊᑦᑐᓂᒧᐊᑊ ᐅ ᐅᐃ ᐊᓂᒥᓱᑊᓵ
- ᐅ ᐯᑲᑐᐊᑊ ᑭᒋᒋᕐᑦᓵ
- ᒍᒍᕐᑲᕐ ᐅ ᐊᐸᒋᐊᑊᓵ
- ᕿᑕᑕᐅᕐ ᐅ ᓂᑕᐅᕐᐃᑭᐸᓂᑊᓵ
- ᐅ ᐊᑯᓱᔭᕐ ᑭᒍᒍᕐᒪᒃᓵ
- ᐅ ᐅᑲᕋᑭᒥᑊᓵ
- ᐅ ᐊᑦᑕᒋᑯᔭᕐ ᑭᒍᒍᕐᓇᐳᔭᓵ

ᐅ ᑯᒡᑯᓇᑊ ᐅ ᓂᐸᑊ ᒋᒋᒡ

ᐊᑎᑊ ᐅᒡᑭ ᒋᒋᕋᒃ ᐅᐃ ᓂᐸᐅᐊᒃᓵ ᒪᑲ ᑭᒋᒋᕐᑦ ᒧᓇ ᐅᐃᓇ ᑎᐱᓇᐅᐅ ᑕ ᑯᖅᑯᓱᒋᒃ ᑲᓇᕿ ᓂᔭᓇᓄᐊ ᓂᕐᑕᓄ ᓄᐅ ᑭᓂᑲᓂᖅᑲᒋᒃ ᐯᔭᑲ ᐅ ᑭᕐᑲᒃᓵ ᓄᖅᑕ ᐱᑯ ᑭᒋᒋᕐᑦ ᑕ ᓴᑲᒥᒃ ᒍᒍᕋ ᓄᖅᑕ ᑕ ᓂᖅᑭᑲᒥᒃ ᐅᐃᐸᒻ ᐱᑯ ᐅ ᐊᑎ ᓄᓕᓂᑊᓵ ᑊ ᐸᑎᒪᒃ ᑭᒋᒋᕐᑦ ᑕᑦᑕ ᑲᔭᖅᒃ ᑲ ᑯᖅᑯᓱᑊ ᓄᖅᑕ ᑲᔭᖅᒃ ᐅ ᐊᑎ ᑕᒋᐳᑊ ᐊᖅᑲᒃ ᑲ ᑯᒡᑯᓇᒃ ᑭᒋᒋᕐᑦᓵ

ᕿᑐᑕᒪᕐ ᐅ ᑯᒡᑯᓇᑊ ᓄᖅᑕ ᓄᕋᓂᐊᑊ ᑲ ᐅᐃ ᓂᐸᑊ ᒋᒋᒡᓵ

- ᐯᓕᒃ ᐱᒥᕐᑦ ᑭᒋᒋᕐᑦ ᒪᑲ ᑲ ᐅᒋ ᑭᖅᕿᓂᑕᒪᒃ ᐃᖅᐱᐅ ᐊᐸᑕᐃᖅᒃ ᐅ ᐅᐃ ᓄᕋᓂᑊᓵ ᒋᒋᕋᒃ ᑕ ᓄᕋᓂᐊᒃᐃᖅᐱ ᑲ ᓄᖅᑐᓯᒋᒃ ᓄᖅᑕ ᐅᑲ ᐊᑲᖅᒃ ᐅᒡᑲ ᑯᖅᑯᓱᒋᒃᓵ ᒋᒋᕋᒃ ᒪᐊᒃ ᐊᑲᖅᒃ ᓄᕋᓂᐊᒃ ᐃᖅᐱ ᑲ ᐊᐸᑕᐃᐅᒋᒃ ᐅ ᐅᐃ ᓄᕋᓂᒋᒃᓵ
- ᓄᕋᓂ ᕿᒋᒋᕐᑦ ᐃᖅᐱ ᑲ ᐊᐸᐃᐅᒋ ᐅ ᐅᐃ ᓄᕋᓂᑊᓄᖅᑕ ᐱᑯ ᒥᓇ ᕿᓂᑯᒃ ᑕᐅᐃ ᓂᐸᒃᓵ ᑲ ᐅᐃ ᕿᖅᕿᓂᑕᒪᕐ ᑲ ᐃᕐ ᐅᐃᑕᒪᕿᑊ ᐅ ᐅᐃ ᓄᕋᓂᑊ ᐃᑕᐱ 11 ᐸᖅᕿᓂᑲᓂᒃ ᐅᑕ ᒪᓱᓇᐃᑲᓂᒃᓵ
- ᕿᒋᒋᕐᑦ ᑕᕐᓄ ᑕᐅᐃ ᓄᕋᓂᒃ ᕿᕋᖅᐱᕐ ᑲ ᓴᒥᖅᑲᖅᒃ ᑲᖅᕿᑲᓂᒃ ᒣᑦᑲᒻ ᐅ ᑯᖅᑯᓱᔭᕐᓵ
- ᐊᐱᑯᕐ ᕿᒋᒋᕐᑦ ᓄᖅᑕ ᕿᒋᑯᓇᑦ ᐅᐃᓇᒋᑲᓇᓵ ᐊᒋᐃᑦ ᐅᑕᓱᔭᓇ ᕿᕋᖅᐱᕐ ᑲ ᓂᐅᐃᓂᒋ ᓄᖅᑕ ᐱᑯ ᑲ ᐅᐃᕿᐊᑊᓵ
- ᐃᑎᕐ ᕿᑎᑎᒪᓂᒃ ᓄᖅᑕ ᓇᓇᕐᕐ ᐅᐱᖅᑲᓇᒃᓵ ᓇᓇᕐᕐ ᐅᐃᔭᐅᒃᓵ
- ᐯᑲᒻ ᑲᑦᕿᑎᐱᕐᓵ ᐊᔭᒥᓵ
- ᑕᒪᑯᓇ ᐊᐱᕐᒡ ᒍᒍᕋᓇᐳᔭ ᕿᒍᒍᕐᒥᒃ ᐅᒋ ᐃᖅᐱ ᑲ ᐊᑦᑲᑎᓇᑊ ᕿᑦᑲᓂᑦ ᕿᕐᑐᑕᑯᑊ ᕿᒋ ᓄᕋᓂᑊᓵ
- ᑲ ᒪᒪᑯᓂᒪᒋ ᕿᒍᒍᕐᒪ ᑲ ᓄᕋᓂᒋᒃ ᑕ ᕐᕿᐃᑯᑦᐊᒃ ᑲᑦᐃ ᓂᐸᒋᒃ ᒋᒋᕋᒃ ᑕ ᐅᖅᐸᑦᐃᐃᑯᑦᐊᒃ ᓄᖅᑕ ᑕ ᒥᓂᑦᕐᐊᒃ ᓇᑦᐊᒻ ᒍᒍᕐᓇᐳᓂᑦᓵ ᕿᒋ ᕿᖅᕿᐊᒪᓱᔭᕐ ᐅᑐᒋᑲᒐᒃ ᐅ ᒪᒪᑯᓂᒋᒃ ᒍᒍᕋᒃ ᐃᑕᐱ 17 ᐸᖅᕿᓂᑲᓂᒃ ᐅᑕ ᒪᓱᓇᐃᑲᓂᒃᓵ

ᑭᒋ ᐊᑦᑐᓂᒧᐊᑉ ᐁ ᐧᐃ ᐊᓂᒥᓯᑉᓯ

ᒋᒋᕋᒃ ᑕ ᒪᑐᐧᐊᒃ ᓇᓇᑲᒃ ᐱᑯ ᐅᒋᓯ ᐁᑲ ᐁ ᓇᐁᓂᒧᒋᒃ ᐁ ᐱᑭᑦᑲᑕᑭᒃ ᐁ ᓱᐧᐊᑐᒋᒃ ᐁ ᑯᐩᑕᑎᒋᒃ ᐁ ᒥᕋᒥᑦᑕᑭᒃ ᓄᑦᑕ ᐱᑯ ᐁ ᐊᔪᑦᑯᓯᒋᒃᓯ ᐊᑎᑉ ᒋᒋᕋᒃ ᑕ ᒪᑐᐧᐊᒃ ᐊᐧᐊᓯᑐ ᐊᑎᑉ ᑯᑕᑭᔭᒃ ᐧᐊᐧᐃᐩ ᐧᐃᓇ ᐊᑕ ᐁ ᒥᓄ ᐱᒪᑎᓯᒋᒃ ᓄᑦᑕ ᐧᑲᔭᑦᒃ ᐁ ᓄᕋᓂᒋᒃᓯ ᐃᑭᑦ ᐅᒪ ᒥᑊᐧᑕ ᐊᓂᐃ ᓂᑦᑕᑦ ᓂᑦᑐ ᐱᓯᐧᒪᒃᓯᓄᑦᑕ ᐃᑭᑦ ᐅᔭᑦ ᑲ ᑎᐱᑦᑲᓂᒃᓯ ᐁ ᑕᑯᓇᑉ ᓄᑦᑕ ᐱᑯ ᐁ ᓇᐁᓂᒧᑕᑉ ᒧᓇ ᑲ ᐊᔭᓂᒪᐊᑉᓯ ᒪᑲ ᐃᕐ ᑭᑦᑭᓂᒋᑲᑐᑉ ᒋᒋᕋᒃᐊᐧᐊᓯᑐ ᐁ ᒥᓄᐸᓂᒋᒃ ᐃᑦᐱ ᑲ ᐱᓯᑦᑭᓂᒥᑯᒋᒃ ᐅᓂᑲᐃᑯᐧᐊᐧᐊ ᐁᕐ ᓄᑐᐸᓂᒋᒃ ᓄᑦᑕ ᑲ ᐃᕐ ᑭᑦᑭᓂᒥᑯᒋᒃᓯ

ᐃᑦᐱ ᑭᒋᒋᕐᑦ ᑲ ᐧᐃ ᒪᑐᐧᑭ ᑭᐧᑲᑉᑕᑉ ᐱᑯ ᐅᒋ ᑯᒋᑕ ᐊᑎᑉ ᐊᓂᐃ ᐅᑕ ᑲᐧᑭᒋᐧᑐᐧᐃᓇᓯ

- ᑭᕋᑦᐱᑉ ᑲ ᑭᑦᑭᓂᑕᑦ ᐧᑲᔭᑦᒃ ᑲ ᑭ ᓄᕋᐊᐧᐃᑐ ᓄᑦᑕᐁᑭ ᐅᑲᑐᐃᑉ ᑯᒋᑕ ᒋᒋ ᐊᐧᑲᑎᓇᑉ ᑭᔭᐧᐃᒃ ᐁ <<ᒧᑕᐊᑉ ᐁ ᒥᒥᐊᔭᑦᑯᓇᑉ ᓄᑦᑕ ᐱᑯ ᐁ ᓂᐸᐧᐃᔭᑉ ᐁ ᒥᒥᐊᑉᓯ ᒋᒋᕋᒃ ᐊᑎᑐ ᑭᑦᑭᓂᑕᐧᒪᒃ ᐅᑲᐧᐃᐧᐊᑉ ᐅᑐᐃᓂᑉ ᐁ ᐸᑲᐊᓂᒃ ᐁᑎᑕᑯᓯᓂᒋ ᓄᑦᑕ ᑲ ᐊᐃᑐᑕᒥᓂᒋ ᐊᓂᐃ ᐱᓯᐧᒪ ᐧᐸᒪᔭ ᓂᑕᐧᐃᑭᒋᒃ ᓄᑦᑕ ᓇᐁᓂᑕᒥᐃᑯᐧᐊᒃ ᐅᒥᓂᑉᓯ
- ᐊᑕᓯᔭᓄ ᑭᒋᒋᕐᑦ ᑭᕋᑦᐱᑉ ᑲ ᓂᐸᐧᐃᑉ ᓄᑦᑕ ᐱᑯ ᐁᑭ ᐧᐃᑐᑭᐊᑉᓯ
- ᓇᓇᐃᐱᒃ ᑭᒋᒋᕐᑦ ᐅᑕᑯᐱᓯᐧᐃᓇ ᓄᑦᑕ ᐱᑯ ᐅᐧᐃᓇᒋᑲᓇ ᑭᕋᑦᐱᑉ ᑲ ᑭᓯᓯᐧᑭ ᑲ ᐃᑐᑦᑕᑯᓯᑉ ᓄᑦᑕᐱᑯ ᐧᐁᔭ ᑲ ᓯᑲᒋᐧᑭᓇᑉ
- ᒥᑉ ᒥᓇ ᑭᒍᒍᕐᒪᓇ ᑕᑕᒪᑯᓂᑦ ᑭᒍᒍᕐᒪ ᓄᑦᑕ ᒥᑉ ᐁᔭᒃ ᓂᑦᑕᑦ ᓄᑦᑕ ᐊᓂᐃ ᑯᑕᑭᔭ ᑭᒃᐧᑲᓇ
- ᓇᓇᑲᐧᑭ ᐊᐃᑐᑕᐧᑭ ᑭᒋ ᓇᐁᑉᑕᒪᑉ ᑕᐱᑦᑯᒻ ᐁᑲᒻ ᑭᒋ ᐊᑭᑕᓯᔭᑉ ᐁᔭᒃ ᐱᓂᒃ ᒥᑕᑕᓯ ᕿᓂᑯᒃ ᑭᒋ ᐊᔪᑦᑯᑕᒧᔭᑉ ᓄᑦᑕ ᐱᑯ ᐊᒃᑭ ᑲ ᐳᑕᑕᒪᑉ ᑲ ᐅᐱᐧᕿᕿᐧᐸᓂᓯ ᓱᒡᓇ ᐊᓂᐃ ᐅᑕ ᐊᐃᑐᑕᒧᐧᐃᓇ ᒥᕐᑕ ᑕ ᓇᐁᓂᑕᒧᐃᑯᑉ ᑭᒋᒋᕐᑦ ᓄᑦᑕᓇ
- ᑭᕋᑦᐱᑉ ᑲ ᐊᑎ ᑭᕐᐧᐁᑉᑕᒧᐧᐊᓄ ᑲᐧᕿᑦ ᑭ ᐧᐃᕐᐧᐊᑲᑉᓄᑦᑕ ᐱᑯ ᑯᑕᒃ ᐊᐧᐁᓇ ᑭᒋ ᑕᑯᓇᑉ ᑭᒋᒋᕐᒪ ᒥᐧᑲᑉ ᐁ ᐊᐧᓄᐱᐧᐊᓄᓇ

ᒍᒍᕐᑲᑉ ᐁ ᐊᐸᒋᐊᑉᓯ

ᒥᕐᑉ ᒋᒋᕋᒃ ᒧᓇ ᐧᐃᑦᑲᑉ ᐊᐸᒋᐁᐧᐊᒃ ᒍᒍᕐᑲᓇᓯ ᑲ ᐃᑐᑕᑭᒃ ᒋᒋᕋᒃ ᓄᓄᐧᐊᒪᒋᒃ ᒍᒍᕐᑲᓇ ᒥᑐᓂ ᐱᑐᒃ ᐃᑐᑕᐧᒪᒃ ᑲ ᐃᑐᑕᑭᒃ ᐁ ᓄᓄᐧᐊᒪᒋᒃ ᒍᒍᕋᓯ ᒥᐧᑲᑉ ᑭᔭᐱᑉ ᑲ ᑭᑦᑭᓄᐊᒪᓯᑉ ᑭᒋᒋᕐᑦ ᑭᒋ ᓄᕋᓂᑉ ᑕ ᒥᑦᑲᑦ ᐁ ᐊᓂᒥᐃᑯᑉ ᒍᒍᕋ ᑭᒋ ᐊᐸᒋᐊᑉ ᒥᓇ ᒪᑲ ᒍᒍᕐᑲᓇ ᑭᒋ ᐊᐸᒋᐊᑉ ᒥᓇ ᒪᑲ ᐧᑭᑦᑭᒐᓇᑉ ᐊᑦᑲᑉ ᒋᒋᕋᒃ ᐱᑐᑉ ᐃᑐᑕᐧᒪᒃ ᐁ ᓄᓄᐧᐊᒪᒋᒃ ᒍᒍᕋᓇ ᓄᑦᑕ ᓇᓄᑦᑕᑦ ᐧᑲᔭᑦᒃᓯᓇ ᑕ ᐅᒋ ᐊᐧᑲᐃᑯᑉ ᐅᒍᒍᕐᒥᒃ ᐅᑲᐧᐃᒪᑉ ᓄᑦᑕᐱᑯ ᒋᒋᑉ ᓇᓇᑦᑲᑦᒃᓯᓇ ᑕᒍᒍᕐᑲᓇᒃ ᓄᑦᑕ ᑕ ᐅᒋ ᓇᓄᓴᓂᓯᐧᐊᒃ ᒋᒋᕋᒃ ᑕᕐᓄ ᑭᒋ ᐊᑯᓯᒋᒃ ᐅᐧᑕᑲᐧᐊᑉ ᓄᑦᑕ ᑭᑦᑭᓇᑉ ᐁ ᐊᑎ ᐅᐱᑭᒋᒃ ᑭᒋ ᐊᑯᓯᒋᒃ ᐧᐃᐱᑎᐧᐊᑉᓯ ᑭᕋᑦᐱᑉ ᑲ ᐃᑐᑕᒧᐧᐊᓄ ᑭᒋ ᐊᐸᒋᐊᑉ ᒍᒍᕐᑲᑉ ᓇᑭᑦᑲᑉ ᐱᑯ ᑕ ᐊᐸᒋᐁᑉ ᑭᒋᒋᕐᑦ ᑲ ᐃᑦᑭᓇᑉᓯ

ᐅ ᐯᑲᒐᐊᑊ ᑭᒋᒋᔪᑦᙵ

ᑲ ᓄᕋᓂᑊ ᒋᒋᒡ ᒧᓇ ᓱᑭ ᑕ ᐅᑯᐸᓂᑦᑕᑉ ᓄᓄᐅᓂᓂᑉᙵ ᑭᔭᐱᒻ ᑕ ᒥᓇᔪᑐ ᑭᒋ ᐯᑲᒐᐊᑊ ᑭᒋᒋᔪᑦᙵ ᐊᑎᑊ ᒋᒋᕐᑊ ᒧᓇ ᑕ ᐧᐃ ᒥᓄᓂᑦ ᑲᐧᐃ ᐯᑲᒐᐧᑫ ᐱᑕᒪᙵ ᐅ ᐯᑲᒐᑊᑦ ᓄᑦᑕ ᑕ ᐧᐃᒋᐃᑯᑉ ᑭᒋ ᑯᑦᑯᓯᑊ ᑭᒋᒋᔪᑦ ᑭᔭᐱᒻ ᑲ ᓴᐯᓂᑕᒧᐧᑫ ᑭᒋ ᓄᕋᓂᑊᙵ ᑲᓇᐧᐊᐸᑦ ᑭᒋᒋᔪᑦ ᑕᑐᑕᐧᑕ ᑲ ᑐᑕᐧᐅᓂᑕᑯᓯᑊ ᑭᒋ ᐯᑲᒐᑊᙵ

- ᐊᑎᑊ ᒋᒋᕐᑊ ᑕ ᐯᑲᒐᐧᐊᑊ ᒣᐧᑲᒻ ᐅ ᑲ ᓄᕋᓂᒋᑊ ᓄᑦᑕ ᒥᓇ ᑲ ᐃᒡᐧᑲᙵ
- ᐊᑎᑊ ᒋᒋᕐᑊ ᒧᓇ ᑕ ᐯᑲᒐᐧᐊᑊ ᑕᐧᑕᙵ
- ᐊᑎᑊ ᒋᒋᕐᑊ ᐸᑯᒧᐧᐊᑊ ᑲ ᐃᒡᐧᑲ ᓄᕋᓂᒋᑊᙵ ᐃᐱᓇᑊ ᑭᒋᒋᔪᑦ ᑲ ᓇᐅᓂᑕᒧᐧᑫ ᐅᔪᓇᑯᓯᑊ ᓄᑦᑕ ᑲ ᐊᑎ ᑕᒋᐳᐧᑫ ᐊᓂᐃ ᑕᐧᐊᑦᑐᐧᐊ ᓂᑲᑉ ᑲᐧᐃᓇ ᒥᑯᒡᑲᑐᓂᑕᐅ ᐸᑯᒧᑊ ᒥᑦᑕᐃ ᒍᒍᔪᓇᐳᓂᙵ

ᐅᑐᑕᐧᐊᑊ ᑭᒋᒋᔪᑦ ᑭᒋ ᐯᑲᒐᑊᙵ

- ᐊᐧᑲᑎᑉ ᑭᒋᒋᔪᑦ ᑭᑎᑎᒪᓂᑊ ᓄᑦᑕ ᐱᑯ ᐃᑐᑕᐧᑭ ᑭᒋ ᒋᐸᑕᐱᑊ ᑭᒋᐧᑲᓂᑊᙵ
- ᓯᑐᓇᑦ ᐅᑦᑎᐧᑲᑉ ᓄᑦᑕ ᐅᑕᐧᒪ ᓄᑦᑕ ᐱᑯ ᓯᓂᐧᑲᓇᑦ ᐅᐧᐃᑲᓂᑊᙵ ᓄᓄᐧᐃᑉ ᑕᑭ ᐧᐅᒋᐸᓂᐧ ᑭᒋ ᐯᒋ ᐧᐊᓇᐧᐃᐸᓂᑊ ᑭᕐᑦᐱᑉ ᑲ ᐧᑲᔭᑦᐧᑲᓂᑊ ᐅᐧᐊᐧᑲᑉᙵ

ᕿᑕᑕᐧᐃᑉ ᐅ ᑭᓂᐱᑭᑊ

ᒋᒋᕐᑊ ᐊᑎᑊ ᑭᔪᑲᐧᐊ ᑕ ᐧᐃ ᑭᒋ ᔪᐧᐊᑌᐧᐊᑊ ᐃᑦᐱ ᐊᑎᑊᙵ ᑭᓂᐱᑭᐧᐊᑊ ᒪᑲ ᐊᓂ ᐧᐅᒋ ᐃᑎᒋᑊ ᓄᑦᑕ ᒥᕐᑕ ᐅᒪ ᐃᑎᐧᐊᑊ ᒥᑕᑕᑊ ᑭᔪᑲᐧᐊ ᑭᑉᐧᑲ ᓄᑦᑕ ᓂᔪ ᓂᑦᑐ ᑕᐧᐊᑦᑌᐧᐊ ᑉᑯᐧᑕᑦ ᑕᐧᐊᑦᑌᐧᐊ ᐅ ᓂᑦᑐ ᐱᓯᐧᒥᓯᒋᑊ ᓄᑦᑕ ᑉᑯᐧᑕᓱ ᐱᓯᐧᒥᓯᒋᑊᙵ ᐃᑦᐱ ᐅᒪ ᑲ ᐃᑎᒋᑊ ᐊᑎᑊ ᐅᑲᐧᐃᒪᐧᐊᑊ ᒥᑯᑉᑲᑐᓂᑕᐧᒪᑊ ᐅᑲ ᑭᒋ ᑎᐱ ᐊᔭᒋᑊ ᒍᒍᔪᓇᐳᓂᙵ ᐊᐧᐊᓯᑐ ᒥᑦᑕᐃ ᑲ ᓄᕋᓂᐊᑊ ᑭᒋᒋᔪᑦ ᐊᐧᐊᓯᑐ ᑭ ᑲ ᐅᔪᑕᑉ ᒍᒍᔪᓇᐳᔭᙵ

ᐁ ᐊᑯᓯᔭᐣ ᑭᒍᒍᕐᒪᖅ

ᓂᕐᑕᑦ ᒥᓯᐅ ᕿᑲᑉ ᐅᑲᐃᒪᐊᖅ ᑕ ᓱᑲᒪᒋᐁᐊᖅ ᐃᕐᐱ ᐅᒋᒋᕐᒥᐊᒃ ᑲ ᓄᓄᐊᒪᒃᒋᓐ ᐊᐱᕐᒡ ᓇᐊᖅ ᒧᓇ ᑕ ᒥᓄᒪᒋᑕᐊᖅᓐ ᒧᓇ ᑲ ᒧᕐᑕᑕᒃ ᑭᒋ ᐊᑲᐃᑯᔭᐣ ᑭᒍᒍᕐᒥᖅᓐ ᐅᔭᑦ ᑲ ᐅᒋ ᐊᑲᐃᑯᓇᓂᐊᖅ ᒥᒍᒍᕐᒥᖅ ᐁᑲ ᑉᑲᔭᕐᖅ ᐁ ᓴᑲᒪᑉ ᒍᒍᕐᓇ ᑭᕐᓴᐃᒃ ᑲ ᐊᑯᓯᔭᐣ ᐁᑲ ᑉᑲᔭᕐᖅ ᐁ ᓴᑲᒪᑉ

- ᐅᒪ ᑲ ᐃᕐ ᒥᕐᕿᓇᑎᑉᕿᓐ
- ᑲ ᐊᑯᓯᒃ ᐯᔭᖅ ᐱᓂᒡ ᓄᐊ ᑭᕐᑲᑉᐊ ᑲ ᐃᒡᑉᑲ ᓂᑕᑉᐃᑭᑉᓐ
- ᒪᕐᑯᒻ ᑲ ᑭᒋ ᐊᑉᑲᐃᖅ ᓂᕐᑕᑦ ᑲ ᐊᑎ ᓄᓇᓇᐊᑉᐊᓱᔭᒃᓄᕐᑕ ᒪᑲ ᐊᑎ ᒥᓄᐸᓂᑉᓐ
- ᑕᐱᕐᑯᒻ ᐱᑯ ᐁᑭ ᒋᕐᑎᓂᒋᖅ ᑭᒪᒐᕐᒪᖅ ᑕ ᐃᕐᓇᑯᓯᑉᐊᖅ ᓄᕐᑕ ᐱᑯ ᑉᑲᒃᑕᑉ ᑕ ᐃᕐᓇᑯᓯᑉᐊᖅ ᑲ ᐃᒡᑉᑲ ᓄᓇᓇᐊᑉᐊᓱᔭᒃᓄᕐᑕ
- ᒪᕐᑯᒻ ᑕ ᓂᑉᓇᑎᓯᑉᐊᖅ ᑭᒍᒍᕐᒪᖅ ᓄᕐᑕ ᑕ ᒥᑯᑉᐊᖅᓐᒧᓇ ᑕ ᐊᑉᑲᐃᑯᑉ ᑯᒋᐸᓂᑉᑕᑐ ᒥᑯᓂᑉ ᑭᒍᒍᕐᒥᖅ ᐅᒋᐊᓇ ᑭᒋᒋᕐᑦᓐ

ᑭᕐᑎᓇᒻ ᐃᑐᑕ ᐁᑲ ᑭᒋ ᐊᑯᓯᔭᐣ ᑭᒍᒍᓇᖅ ᓄᕐᑕ ᑭᒋ ᐊᑎ ᒥᓄ ᐱᒪᑎᓯᒋᖅᓐ

- ᑉᑲᔭᕐᖅ ᑭᒋ ᑕᑉᐊᑎᑉ ᕿᓂᑯᖅ ᓄᕐᑕ ᑭᒋ ᓴᑲᒪᑉ ᒍᒍᓇᓐ
- ᑭᒋᒋᕐᑦ ᐅᑐᓇᓂᒃ ᓂᒋ ᑭᒍᒍᕐᖅ ᑭᒋ ᐃᑕᑉᑲᓂᓂᖅ ᓄᕐᑕ ᐅᑐᐣ ᒧᑭᐸᓂᓂᖅᓐ
- ᑭᒋᒋᕐᑦ ᐅᕐᑎᑉᑲᐣ ᐊᐱᕐᒡ ᑭᒋ ᑐᕐᑕᑭᑎᓂᓂᖅ ᒋᑭ ᑕᑉᐊᑎᑉ ᒥᕐᑕᐃᓐ
- ᑭᒋᒋᒃ ᓇᑉᐊᒻ ᐊᐣᑐ ᑭᒍᒍᕐᒥᖅ ᑭᒋ ᐊᕐᑕᔭᐣ ᓄᕐᑕ ᑭᒋᒋᔭ ᐁᑲ ᑭᒋ ᓴᒥᓇᑉᒪᑉ ᑭᒋᒋᕐᑦ ᑉᐊᓇᑉᐊᔭ ᓄᕐᑕᐱᑯ ᐅᑐᓂᖅᓐ

ᑲᓇᑉᐊᐸᑕ ᑉᐃᑕᒪᕐᐃᐣ ᑉᑲᔭᕐᖅ ᕿ ᐅᒋ ᓴᑲᒪᑉ ᒍᒍᓇ 10 ᐸᕐᕿᑭᓂᑲᓂᖅᓐ ᑭᓴᕐᐱᐣ ᑲ ᐊᑯᓯᑉᐊᓄ ᑭ ᒍᒍᕐᒪᖅᓐ

- ᐃᑐᑕ ᑭᒋ ᐸᑯᓯᒋᖅ ᑭᒍᒍᕐᒪᖅ ᑲ ᐃᒡᑉᑲ ᓄᓇᓇᐊᑉᐊᓱᔭᒃᓐ ᒪᕐᑯᒻ ᑭ ᑲ ᒥᕐᕿᐣ ᐁ ᓇᐁᐣᑕᒪᐣ ᐁᕐᒡ ᑲᒡᑭᑕᔭᐣ ᑭᒋ ᐊᑯᒋᒪᒋᖅ ᑭᒍᒍᕐᒥᑉᐁᕿᓇ ᑕᑉᑕ ᑲᐃ ᐃᒡᑉᑲ ᓄᓇᓇᐊᑉᐊᓱᔭᒃᓐ ᓄᕐᑕ ᑭᒋ ᑭᕐᑲᒪᐣ ᐁ ᒥᕐᖃᑯᒐᖅ ᕐᐸᕐᒐᑉᐊᔭᐣᓐ ᒥᑉᑲᒻ ᒪᑲ ᓄᕐᑕ ᐁ ᓂᐸᔭᐣ ᑭᒋ ᒧᖕᒍᒍᕐᓄᕐᓇᐣᓐ
- ᐃᑐᑕ ᑭᒋ ᐸᑯᓯᒋᖅ ᑭᒍᒍᕐᒪᖅ ᓄᕐᑕ ᑕᕐᓄ ᐊᒋᑕ ᑲ ᓂᒡᑲᑭ ᓄᓇᓂᐊᑉᐊᓱᑉᐁᕿᓇ ᑲ ᓇᕐᐱᑎᑭᓐ
- ᐁᑲ ᓱᑭ ᑲ ᐃᕐ ᐊᑯᓯᔭᐣ ᓂᕐᑕᑦ ᐃᕐ ᓄᓇᐊᑉᐊᓱ ᐱᓂᒡ ᑲ ᐃᒡᑉᑲ ᒥᓄᒪᒋᐊᒋᖅ ᑭᒍᒍᕐᒪᖅᓐ
- ᑯᒋᑕ ᑭ ᐊᕐᑭᒋᕐᕿᓇᐣ ᐁ ᓄᓇᓇᐊᑉᐊᓴᔭᐣ ᐃᑕᐱ 14 ᐸᕐᕿᑭᓂᑲᓂᖅᓐ ᓄᕐᑕ ᐱᑯ ᐱᐣᒡ ᐃᑕᐱ

ᑭᕋᖕᐱᑦ ᑲ ᐊᐱᓐᐊᓗ ᓯᑐᑦ ᑭᒍᒍᓯᑦ ᒥᓐᑲᒻ ᑲ ᓄᕋᓇᐊᓐᐊᓱᒃᑯ ᓇᑕᓐᐅᑦᑕᑭ ᑭᒋ ᓐᐃᒋᐃᑯᒃᑯ ᑭᖕᒐᓇᒻ ᓐᑲᒃᖕ ᑲ ᓴᑲᒪᓐᑫ ᓗᖕᑕ ᐱᑯ ᑭᒋ ᓇᑕᓐᐃ ᑭᖕᑫᓂᑕᒪᑦ ᑫᓐᑲᑦ ᓐᐅᒋ ᐊᓐᑲᐃᑯᓐᐊᓗ ᑭᒍᒍᓯᒪᖕᑯ

ᑲ ᐸᑭᐸᓂᒋᖕ ᓗᖕᑕ ᑲ ᐊᓐᑲᒪᒋᐊᒋᖕ ᑭᒍᒍᓯᒪᖕ

ᑫᑲᑊ ᒥᓯᓐᐅ ᐃᖕᑫᓐᐊᖕ ᒥᖕᑲᓐᐅᓐᐊᖕ ᐅᒐᒐᓯᒥᓐᐊᑦ ᐅ ᒥᓯᑭᑎᓂᒋ ᓗᖕᑕ ᐅ ᑯᓯᓐᑲᑎᓂᒋ ᐅ ᐃᑕᒪᒋᐊᒋᖕ ᓂᖕᑐ ᓗᖕᑕ ᐱᑯ ᓗᐅ ᑭᓯᑲᓐᐊ ᑲ ᐃᒡᓐᑲ ᓂᑕᓐᐃᑭᓂᒋ ᒋᒋᕋᓐ ᒪᖕᑯᒻ ᓗᒥᑕᓇ ᓂᓴᓇᓗᑦ ᑎᐸᐃᑲᑦ ᐱᓯᒧᒪᑲᑦ ᐃᓂᑯᖕ ᑕ ᐱᒧᒐᒪᑲᓂᓂᑦ ᑭᕋᖕᐱᑦ ᑭᒍᒍᓯᒪᖕ ᑲ ᐸᑭᐸᓂᒋᖕ ᓗᖕᑕ ᑲ ᐊᓐᑲᒪᒋᐊᒋᖕ ᐅᓐᑲᓂ ᐅ ᐃᒋᑲᒐᖕ ᐅ ᓐᐃᒋᑲᒐᖕ ᑲ ᐃᑎᒋᖕ ᑭᕋᖕᐱᑦ ᑲ ᐊᑎ ᐸᑭᐸᓂᒋᖕ ᓗᖕᑕ ᑲ ᐊᓐᑲᒪᒋᐃᒋᖕ ᒥᒍᒍᕋᖕ ᑕᑭ ᐊᓂᒪᓂᓂᑦ ᑭᒍᒍᓯᑦ ᑭᒋ ᓴᑲᒪᑊ ᒍᒍᕋᖕ

ᑲ ᐸᑭᐸᓂᒋᖕ ᓗᖕᑕ ᐊᓐᑲᒪᒋᐃᒋᖕ ᑕᓐᑕ ᐃᑭᑦ ᒥᓐᑲᒻ ᐊᓂᒪ ᓂᖕᑕᑦ ᐅ ᑕᓐᐊᖕᒐᖕ ᑲ ᓄᕋᓇᐊᓐᐊᓱᓇᓂᓐᐊᖕ ᐃᖕᐱ ᑭ ᒍᒍᓯᓇᐳᑦ ᑲ ᐊᑎ ᐊᑕᑲᒥᖕ ᓂᖕᑕᑦ ᑲ ᐃᓯᓇᓐᑲᑭᐸᑦ ᐅᒡᑲᒻ ᒪᑲᐅ ᐊᑎ ᒍᒍᓯᓇᐳᓐᐊᖕᖕ ᒪᑲ ᓐᐅᒋ ᐃᑭᖕ ᐅᒪᖕ

- ᒥᖕᑕᐃ ᐅ ᐊᑎ ᐱᒥᒋᓐᐊᖕ ᒥᑯ ᑭᒍᒍᓯᒥᖕᖕ
- ᐅ ᐸᑭᐸᓂᒋᖕ ᑭᒍᒍᓯ ᒥᖕᖕ
- ᒥᖕᑕᐃ ᐅᑕᓐᑲᖕ ᒍᒍᓯᓇᐳᒃ ᑭᒍᒍᓯᒥᖕ ᐃᖕᐱᒻ ᐃᓂᑯᖕ ᑲ ᒥᓂᓐᑫᑊ ᑭᒍᒍᓯᑦᖕ

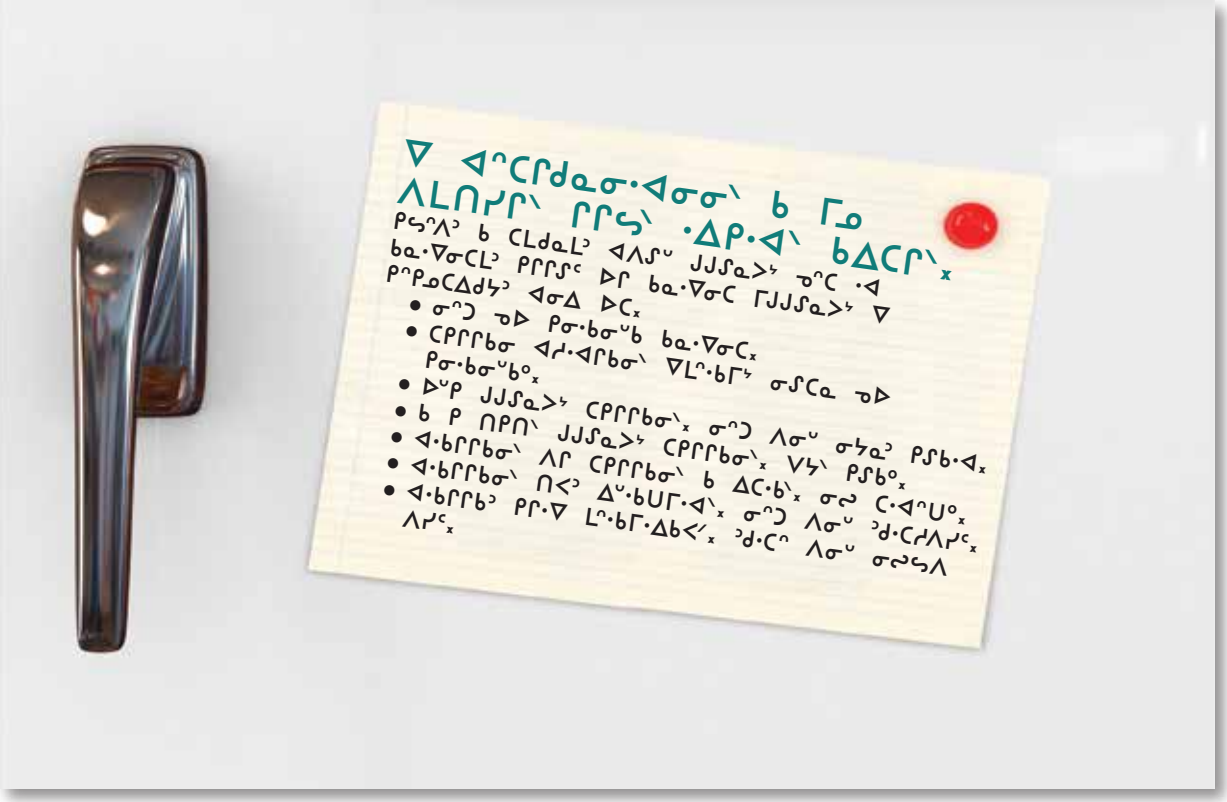
ᒥᑦᑕ ᑲ ᑭ ᐃᑐᒐᑦ ᐅᑲ ᑭᒋ ᐸᑭᐸᓂᒋᖕ ᓗᖕᑕ ᐱᑯ ᐊᓐᑲᐃᖕᑭᖕᑭᒍᒍᓯᒪᖕ ᑭᕋᖕᐱᑦ ᑭᓇ ᐅᒪ ᐃᑐᑕᒪᓗᖕ

- ᑲ ᓄᕋᓂᐊᑊ ᐃᖕᐱ ᑲ ᐃᓐ ᓄᕋᓂᑊ ᑭᒋᒋᓯᑦ ᑲᓇᑫ ᓂᓴᓇᓗᖕᐊ ᓂᓯᑕᓇ ᓗᐅ ᑭᓂᖕᑲᓂᖕᑲᑦ ᐯᓴᖕᑲ ᐅ ᑭᓯᑲᖕᖕ
- ᑭᖕᑎᓇ ᐃᑲᖕᖕ ᑲ ᓴᑭᒪᖕᑫ ᒍᒍᕋ ᓗᖕᑕ ᐃᑲᖕᖕ ᑲ ᑎᐱ ᓄᕋᓂᖕᑫᖕ ᑕᓯᓗ ᑲ ᐯᑕᖕᐊᑕᒃ ᑭᒋᒋᓯᑦ ᐅ ᑯᒋᐸᓂᒋᑫᑊᖕ
- ᑲᑭᓇᑦ ᑭᒍᒍᓯᒪᖕ ᐊᐸᒋᐃᖕ ᑕᖕᑕ ᑲ ᓄᕋᓇᐊᓐᐊᓱᒃᑯᖕ ᑭᕋᖕᐱᑦ ᑭᒋᒋᓯᑦ ᐅᑲ ᑲ ᐅᑎᓇᖕᑫ ᐊᓂᐃ ᑯᑕᑭᒃ ᒍᒍᕋ ᓗᖕᑕ ᑭᐳᓗᑦ ᑲ ᐃᑕᒪᒋᐊᑊ ᑕᒪᑯᓇ ᐃᓂᑯᖕ ᒍᒍᓯᓇᐳᒃ ᐊᑦᑕ ᐅᒋ ᒍᒍᓯᖕ ᑭᒋ ᒥᓄᒪᒋᐊᑊᖕ ᑭᐳᖕᑲ ᐊᑎᑊ ᑭᓯᑲᖕᐊ ᑭᒍᒍᓯᒪᖕ ᑲ ᐊᑎ ᒥᓄᒪᒋᐊᖕᐊᖕᖕ

ᑭᕋᖕᐱᑦ ᑲ ᐸᑭᐸᓂᒋᖕ ᓗᖕᑕ ᑲ ᐊᓐᑲᒪᒋᐊᒋᖕ ᑭᒍᒍᓯᒪᖕᖕ

- ᓄᓇᓇ ᑭᒍᒍᓯᑦ ᒥᑐᑕᖕ
- ᑭᕋᖕᐱᑦ ᐅᑲ ᑲ ᑭ ᓴᑲᒪᑊ ᑕᒪᑯᓇ ᒍᒍᓯᓇᐳᒃ ᑭᒋ ᓄᖕᑭᓇᑊ ᐊᑦᑕ ᑭᒍᒍᓯᒥᖕ ᒪᑲ ᒥᓇ ᑯᒋᑕᖕ
- ᐊᑎᑊ ᐅᑲᖕᐃᒪᖕᐊᖕ ᒥᓄᒪᒋᑕᖕᐊᖕ ᐅ ᑭᖕᑲᖕᐊᒋᖕ ᒍᒍᓯᒥᑭᖕᓇᖕ ᐊᑎᑊ ᐅᑲᖕᐃᒪᖕᐊᖕ ᒥᖕᓂᓂᑕᖕᒪ ᐅᑲᖕ ᑭᕋᖕᐱᑦ ᑲ ᑭᖕᑲᖕᐊᑊ ᒍᒍᓯᒥᑭᑦ ᑭᖕᑎᓇᖕ ᐃᑐᑕ ᐅᑲ ᖕᐅᓴ ᑭᒋ ᓯᑕᑯᑫᑊᖕ
- ᐊᖕᑲᑎᑦ ᐅ ᖕᐃᖕᑫᓂᑊ ᒪᖕᑲᒥᒃ ᓗᖕᑕ ᐱᑯ ᐅ ᑕᑲᖕ ᐊᑯᐱᓯᖕᐃᑦ ᑭᒍᒍᓯᒥᖕ ᑕᖕᑕ ᐅᑲ ᑲ ᓄᕋᓇᐊᖕᐊᓱᒃᑯᖕ

ᐅ ᐊᑦᑕᒋᑯᔭᑦ ᑭᒍᒍᓯᓇᐳᔭᓐ



ᑭᕐᐱᑦ ᑲ ᑕᒪᑯᓇᒪᑦ ᐊᐱᓱᒡ ᒍᒍᓯᓇᐳᔭ ᓄᑦᑕ ·ᐊ ᑲᓇ·ᐅᓂᑕᒪᑦ ᑭᒋᒋᓱᑦ ᐅᒋ ᑲᓇ·ᐅᓂᑕ ᒥᒍᒍᓯᓇᐳᔭ ᐅ ᑭᑦᑭᓄᑕᐃᑯᔭᑦ ᐊᓂᐃ ᐅᑕᓐ

- ᐊᐸᒋᑕ ᑲ ᐸᔭᑲᑭ ᐱ·ᐊᐱᑦᑯᑲᓂ·ᐊᑭ ᓄᑦᑕ ᐱᑯ ᑲ ᒪᒡᑲ·ᐊᑭ ᐊᓱ·ᐊᒋᑲᓇ ᐅᑲ ᑲ ᐃᑕ·ᑲᑭ ᓄᑦᑕ ᒥ·ᐊᑕ ᑲᐊᐸᑕᑭ ᐅ ᐊ·ᑲᒋᑕᓂ·ᐊᑊ ᒍᒍᓯᓇᐳᔭᓐ
- ᑲ·ᐃᓇ ᐊᐸᒋᑕ ᒋᒋᓱ ᐱ·ᐊᐱᑦᑯᑲᓂ ᑲ ᑕᐱᑎᑭ ᒥᓴ·ᐊ⁻ ᒥᑊ·ᑕ ᐱᑯᑎ·ᓇᓐ
- ᒪᓯᓇᐊ ᑭᓱᑲᑦ ᐱᓯᑦ ᑲ ᐊᓱ·ᐊᑕᔭᑦ ᒍᒍᓯᓇᐳᔭ ᐊᓱ·ᐊᒋᑲᓂᑊᓐ
- ᓂᑦᑕᑦ ᐊᓂᒪ ᒍᒍᓱᐳᔭ ᓄᒪᑊᒡ ᑲ ᑭ ᐊᑦᑎᑊ ᐊᐸᒋᑕᓐ
- ·ᐅᐱᓇ ᒍᒍᓯᓇᐳᔭ ·ᐅᒡᑲ⁻ ᑲ ᐅᒋ ᐊᑦᑎᑊ ᐃᓂᑯᑊ ᑊ ᑲᓇ·ᐅᓂᒋᑲᑎᑯᐸᓄᓐ
- ᒥᓂ·ᑲᑲᑦ ᓄᑦᑕ ᐱᑯ ᐅᒥ·ᑲᑦ ᑲ ᐊᓴᒪᑦ ᑭᒋᒋᓱᑦ ᐊᓂᒣᓂᑦ ᑭᒍᒍᓯᓇᐳᓂᑦᓐ

ᐊ·ᐊᓯᑎ ·ᐃᑕᒪᑊ·ᐃᑦ ᐅᑐᒋᑲᑎᑊ ᐅ ᐅᑎᓂᑲᑎᑊ ᓄᑦᑕ ᐅ ᑲᓇ·ᐅᓂᑕᒪᑦ ᑭᒍᒍᓯᓇᐳᑦ ᐃᑕᐱ ᐅᑕᓐ
http://www.beststart.org/resources/breastfeeding/Expressing_Fact%20Sheets_Eng_rev2.pdf.

ᐊᓇᐧᐊᑉ ᐣᑕᔭᐣ ᒍᒍᓯᓇᐳᔭ
ᐣᒋᒋᓱᑦ ᐁ ᐣᑕᐧᐁᓂᑕᑉ Γᑦᑕᐃ
ᐣᑕᔭᐣ ᐁ ᐊᑦᑕᒋᑯᔭᐣ
ᐣᑕᐧᑲᒋᒋᑲᓂᑉ ᑕᓂ ᑫᑐᑕᒪᐣ

ᐣᒋ ᒪᒋᓱᑲᐧᐃᑕᔭ ᐣᒍᒍᓱᒥᑉ ᑲ
ᑭ ᓄᓴᓇᐊᐧᐊᓯᐣ ᓇ

ᒪᓇ ᓇ ᐧᐊᔪᐡ ᐣᑭ ᐃᑐᑕᑯᐣ
Γᓂᐧᑫᔭᓐ ᑲ Γᓂᐧᑲᓂᐧᐊᑉ ᒣᐧᑲᒻ
ᑲ ᓄᓴᓇᐊᐧᐊᓯᔭᐣ

ᓂ ᐧᐊᐸᐡᐣ ᐁ ᐱᑦᐧᑲᑉ
ᐣᒍᒍᓱᒥᑉ ᑫᐧᑲᐣ ᐊᓂᒪ

ᒪᓇ ᐧᐊᔪᐡ ᐣᑲ ᐃᑐᑕᑯᐣ ᐁ
ᐅᑎᓇᒪᐣ ᐣᑐᑯᓄᓇ ᒣᐧᑲᒻ ᐁ
ᓄᓴᓇᐊᐧᐊᓯᔭᐣ

ᐣᒍᒍᓱᒪᑉ ᓄᑦᑭᓯᐧᐊᑉ
ᐣᑕᒪᒋᐊᐧᐊᑉ ᐃᑦᐱ ᓂᑦᑕᑦ ᑲ
ᐃᑕᒪᒋᐊᐧᑲᐸᐣ ᓄᑕᑉ ᓇ ᐣᑕᔭᐣ
ᒍᒍᓱᓇᐳᔭ

ᑭᓴᑦᐱᐣ ᑲ ᐱᐧᑕᔭᐣ ᐣᑲ
ᓄᓴᓇᐊᐧᐊᓯᑕᔭ ᓇ

ᑕᓂ ᑫ ᐃᑭᑉ ᑭᓴᑦᐱᐣ ᐁᑲ ᑲ
ᑎᐱ ᐊᔭᔭᐣ ᒍᒍᓱᓇᐳᔭ

ᑕᓱᓐ ᑲ ᑲᐧᑫᒋᑫᒧᓇᓂᐧᐊᑭ ᑲᐧᑫᒋᑫᒧᐧᐃᓇ

ᑕᓱᓐ ᐁ ᐊᑎ ᓄᓴᓂᐊᑊ ᑭᒋᒋᓱᑦ ᑲ ᐊᔭᐣ ᐊᑎᑊ ᑲᐧᑫᒋᑫᒧᐧᐃᓇᓐ ᑭ ᑲ ᒥᑦᑫᐣ ᑲᐧᑫᒋᑫᒧᐧᐃᓇ ᑕᐧᑕ ᑲ ᑲᐧᑫᒋᑫᒧᓇᓂᐧᐊᑭ ᐊᓂᐃ ᐊᑎᑊ ᐸᑦᑫᑭᓂᑲᓇᓐ ᑭ ᑲᐧᑫᒋᑫᒧᐧᐃᐣ ᒪᑦᑯᒻ ᑕᑭ ᓇᐧᐧᑫᐧᐊᓱᐧᑕᓂᐧᐊᐣ ᐅᑕᓐ ᑭᓴᑦᐱᐣ ᐁᑲ ᑲ ᒥᑦᑲᒪᐣ ᓇᐧᐧᑫᐧᐊᓱᐧᑕᐧᐃᐣ ᐃᑕᐱ ᐧᐃᒋᐃᑯᓯᐧᐃᐣ ᓐᑦᑕ ᐊᐸᒋᑕᐧᐃᓇ ᐁᓱ ᐱᑦᑭᒋ ᒪᓯᓇᐡᑭ 42 ᓂᓐ ᐸᑦᑫᑭᓂᑲᓂᑉ ᐅᑕ ᒪᓯᓇᐃᑲᓂᑉ

ᑭᕋᕐᐱᑦ ᑲ ᐊᐱᕐᕐᒋᒃ ᑭᒍᒍᕐᒪᒃ ᑦᑲ ᑎᐱ ᐊᔭᑦ ᓇ ᒍᒍᕐᓇᐳᔭᓐ

ᑲ ᐊᐱᕐᕐᒋᒃ ᓄᑦᑕ ᑲ ᒥᕐᑭᑎᒋᒃ ᒥᒍᒍᕋᒃ ᐯᔭᑦᑲᑦ ᐃᓂᑯᒃ ᒍᒍᕐᓇᐳᔭ ᑕᑭ ᐅᓐᐅᒪᑲᑦᓐ ᐊᓂᒪ ᐃᓂᑯᒃ ᒍᒍᕐᓇᐳᔭ ᑭ ᐅᕐᑕᔭᑦ ᐊᓂᒪ ᐃᓂᑯᒃ ᑲ ᓄᕋᓂᑉ ᑭᒍᒍᕐᒥᒃ ᐅᑯᑕᓂ ᑭ ᐅᒋ ᑭᑦᑭᓂᑕᒧᒪᑲᑦ ᐃᓂᑯᒃ ᑭ ᐅᓐᐅᒪᑲᒃ ᒍᒍᕐᓇᐳᔭᓐ

ᑦᑭ ᒪᒋᕐᑲᑦᐃᑕᔭ ᑦᒍᒍᕐᒥᒃᓐ ᑦᑲ ᑭ ᓄᕋᓇᐊᑦᐊᓱᑦ ᓇᓐ

ᐊᑎᑊ ᑭᑦᑲᓇ ᐊᕐᒋᐸᓂᑦᐊ ᒋᑭ ᐅᕐᑕᔭᑦ ᐃᓂᑯᒃ ᒍᒍᕐᓇᐳᔭ ᑲ ᐃᒡᑦᑲ ᒪᒋᕐᑲᑦᐃᑦ ᑭᒍᒍᕐᒥᒃᓐ

- ᑭᑯ ᒪᒋᕐᑭᑦᐃᑦ ᑲ ᑭ ᐊᔭᔭᑦᓐ
- ᑲ ᑭ ᐃᑐᑕᑲᑦᐃᔭᑦ ᐯ ᒪᒋᕐᑲᑦᑭᐃᔭᑦᓐ
- ᑭᕋᕐᐱᑦ ᑲ ᓂᑦᓇᑕᑭ ᒧᓐᐅᑦᐃᓇ ᓄᑦᑕ ᐯᕐ ᐱᒥᒋᑦᐊᒃ ᒍᒍᕐᓇᐳᔭ
- ᑕᓂ ᐃᓂᑯᒃ ᐯᒧᒌᒪᑲᑦ ᐊᕐᐱᑦ ᒪᒋᒻ ᑲ ᑭ ᒪᒋᕐᑲᑦᐃᔭᑦᓐ

ᒧᓇ ᑕᑭ ᑭᕐᑭᓂᒋᑲᒌᑉ ᓂᑲᑦ ᑭᑐᑕᑯᓇᓂᑦᐊᒃ ᑲ ᒪᒋᓐᒋᒃ ᒥᒍᒍᕋᒃ ᓄᕋᓇᐊᑦᐊᓱᑦᐃᑦ ᐅᒋᓐ ᐱᑯ ᑕ ᐅᒋ ᑭᕐᑭᓂᒋᑲᒌᑉ ᑭᕋᕐᐱᑦ ᑭ ᑭ ᓄᕋᓇᐊᑦᐊᓱᔭᑦ ᐱᑯ ᑭᒋ ᑯᒋᑕᔭᑦᓐ ᓄᒪᑭᒡ ᒪᕐᑯᒻ ᑕ ᐃᕐᐸᓂᑉ ᒋᑭ ᐊᑎ ᑭᒋᑕᔭᑦ ᐯ ᓄᕋᓇᐊᑦᐊᓱᔭᑦᓐ ᑭᒋᒋᕐᑦ ᑕ ᑦᐊᐸᒥᑯᐸᑦ ᒥᓄ ᐱᒪᑎᓱᑦᐃ ᐸᒥᐃᑦᐅᑦᐃᓂᒋ ᑕᕐᓂᓇ ᒣᑦᑲᒻ ᐊᓂᐃ ᓂᕐᑕᑦ ᑭᕐᑲᑦᐊ ᑲ ᐃᒡᑦᑲ ᓂᑕᑦᐃᑭᑉᓐ

ᑦᒍᒍᕐᒪᒃ ᓇᐸᑭᕐᑎᑦᑲᓂᑦᐊᒃ ᓄᑦᑕ ᐱᑯ ᐱᑎᑦᑭᐸᓂᑦᐊᒃᓐ ᑦᑲ ᑭ ᓄᕋᓇᐊᑦᐊᓱᑦ ᓇᓐ

ᐅᐅᒃᓐ ᐊᑎᑊ ᐃᕐᑦᑭᑦᐊᒃ ᓇᐸᑭᒍᒍᕐᒥᑦᐊᒃ ᓄᑦᑕ ᐱᑯ ᐱᑎᑦᑭᐸᓂᓂᑦᐊ ᐅᒍᒍᕐᒥᑦᐊᑉᓐ ᑭᕋᕐᐱᑦ ᑭᒍᒍᕐᒪᒃ ᑲ ᒪᒡᑲᑦᐃᐸᓂᒋᒃ ᐃᕐᐱ ᑲ ᓴᒥᓂᒋᒃ ᐅᑦᑲᓂ ᐯᔭᑦᑲᑦ ᑭ ᐃᕐᐸᓂᒋᒃᐃᕐᐱ ᑭᒋᒋᕐᑦ ᑲ ᓄᓄᑦᐊᒪᑉᓐ ᑭᒋᒋᕐᑦ ᑕ ᐅᑎᓄᑉ ᑭᒍᒍᕐᒥᑦᑎᑦᑲᓇ ᓄᑦᑕ ᑭᑲᑉ ᒥᓯᑦᐅ ᐊᑦᑕ ᑭᒍᒍᕐᒥᑦᑎᑦᑲᓂᒃ ᑕ ᓴᑦᑲᒧᑉ ᐅ ᓄᓄᑦᐊᒪᑉᓐ ᑭᑲᑉ ᒥᓯᑦᐅ ᒋᒋᕋᒃ ᑭᑦᑭᓄᐊᒪᓱᑦᐊᒃ ᑦᐃᐸᑉ ᑭᒋ ᓴᑲᒪᒋᒃ ᐱᑯ ᑭ ᐃᕐᓇᑯᓯᓂᑦᑭ ᓄᑦᑕ ᐱᑯ ᑲ ᐃᕐᐱᒋᑦᑎᑦᑲᓄᑦᒋ ᑭᒍᒍᕐᒪᓐ ᑭᕋᕐᐱᑦ ᑲ ᒥᑯᒡᑲᑎᓂᑕᒥᐃᑯᑦᐊᓄ ᓇᑕᑦᐅᑦᑕ ᑭᒋ ᑦᐃᒋᐃᑯᔭᑦᓐ ᐃᑕᐱ ᐱᑦᑭᓯᓇᐃᑲᓂᒃ ᐅᑦᐃᒋᐃᑯᔭᑦ ᑲ ᐃᑦᑎᒪᑲᒃ 42 ᐸᑦᑭᑭᓂᑲᓂᒃ ᐅᑕ ᒪᓯᓇᐃᑲᓂᒃᓐ

ᑕᓂ ᕿ ᐃᑭᑦ ᑭᕐᕕᐟᑦ ᐁᑲ ᑲ ᑎᐱ ᐊᔭᔭᑦ ᒥᒍᒍᓯᓇᐳᔾᓵ

ᒥᓯᐅ ᕿᑲᐟ ᐃᑦᕿᐊᑦ ᒥᑦᑕᐃ ᑎᐱ ᐊᔭᐊᑦ ᒍᒍᓯᓇᐳᓂᑦ ᐅᒋᒋᓯᐊᑦ ᐅᒋᓵ ᐁ ᐅᑯᐅ ᐊᑎᐟ ᕿᑦᑲᓇ ᕿᑐᑕᒪᑦ ᑭᑦᑎᓇᒻ ᒥᑦᑕᐃ ᑭᒋ ᐊᔭᐊᐟ ᒍᒍᓯᓇᐳᓂᑦ ᑭᒋᒋᓯᑦ ᐅᒋᓵ

- ᐊᑎ ᓄᕐᓇᐊᐊᓱ ᐊᐸᒻ ᑲ ᐃᒡᑦᑲ ᓂᑕᐊᑭᐟ ᑭᒋᒋᓯᑦᓵ
- ᑕᓯᓐᑲ ᓄᕐᓇ ᑭᒋᒋᓯᑦ ᑲᓇᕿ ᓂᔭᓇᓐᑦᐊ ᐱᒋ ᓂᓯᑕᓇᓐᐅ ᑭᓂᑦᑲᓂᒡᑲᑦ ᓐᑦᑕ ᐱᑯ ᐊᑦᐊᓯᒐᓵ
- ᐁᓯ ᑲᒡᑭᑕᔭᑦ ᑕᑯᑦ ᑭᒋᒋᓯᑦ ᑭᔭᑦᐃᒻ ᑭᒋ ᒧᓯᐃᑦᒻᓵ
- ᒥᑦ ᑭᒍᒍᓯᒪ ᐃᑦᐱ ᑭᒋᒋᓯᑦ ᑲ ᑦᐃ ᐊᓂᒥᓯᐟ ᓐᑦᑕ ᐱᑯ ᑲ ᑦᐊᐸᑕᐃᑦᒻ ᐁ ᑦᐃ ᓄᕐᓂᐟᓵ

ᑭᕐᕕᐟᑦ ᑭᔭᐱᒻ ᑲ ᒥᑯᒡᑲᒐᓂᑕᒪᑦ ᓇᑕᑦᐃ ᑦᐃᒋᐃᑯᓯᓵ ᐃᑕᐱ ᐱᑦᑭᓯᓇᐃᑲᓂᒻ ᐁ ᑦᐃᒋᐃᑯᔭᑦ ᑲ ᐃᑦᒐᒪᑲᒻ 42 ᐸᑦᑫᑭᓂᑲᓂᒻᓵ

ᕿᑦᑲᑦ ᑦᐁᒋ ᒥᓂᑦᕿᐸᓂᐟ ᑭᐯᓂᒡᑯᓄᐟ ᓐᑦᑕ ᐊᓂᒥᓯᐟ ᓐᑦᑕ ᐱᑯ ᑲ ᐸᑭᑕᒐᑦᐃᐸᒪᐟ ᒍᒍᔅ ᑦᒥᒋ ᐁ ᐊᑎ ᓄᕐᓇᐊᒻᓵ

ᐊᑦᑲᑦ ᑭᓯᔭᓯᑭᑦᐊᒻ ᒍᒍᓯᓇᐳᔭᑦ ᑦᒥᒋ ᐁ ᐊᑎ ᓄᕐᓂᐟᓵ ᑕ ᑭᓯᔭᓯᑲᑦᐃᐸᓂᑦ ᐃᑦᑕᓂᑦᐊᑦᓵ ᒪᑦᑯᒻ ᑕ ᐃᑐᑕᑯᑦ ᑭᒋᒋᓯᑦ ᑭᒋ ᑦᐯᑭᑐᐟ ᐸᑯᒧᐟ ᓐᑦᑕ ᐱᑯ ᑭᒋ ᑭᓯᑦᐊᒡᑲᑐᐟᓵ ᐃᑭᑦ ᐱᑯ ᐅᒪ ᐊᓂᐃ ᓂᑦᑕᑦ ᑦᑯᑦᑕᓱ ᑕᑦᐊᑦᑐᑦᐊ ᐁ ᓄᕐᓇᐊᑦᐊᓱᓇᓂᑦᐊᒻᓵ ᐁ ᐅᑯᐅ ᐊᑎᐟ ᕿᑦᑲᓇ ᕿᑐᑕᒪᑦᓵ

- ᓄᕐᓇ ᑭᒋᒋᓯᑦ ᐃᑦᐱ ᑲ ᑯᑦᑯᓱᐟ ᑦᐸᒪᓯ ᑦᐁᓴ ᓯᑦᐊᑐᐟᓵ ᐯᑲᒻ ᒪᑲ ᑕ ᓄᓄᑦᐊᒥᑦ ᑭᒋᒋᓯᑦᓵ
- ᑕᒪᑯᓇ ᐊᐱᓯᒡ ᒍᒍᓯᓇᐳᔭᑦ ᑦᐸᒪᓯ ᐊᑎ ᓄᕐᓇᐊᑦᐊᓱᔭᑦᓵ ᐃᑦᐱ ᐊᑎ ᓱᑲᒋᕿᐸᓂᒻ ᑭᒍᒍᓯᓇᐳᔭᑦ ᐯᐅ ᐱᑎᒪ ᑦᐸᒪᓯ ᐳᓂ ᓱᑲᒋᕿᐸᓂᒻ ᑦᐸᒪᓯ ᐊᑦᑲᑎᓇᐟᑭᒋᒋᓯᑦ ᑭᒍᒍᓯᒥᒻᓵ
- ᐱᒥᓯᓂ ᓐᑦᑕ ᐱᑯ ᐊᓯᑭᒋᑦᑕ ᒥᑦᑲᒻ ᐁ ᓄᕐᓇᐊᑦᐊᓱᔭᑦ ᑭᒍᒍᓯᓇᐳᑦ ᑯᑦᐱᒋᑦᐊᒻᓵ
- ᐸᑭᑎᑦ ᑭᒋᒋᓯᑦ ᓇᑦᐊᒻ ᑭᓄᑦᐁᒡ ᑭᒋ ᓄᕐᓂᐟ ᐊᓂᐃ ᓂᑦᑕᑦ ᒍᒍᕐ ᑦᐸᒪᓯ ᒥᑦᑯᑐᓇᒪᑦᐊᐟ ᐊᓂᐃ ᑯᑕᑭᔭ ᑦᕿᑦᑭᒐᓵ ᐊᑦᑲᑦ ᑕ ᒥᑦᓇᓯᑦ ᑭᒋ ᓄᕐᓂᐟ ᐯᔭᒻ ᒍᒍᕐ ᑕᑦᑕ ᑲ ᓄᕐᓂᐟᓵ ᑦᕿᑦᑭᒐ ᒍᒍᕐ ᒥᓇ ᓄᕐᓂᒐᓵ
- ᑭᐱᒋ ᓐᑦᑕ ᐯᑲᒐ ᑭᒋᒋᓯᑦ ᐃᑦᐱ ᑭᒋᒋᓯᑦ ᑲ ᒥᓂᑦᕿᐸᓂᐟ ᐅᑦᑐᑐᑕᒻ ᓐᑦᑕ ᐱᑯ ᑲ ᑭᐯᓂᑦᑯᓄᐟᓵ
- ᑭᕐᕕᐟᑦ ᐁᑲ ᐁ ᐊᑎ ᒥᓄᐸᓂᔭᑦ ᑲ ᐸᑭᐸᓂᒥᒻ ᓐᑦᑕ ᑲ ᐊᑦᑲᒪᒥᐊᒥᒻ ᑭᒍᒍᓯᒪᒻ ᓐᑦᑕ ᑭᒋᒋᓯᑦ ᐁᑲ ᑦᑲᔭᑦᒻ ᓄᕐᓂᑦᕿ ᐁ ᐃᒐᑦᑕᑯᓱᐟ ᑕᒪᑯᓇ ᒍᒍᓯᓇᐳᔭᑦ ᑭᒍᒍᓯᒥᒻ ᐅᒋ ᐱᓂᒡ ᑲ ᐊᑎ ᓄᑦᑭᓱᒋᒻ ᓐᑦᑕ ᓇᑕᑦᐁᑦᑕ ᑭᒋ ᑦᐃᒋᐃᑲᑦᐃᔭᑦᓵ
- ᒥᑕᑕᐟ ᐱᓂᒡ ᓐᐅᕐᓇᐱ ᑭᓯᑲᑦ ᑭᒍᒍᓯᒪᒻ ᑕ ᓄᑦᑭᓱᑦᐊᒻ ᓐᑦᑕ ᒧᓇ ᓇᑦᐱᒻ ᑕ ᑭᒡᐳᓐᑦᐊᒻᓵ ᑦᐁᒋ ᐃᑭᒻ ᐅᒪ ᐁ ᐳᓂ ᐸᑭᐸᓂᒋᒻᓵ ᒧᓇ ᑦᐃᓇ ᐃᑦᒐᒪᑲᑦ ᐁ ᑦᐊᓂᑕᔭᑦ ᑭ ᒍᒍᓯᓇᐳᑦᓵ
- ᓂ ᐱᓯᑦᕿᑦᒐᑦ ᐁ ᐱᑦᑲᒻ ᕿᑦᑲᑦ ᑦᒍᒍᓯᒥᒻᓵ ᕿᑦᑲᑦ ᐊᓂᒪᓵ

ᑭᕐᓴᐃᑦ ᑲ ᐱᓯᑦᑭᓂᑕᒪᑦ ᐅ ᐱᑦᑲᑉ ᑭᒍᒍᔪᒥᑉ ᒥᑲᑊ ᐅᓄᕐᓇᐊᑉᐊᓱᕐᔭᑦ ᒪᑦᑯᑊ ᑭᐳᐸᓂᑦ ᒍᒍᑦᑉ ᓄᕐᓇ ᑭᒋᒋᔪᑦ ᓄᑦᑕᓇᑕᑉᐃ ᑭᑦᑭᓂᑕ ᐊᑉᐊᓯᒐ ᑉᐃᑕᒪᑭᑉᐃᑦ ᑲ ᑭᐳᐸᓂᒋ ᒍᒍᑦ ᐅᑕᑉ
http://beststart.org/resources/breastfeeding/Ducts_Fact%20Sheets_Eng_rev2.pdf ᑉᐃᑕᒧ ᒥᓄ ᐱᒪᑎᓯᑉᐃᓂᑉ ᑲ ᐸᒥᐃᑉᐅᑊ ᑭᕐᓴᐃᑦ ᐱᑦᑯᓯᔭᑦ ᑭᒍᒍᔪᒥᑉ ᐅᑲ ᑲᑉᐃ ᓇᒪᑕᑉᑲᑉ

ᑦᑭᓯᑦ ᓄᑦᑕ ᐯᔭᑉ ᑦᒍᒍᔪᑦ ᑦᑕᑉᑲᐃᑉ ᑭᔭᐱᑉ ᓇ ᑦᑲ ᑭᓄᕐᓇᐊᑉᐊᓱᑦ

ᑭᕐᓴᐃᑦ ᐊᑉᑲᐃᑦᑉ ᐸᑭᐸᓂᑉ ᓄᑦᑕ ᐱᑯ ᑲ ᒥᑉᑲᐅᑉ ᑭᒍᒍᔪᑦ ᓄᑦᑕ ᑲ ᑭᓯᓯᓱᔭᑦ ᒪᑦᑯᑉ ᒪᓇᑎᓯᑉᑭ ᑭᒍᒍᔪᑦ ᒥᒍᒍᔪᒥᔭᑦᐱᓄᑉᐃᑦᐃᔪᓂᑲᒐᑉᑭᑉ ᒥᑉᓇᔪᑦ ᑭᔭᐱᑉ ᑭᒋ ᓄᕐᓇᐊᑉᐊᓱᔭᑦ ᑕᑉᐯ ᐊᑕᑉᐃᓇ ᑭᑦᒐᓂᑕᑉᑲᑦ ᑭᒋ ᐱᔪᔪᑯᐸᓂᑉ ᒍᒍᑦ ᑕᑉᑕ ᑲ ᐊᑯᓯᓇᓂᑉᐊᑉ ᒍᒍᔪᑦ ᓄᑦᑕ ᐱᑯ ᒥᑦᑕᐃ ᑕ ᐊᑎ ᐃᑎᑭᑉ ᒥᒍᒍᑦᑉᒧᓇ ᑕ ᐊᑉᑲᐃᑭᑉ ᑭᒋᒋᔪᑦᑉ ᐊᔭᒥ ᒥᓄ ᐱᒪᑎᓯᑉᐃᓂᑉ ᑲ ᐊᑲᒥᐃᑦᑉ ᑭᒋ ᑦᑐᑉᑲᐃᑦᑉ ᐊᑉᐊᓯᒐ ᑉᐃᑕᒪᑭᑉᐃᑦ ᐅᒋ ᐃᑕᐱᑉ http://beststart.org/resources/breastfeeding/Infection_Fact%20Sheets_Eng_rev2.pdf.

ᑦᒍᒍᔪᒪᑉ ᓄᑦᑭᓯᑉᐊᑉ ᐃᒐᑦᑕᑯᓯᑉᐊᑉ ᐃᑦᐱ ᐅᒡᑲᑉ ᑲ ᐃᑕᒪᒋᐊᑉᑲᐸᑦᑉ ᓂ ᓄᒐᐸᓂᑦ ᓇ ᒍᒍᔪᓇᐳᔭᑉ

ᐃᓂᑯᑉ ᑲ ᐊᔭᔭᑦ ᒍᒍᔪᓇᐳᔭᑉ ᑭᒍᒍᔪᒥᑉ ᒧᓇ ᑉᐃᑕᒧᒪᑲᑦ ᑭ ᐃᑕᒪᒋᐊᒋᑉ ᑭᒍᒍᔪᒪᑉᑉ ᑭᒍᒍᔪᒪᑉ ᐱᑐᔪᐸᓂᑉᐊᑉ ᐊᑎ ᑉᐃᑦᑲᑕ ᓄᑦᑕ ᐊᒋᐸᓂᑉᐊᑉ ᐊᑎ ᐅᒡᐱᑭᑉ ᒋᒋᒐᑉ ᑕᑉᑕ ᑲ ᒥᔪᑭᑎᑉ ᒋᒋᒐᑉ ᑕ ᓄᑦᑭᓯᑉᐊᑉ ᑭᒍᒍᔪᒪᑉᑉ

ᒥᑦᑕᐃ ᑕᔭᑦ ᒍᒍᔪᓇᐳᔭᑉ ᐃᓂᑯᑉ ᑭ ᑦᑕᑉᐅᓂᑕᑉ ᒋᒋᔪᑦᑉ ᒪᑎᑲ ᒥᑦᑕᐃ ᒍᒍᔪᓇᐳᔭᑉ ᑲᓇᑉᐅᓂᑐᑦ ᓂᑉ ᐊᑉᑲᒋᑲᓂᑉᑉ ᑕᓂ ᑭᑐᑕᒪᑦᑉ

ᐃᑭᑦ ᐱᑯ ᐊᑎᑉ ᐅᑲᑉᐃᒪᑉᐊᑉ ᒥᑦᑕᐃ ᐅ ᐊᔭᒋᑉ ᒍᒍᔪᓇᐳᓂᑦ ᐃᓂᑯᑉ ᑭ ᑦᑕᑉᐅᓂᑕᑉ ᒋᒋᑦ ᒥᑉᑲᑉ ᐊᓂᐃ ᓂᑦᑕᑉ ᐊᑎᑉ ᑕᑉᐊᑦᑎᑉᐊ ᑲ ᓄᕐᓂᑉ ᐅᔭᑉ ᑭᕐᓴᐃᑦ ᐅ ᐊᐱᔪᔪᑉ ᓄᑦᑕ ᑉᐃᐸᑉ ᑲ ᓄᑎ ᓂᑕᑉᐃᑭᑉ ᒋᒋᑦᑉ ᑕᑎ ᐳᓂᐸᓂᑦ ᐊᑎᑉ ᑕᑉᐊᑦᑎᑉᐊᑉ

ᐊᑎᑉ ᐅᑲᑉᐃᒪᑉᐊᑉ ᑕᔪᓄ ᑕ ᐊᔭᑉᐊᑉ ᑉᐅᓴ ᒥᑦᑕᐃ ᒍᒍᔪᓇᐳᓂᑦᑉ ᑕ ᐃᑭᑦ ᐱᑯ ᑭᔭᑦ ᓄᑦᑕ ᐱᑯ ᑕᑭ ᐃᑭᑦ ᑕᑉᑕ ᒥᓇ ᒥᓇ ᑲ ᑕᒪᑯᓇᒪᑦ ᑭᒍᒍᔪᓇᐳᑦ ᓄᑦᑕ ᒪᑲ ᐅ ᓄᕐᓇᐊᑉ ᑭᒋᒋᔪᑦᑉ ᑭᕐᓴᐃᑦ ᑲ ᑕᒪᑯᓇᒪᑦ ᑭᒍᒍᔪᓇᐳᑦ ᐊᑎ ᐊᒍᑉᐃᓇ ᐃᓂᑯᑉ ᑕᑉᑕ ᑲ ᐅᑎᓇᒪᑦ ᑭᒍᒍᔪᓇᐳᑦ ᐱᓂᑉ ᐅᑲ ᐊᑉᐊᓯᒐ ᑲ ᐅᑎᓇᒪᑦ ᐃᓂᑯᑉ ᑭ ᑦᑕᑉᐅᓂᑕᑉ ᑭᒋᒋᑦᑉ
ᑭᕐᓴᐃᑦ ᒥᑦᑕᐃ ᒍᒍᔪᓇᐳᔭᑉ ᑲ ᐊᔭᑉᐊᓄ ᐅᑲ ᑲ ᑕᒪᑯᓇᒧᑉᐊᓄ ᑯᒋᑕ ᑭᒋ ᓄᓐᓂᐊᑉ ᑭᒋᒋᔪᑦ ᐯᔭᑉ ᐱᑯ ᓇᐸᒐ ᑕᑉᑕ ᑲ ᓄᕐᓂᐊᑉᑉ ᑕ ᐊᒍᑉᐃᐸᓂᑦ ᑭᒍᒍᔪᓇᐳᑦ ᐃᓂᑯᑉ ᑲ ᐅᔪᐅᒪᑲᑉᑉ

ᑲ ᑭ ᐊᐸᒋᑕᐣ ᐊᓂᒪ ᒥᒍᒍᓯᓇᐳᔅ ᑲ ᑭ ᐊᑦᑕᒋᑯᐧᐊᓄ ᑭᐟ ᐊᐧᑲᒋᒋᑲᓂᐧ ᑭᒋ ᑭᓂᑲᐸᐧᐊᑕᔭᐣ ᒋᒋᓯ ᒥᒋᑦ ᓄᑦᑕ ᐱᑯ ᑯᑕᑭᔭ ᒋᒋᓯ ᒥᒋᒪ ᐃᑦᐱ ᑭᒋᒋᓯᑦ ᑲ ᐊᑎ ᒥᒋᐟ ᑲ ᒪᒡᑲᐧᐊᓂᑭ ᒋᒥᒪᓵ www.milkbankontario.ca

ᐊᑎᐟ ᐱᑯ ᑕᐧᐊᑦᑌᓯᒡ ᐣᒋᒋᓯᑦ ᓄᑦᑕ ᐧᑲᔭᑦᐧ ᓴᑲᒥᒡᓵ ᑊᐧᑲᐣ ᒪᑲ ᐧᐅᒋ ᑊᑕᑕᐧᐃᐣ ᐊᐧᑲᒪᒋᐊᑭᐧ ᐅᓯ ᐅᑦᑎᐧᑲᓂᐧᐃᒋᐧ ᐣᒍᒍᓯᒪᐧᓵ

ᐊᑦᑲᒡ ᐅᑲᐧᐃᒪᒡ ᓄᑦᑕ ᐱᑯ ᐅᒋᒋᓯᒪ ᑕ ᐱᑯᑐᓄᐸᓂᐧᐊᐧ ᐅ ᒐᒐᑭ ᐧᐊᐱᐸᓂᐧ ᒥᑐᐣ ᓄᑦᑕ ᒥᑌᓇᓂᐧᓵ ᑲ ᑭ ᐅᒋ ᐊᐧᑲᐃᑯᐣ ᒪᑲ ᑭᒍᒍᒥᐧ ᐅᓯ ᐅᑦᑎᐧᑲᓂᐧᐃᒋᐧᓵ ᓄᑦᑕ ᑭ ᑲ ᐱᓯᑦᑫᐣᑌᐣ ᐅ ᐧᐊᐧᐊᐱᐸᓂᐟ ᑭᒋᒋᑦ ᐅᑐᓂᐧᓵ ᐊᔭᐃᐧ ᑭ ᒥᓄ ᐱᒪᑎᓯᐧᐃᓂᐧ ᑲ ᐸᒥᐃᑦᐧ ᓄᑦᑕ ᓇᑕᐧᐃ ᑭᑦᑫᓂᑕ ᐅᒪ ᐊᑯᓯᐧᐃᐣ ᓂ ᐧᐃᑕᒪᑫᐧᐃᓇᓂ ᒪᓯᓇᐃᑲᓂᐧ ᑫ ᑭ ᒥᑦᑭᑲᑌᐧ ᐅᑕᓵ http://beststart.org/resources/breastfeeding/Thrush_Fact%20Sheets_Eng_rev2.pdf.

ᑕ ᔅᐳᐧᑲᒥᑦ ᓇ ᒋᒋᓯᑦ ᐅ ᑎᐱᑦᑲᓂᐧᓵ

ᑕᐟᑐ ᒋᒋᒡ ᐱᑐᒡ ᐃᑎᑦᓵ ᒋᒋᔅᐧ ᐣᑕᐧᐅᓂᑕᑯᓯᐧᐊᐧ ᑭᒋ ᓄᔅᓂᒋᐧᑕᐟᑐ ᐱᓯᒧᑲᓇ ᐅᓴᑦ ᐊᓂᐃ ᓂᑦᑕᑦ ᑭᓂᑲᐧᐊᓵ ᐊᐱᔅᓂᓂᐧᐊ ᐧᐊᑕᐧᐊ ᓄᑦᑕ ᒥᑫᐧᑕ ᑕ ᐧᐃ ᓄᔅᓂᐧᐊᐧᓵ ᓄᑦᑕ ᑭ ᐧᐃᒋᐃᑯᐣ ᑭᒋ ᑭᒋᑕᔭᐣ ᓄᑦᑕ ᑭᒋ ᐊᔭᔭᐣ ᒥᑦᑕᐃ ᒍᒍᓯᓇᐳᔅᓵ ᑲᑲᓄᐧᐅᒡ ᐅᑲ ᑲ ᓄᔅᓂᐊᐟ ᐅ ᑎᐱᑦᑲᓂᐟ ᑭᒋᒋᓯᑦ ᒧᓇ ᒥᐧᓇᓯᐣ ᐊᓂᐃ ᓂᑦᑕᑦ ᐊᑎᐟ ᐱᓯᐧᒪᓵ

ᑭ ᑲ ᐱᓯᑦᑫᓂᒪᑦ ᑭᒋᒋᑦ ᒥᑫᐧᑕ ᐅ ᑯᑯᑦᑯᓯᐟ ᐅ ᑎᐱᑦᑲᓂᐧ ᑭᔅᑦᐱᐣᓵ

- ᑫᑕᐧᐃᐣ ᐅ ᑭᓂᐱᑭᐟ ᑭᒋᒋᑦᓵ
- ᑭᒋᒋᓯᑦ ᐅ ᐊᑯᓯᐟᓵ
- ᑭᒋᒋᓯᑦ ᐅ ᑭᑦᑭᓄᐊᒪᓱᐟ ᐅᒡᑭ ᑲᒡᑭᐅᐧᐃᓂᓂᑦ ᑕᐱᑦᑯᒻ ᐅ ᐧᑫᑦᑭᐸᓂᐅᐟ ᓄᑦᑕ ᐱᑯ ᐅ ᓂᐸᐧᐃᐟᓵ
- ᑭᒋᒋᓯᑦ ᐣᑕᐧᐅᓂᑕᑦ ᑭᒋ ᓴᑲᑦᑫᓂᒧᐟᓵ
- ᑭ ᑭᐧᐅ ᐊᐸᑎᓯᐧᐊᓄ ᓄᑦᑕ ᐱᑯ ᑲ ᑭᑦᑭᓄᐊᒪᓱᐧᐊᓄ ᓄᑦᑕ ᐅ ᓇᑲᑕᐟ ᑕᓯᓄ ᑭᒋᒋᓯᑦᓵ

ᐃᑦᐱ ᐅ ᐊᑎ ᐅᑊᐱᑭᐟ ᑭᒋᒋᓯᑦ ᒧᓇ ᓱᑭ ᒥᑫᐧᑕ ᑕ ᑯᑦᑯᓯᑦᓵ ᒥᓯᐧᐅ ᑫᑲᐟ ᒋᒋᔅᓵ ᓄᒪᑫᒡ ᑕ ᐃᑭᓂᓂᑦᓵ ᒧᓇ ᑭ ᐯᔭᑯᐣᓵ ᒥᓯᐧᐅ ᐅᒡᑭ ᐅᑲᐧᐃᒪᐧᐊᐧ ᐊᑲᐧᐅᐣᑕᐧᒪᐧ ᐃᑦᐱ ᑫ ᔅᐳᐧᑲᒥᒋᐧ ᐅ ᑎᐱᑦᑲᓂᐧᓵ ᐊᓄᒻ ᐧᐃᓇ ᑲᐧᑫᒋᑫᒧ ᑭᒋ ᐧᐃᒋᐃᑲᐧᐃᔭᐣ ᓄᑦᑕ ᐊᐧᓄᐱ ᐃᑦᐱ ᑫ ᑭ ᐃᑐᑕᒪᐣ ᐃᑦᐱ ᑭᒋᒋᓯᑦ ᐅ ᓂᐸᐟᓵ

ᐣᑲ ᓄᔅᓂᐊᐧᐊᓱᐣ ᓇ ᐃᑦᐱ ᐅ ᐊᑯᓯᔭᐣᓵ

ᑭᔭᐱᒻ ᑲ ᑭ ᓄᓴᓂᐊᑉ ᑭᒋᒋᕐᑦ ᐃᑦᐱ ᑲ ᐊᑯᓯᔭᒃᑯ ᑭᓴᑦᐱᒃ ᑲ ᐅᑕᑭᑯᒥᔭᒃ ᒪᒍᒡ ᓄᑦᑕ ᐱᑯ ᑯᑕᑭᔭ ᐊᑯᓯᐅᓇ ᑭᔭᑉ ᑕ ᐅᕐᑕᒧᒪᑲᒃ ᕿ ᐅᒋ ᒪᕐᑕᔭᒃ ᐊᑯᓯᐅᒃ ᓄᑦᑕ ᑭ ᑲ ᐊᓂᑦᕿ ᒥᓇᑉ ᑭᒋᒋᕐᑦ ᑭᒋ ᒍᒍᕐᓇᐳᒥᒃᑯ ᐊᐱᕐᒡ ᑕ ᐅᒋ ᓇᑕᒪᑯᑉ ᐊᓂᒃᓂᑉ ᐊᑯᓯᐅᓂᓂᑉᑯ

ᐃᑦᐱ ᑲ ᐊᑯᓯᔭᒃ ᒧᔅᒃ ᒥᐅᕐᒃ ᑭᒋ ᓇᑕᐅ ᑭᑦᕿᓂᑕᒧᐊᑊ ᑭᑊ ᒥᓄ ᐱᒪᑎᓯᐅᓂᒃ ᑲ ᐊᑲᒥᐃᑦᒃ ᑭᓴᑦᐱᒃ ᑎᐅᑲᓄᐅᐊᑉᕿ ᕿᑐᑕᒪᒃ ᕿ ᐅᒋ ᐊᔭᑉᑲᒥᓯᔭᒃᑯ

ᕿᑉᑲᒃ ᕿ ᒥᒋᔭᒃ ᐃᑦᐱ ᑲ ᓄᓴᓇᐊᑉᐊᓯᔭᒃᑯ

ᒧᓇ ᑉᐊᔪᒡ ᑕ ᐃᑭᒃ ᓄᑦᑕ ᑭᒋ ᒥᒋᔭᒃ ᒪᑉᐊᒻ ᑲ ᒥᑉᓄᓂᑕᒪᒃ ᑲ ᒥᑉᓇᕐᑭ ᒥᒋᒪ ᐊᕐᒻ ᐃᓂᑐ ᒥᒋᒪᑉ ᐊᑕ ᑭᓴᑦᐱᒃ ᐁᑲ ᑕᑉᐯ ᑉᑲᔭᑦ ᑲ ᐃᑕᒋᕿᑉᐊᓄ ᑭᒍᒍᕐᓇᐳᑦ ᑕ ᐃᑕᑉᑲᑉᓇ ᒥᓯᑉᐁ ᕿ ᒥᒋᒥᑦᑲᑯᑊ ᕿ ᒃᑕᑉᐁᓂᑕᑉ ᑭᒋᒋᕐᑦ ᑭᓇ ᑎᐱᓇᑉᐁ ᑭ ᒥᓄ ᐱᒪᑎᓯᐅᓂᒃ ᐅᒋ ᐱᒋᑎᓴᐊ ᑲ ᐃᑉᒐᒪᑲᒃ ᑉᑲᔭᑦᒃ ᐁ ᒥᒋᓯᓇᓂᑉᐊᒃ ᑲᓇᑕ ᐊᑦᑭᒃ ᒥᒋᒥ ᑭᑦᑭᓄᑕᐃᑉᐁᑉᐃᒃ ᒥᓂᑉᕿ ᒥᑦᑕᐃ ᑲ ᓂᐱᑉᐊᑭ ᓄᑦᑕ ᑕᕐᓂ ᐊᑉᓄᐱᑉ ᑉᐃᑕᒪᕿᑉᐃᒃ ᐊᓂᐃ ᒪᒡᑲᑉᐃᑲᕿᒪᑲᑭ ᑎ ᐊᓇᑉᐊᒃ ᑲ ᐅᑎᓂᑲᑎᑭ ᒋᒋᒡ ᐅᒋ ᐃᑕᐱ 38 ᐸᑦᕿᓂᑲᓂᒃ ᑎᑉᐸᑎᑯᒃ ᑭᑉ ᐃᑕᑉᐃᓂᒃ ᒥᓄ ᐱᒪᑎᓯᑉᐃᑲᒥᑯᒃ ᐊᓂᒪ ᒪᓯᓇᐃᑲᒃ ᐅᒋ ᑉᑲᔭᑦᒃ ᐁ ᒥᒋᓯᓇᓂᑉᐊᒃ ᑲᓇᑕ ᒥᒋᒥ ᑭᑦᑭᓄᑕᐃᑉᐁᑉᐃᒃ ᓄᑦᑕ ᐱᑯ ᐃᑕᐱ ᐅᒡᑭ ᐊᔭᒥᑉᐃᓂᒃ www.hc-sc.gc.ca/fn-an/foodguide-aliment/index-eng.php.

ᑭᔭᐱᒃ ᐊᑉᐊᓯᒐ ᑲᑉᕿᑉᕿᒧᑉᐃᓇ ᑲ ᐊᔭᔭᒃ ᑭᒡ ᐃᑕᒋᕿᑉᐃᒃ ᐅᒋ ᐊᔭᒥᐃᑯᒃ ᑉᑲᔭᑦᒃ ᒥᒋᓯ ᐅᑦᒐᓇᐅᐅ ᒥᓂᑉᕿᓂᑉᐊᒃ www.eatrightontario.ca or call 1-877-510-510-2.

ᑕ ᒥᑉᓇᕐᑭ ᓇ ᓂᓇ ᐅᒋ ᐁ ᒥᓂᑉᕿᔭᒃ ᑲ ᒥᓂᑉᑲᓂᑉᐊᒃ ᐃᑦᐱ ᑲ ᓄᓴᓇᐊᑉᐊᓯᔭᒃᑯ

ᑲ ᒥᓂᑉᑲᓂᑉᐊᒃ ᐃᑐᒐᒪᑲᒃ ᑭᒍᒍᕐᓇᐳᒥᒃᑯ ᑕᑭ ᓄᓯᑕᒥᐃᑯᑉ ᑭ ᒋᒋᑦ ᐅᓂᑕᑉᐃᑭᑉᐃᒃ ᓄᑦᑕ ᑕ ᓄᑎᐸᓂᑉ ᐃᓂᑯᒃ ᒍᒍᕐᓇᐳᔭ ᑲ ᐅᕐᑕᔭᒃᑯ ᒪᑉᐊᒻ ᒥᑉᓇᕐᑭ ᐁᑲ ᑭᒋ ᒥᓂᑉᕿᔭᒃ ᒣᑉᑲᒻ ᑲ ᓄᓴᓇᐊᑉᐊᓯᔭᒃᑯ ᑭᓴᑦᐱᒃ ᑲ ᐅᑎᓇᒪᒃ ᑲ ᒥᓂᑉᑲᓂᑉᐊᒃ ᒪᑉᐊᒻ ᒥᑉᓇᕐᑭ ᐁᑲ ᑭᒋ ᓄᓇᐊᑉᐊᓯᔭᒃ ᑲᓇᕿ ᓂᓇ ᑭᓂᑉᑲᓂᒡᑲᑉᓇ ᐊᑉᐊᓯᒐ ᑉᐃᑕᒪᕿᑉᐃᒃ ᑲ ᒥᓂᑉᑲᓂᑉᐊᒃ ᓄᑦᑕ ᓄᓴᓇᐊᑉᐊᓯᑉᐃᒃ ᐅᒋ ᐃᑕᐱ ᐁ ᑭᓂᑲᑉᐃᓂᑲᒐᒃ ᑲ ᒥᓂᑉᑲᓂᑉᐊᒃ ᓄᑦᑕ ᓄᓴᓇᐊᑉᐊᓯᑉᐃᒃ ᐅᑕᓇ www.beststart.org/resources/alc_reduction/index.html ᓄᑦᑕ ᑲ ᑭ ᐊᔭᒥᐊᑉᐊᒃ ᐅᑕ Motherisk at 1-877-439-2744.

ᑭᓴᑦᐱᒃ ᑲ ᐊᔭᑉᐊᓄ ᒪᒃᒍᒡ ᐁᒻᐊᐃᑊᐱ ᑲ ᐅᒋ ᓂᐸᑉᐃᒪᑲᒃ ᒥᔭᑉ ᐊᑯᓯᑉᐃᒃ ᑉᑲ ᑭ ᓄᓴᓇᐊᑉᐊᓯᒃ ᓇᓇ

ᓇᓄᓴᓂᓯᒋᐤ ᐃᑦᑐᐤ ᑲ ᑲᒋᑎᓂᑯᐟ ᐁᐧᐊᐃᑊᐱ ᒪᐣᒍᓴ ᑕᑭ ᐊᓂᑦᑐᐸᓂᐁ ᐊᓂᐃ ᒪᐣᒍᓴ ᐅᒋᒋᔅᒥᐧ ᐁ ᓄᓴᓇᐊᑉᐊᓯᐟᓐ ᑭᓴᑦᐱᐣ ᑭᑦᑎᓇᐧ ᑲ ᑭᑭᒡᑲᑉᐊᐟ ᐁᐧᐊᐃᑊᐱ ᒪᐣᒍᒡ ᐊᔭᒥ ᑲ ᑭ ᑭᑦᑭᓄᐊᒪᓯᐟ ᒥᓄ ᐱᒪᑎᓯᑉᐃ ᐊᑲᒥᐃᑉᐁᐤ ᑭ ᐅᒋ ᐊᒍᑉᐃᓂᑲᒐᐧ ᐁᑲ ᑭ ᐅᒋ ᐊᑯᓯᐟ ᑭᒋᒋᔅᑉᐧ ᑭᓴᑦᐱᐣ ᑕᑉᐯ ᑲ ᑭᑭᒡᑲᒪᐣ ᐁᐧᐊᐃᑊᐱ ᐊᑯᓯᑉᐃᐣ ᒥᓄ ᐱᒪᑎᓯᑉᐃᐣ ᑲᓇᑕ ᑲᑉᑭᑉᑕᓂᑉᐊᐣ ᑭᒋ ᐊᓴᒪᑉ ᑭᒋᒋᔅᑉ ᒋᒋᔅ ᒥᒋᒥᓂᐤ ᑭᑦᑎᓇᐧ ᐁᑲ ᑭᒋ ᐊᓇᑦᑯᐸᓂᐧ ᐁᐧᐊᐃᑊᐱ ᐊᑯᓯᑉᐃᐣ ᐁ ᓄᓴᓇᐊᑉᐊᓯᓇᓂᑉᐊᐧᓐ

ᒥᑉᓇᔅᐣ ᓇ ᑭᒋ ᐅᑎᓇᒪᐣ ᐣᑐᑯᓄᓇ ᒣᑉᑲᐧ ᑲ ᓄᓴᓇᐊᑉᐊᓯᒪᔅᐣ

ᑫᑲᐟ ᒥᓯᑉᐁ ᐣᑐᑯᓄᓇ ᒧᓇ ᑉᐊᔪᐡ ᐃᑐᑕᑯᓇᓂᑉᐊᑉᓇ ᐃᑦᐱ ᑲ ᓄᓴᓇᐊᑉᐊᓯᒪᔅᐣ ᓴᑯᐧ ᒧᓴᐧ ᐊᔭᒥ ᑭ ᒥᓄ ᐱᒪᑎᓯᑉᐃᓂᐧ ᑲ ᐊᑲᒥᐃᑦᐧ ᓇᑦᑕ ᐣᑐᑯᓄᓇ ᑲ ᐸᑭᑎᓇᒪᑦᐧ ᓇᑦᑕ ᐱᑯ ᐅᑲᑉᐃᒪᑉᐃ ᓇᓄᓴᓂᓯᑉᐃ ᐊᑐᑦᑭᑉᐃᓂᐧᓐ ᐊᔭᒥ ᑭ ᒥᓄ ᐱᒪᑎᓯᑉᐃᓂᐧ ᑲ ᐊᑲᒥᐃᑦᐧ ᑭᓴᑦᐱᐣ ᒪᒋ ᐣᑐᑯᓄᓇ ᑉᑲᐣᑕᑦ ᐱᑯ ᒣᑦᑲᓇᐧ ᑲ ᐅᑎᓂᑲᒐᑭᓐ ᐊᓂᐃ ᒪᒋ ᐣᑐᑯᓄᓇ ᒣᑦᑲᓇᐧ ᑲ ᐅᑎᓂᑲᒐᑭ ᑕᑭ ᐊᑉᑲᐃᑯᑦ ᑭᒋᒋᔅᑉᓐ ᑲ ᐅᓇᓂᑕᒧᑉᐊᓇ ᑭᒋ ᓄᓴᓇᐊᑉᐊᓯᒪᔅᐣ ᐁᑉᑲᓂ ᑭ ᑲᓇᑉᐊᐸᒪᐣ ᐊᓂᐃ ᐣᑐᑯᓄᓇ ᑲ ᐊᐸᒋᑕᔅᐣ ᐃᓂᑯᐧ ᓇᑦᑕ ᑕᓇᐣᑕᒪᐣ ᐃᑦᐱ ᑲ ᐊᐸᒋᑕᔅᐣ ᓇᑦᑕ ᑲ ᐃᑦᐱᑎᓂᑉᑲᑎᔅᐣᓐ ᐊᔭᐃᑯᐧ ᐅᑲᑉᐃᒪᑉᐃ ᓇᓄᓴᓂᓯᑉᐃ ᐊᑐᑦᑭᑉᐃᐣ ᓇᑦᑕ ᐱᑯ ᐃᑕᐱ ᐅᒡᑭ ᐊᔭᒥᑉᐃᓂᐧ ᐅᑕᓐ www.motherisk.org ᓇᑦᑕ ᐱᑯ 1-877-439-2744

ᑕ ᒥᑉᓇᔅᐣ ᓇ ᑭᒋ ᓄᓴᓇᐊᑉᐊᓯᒪᔅᐣ ᒣᑉᑲᐧ ᑲ ᐅᑎᓇᒪᐣ ᒣᑕᑐᐣ ᐣᑐᑯᓄᐣᓐ

ᐁᐁᐧᓐ ᒥᓇᔅᐣ ᑭᒋ ᓄᓴᓂᐊᐟ ᑭᒋᒋᔅᑉ ᒣᑉᑲᐧ ᑲ ᐅᑎᓇᒪᐣ ᒣᑕᑐᐣ ᐣᑐᑯᓄᐣᓐ ᐊᔭᒥ ᑭᒥᓄ ᐱᒪᑎᓯᑉᐃᓂᐧ ᑲ ᐊᑲᒥᐃᑦᐁᐟ ᓇᑦᑕᐧ ᐃᓂᑯᐧ ᑲ ᐅᑎᓇᒪᐣᓐ ᑭᓴᑦᐱᐣ ᑲ ᐱᓯᑦᑯᓂᒪᐟ ᑭᒋᒋᔅᑉ ᑕᔅᓇ ᑲ ᓂᐸᑉᑯ ᓇᑦᑕ ᐁᑲ ᑉᑲᔭᑦᐧ ᐁ ᓇᓇᐟ ᓇᑦᑕ ᐱᑯ ᐁ ᓂᔅᑯᑉᐃᑭᐸᓂᐟ ᓇᑦᑕ ᐱᑯ ᐁᑲ ᐁᑭ ᐊᔭᒥᐟ ᐃᑐᑕ ᑭᒋᒋᔅᑉ ᒥᓄ ᐱᒪᑎᓯᑉᐃᓂᐧ ᑲ ᐊᑲᒥᐃᑉᐁᐟ ᓇᑉᐊᐧᓐ

ᑭᕋᖕᐱᑦ ᑲ ᐱᑦᑕᔭᑦ ᑦᑲ ᓄᕋᓇᐊᑦᐊᓱᑕᔭ ᓇᓐ

ᓄᕋᓇᐊᑦᐊᓱᑦᐃᑦ ᑭᔭᐱᒻ ᒥᑦᓇᕐᓂᓂᑉ ᑭᒋ ᓄᕋᓂᑊ ᑭᒋᒋᕐᑦ ᐊᑕ ᑭᕋᖕᐱᑦ ᐅ ᐱᑦᑕᔭᑦᓐ ᑭᕋᖕᐱᑦ ᕿ ᑭ ᐃᑐᑕᒪᓐ ᑯᒋᑕ ᑭᒋ ᓂᑭᓇᒪᑦ ᓐᑦᑕ ᐱᑯ ᑭᒋ ᐳᓂᑕᔭᑦᓐ ᐅ ᐱᑦᑕᓂᑦᐊᑦ ᑕᑭ ᐊᓂᒥᓯᑉ ᑭᒋᒋᕐᑦᓐ ᒥᖕᑕᐃ ᑲ ᐱᑦᑕᓂᑦᐊᑦ ᐊᒍᑦᐃᐸᓂᑉ ᐃᓂᑯᑦᑲ ᐅᕐᑕᔭᑦ ᑭᒍᒍᕐᓇᐳᑦᓐ ᑭᕋᖕᐱᑦ ᓐᑦᑕ ᑯᑕᑭᔭ ᐊᑦᐅᓇ ᑲ ᐱᑦᑕᑉ ᑭᑭᑦ ᐊᒍᑦᐃᓇ ᐃᓂᑯᑦ ᕿ ᓐᓐᑐᑕᑦᐊᑉ ᒋᖕᒐᒪᑦᐊ ᑭᒋᒋᕐᑦ ᓂᑦᓗ ᓂᖕᑦᑕ ᐅ ᐊᓂᖕᕿᐸᓂᑦᓐ ᐅ ᐅᑯᐅ ᐊᑎᑉ ᒪᒥᑐᓐᓂᑕᒧᑦᐃᓇᓐ

- ᓄᕋᓇᐊᑦᐊᓱ ᑦᐸᒪᕐ ᐱᑦᑕᔭᑦᓐ
- ᐱᑦᑕ ᑦᐊᓇᑦᐃᑎᒥᑦ ᑭᑭᑦ ᓐᑦᑕ ᐅᒐᐸᓂᕐᑦᓐ
- ᑦᑲᔭᖕᑦ ᑲᕐᒋᕿᕐ ᓐᑦᑕ ᑯᒋᑯᓇ ᑦᐊᑭᒻ ᑲ ᑭᒡᑲᒪᑦ ᑭ ᑦᐃᓇᒋᑲᓇ ᑲ ᐃᒡᑦᑲ ᐱᑦᑕᔭᑦᓐ
- ᑲᑦᕿᒋᒥᑦ ᐊᑦᐅᓂᑲᓇᑦ ᐅᑭ ᑭᒋ ᐱᑦᑕᒋᑦ ᐯᓐᒻ ᐅ ᐃᑕᑦᐊᑦ ᓐᑦᑕ ᑭᒋᒋᕐᑦᓐ

ᑦᐃᒋᐃᑦᐅᑦᐃᑦ ᐅᑲ ᑭᒋ ᐱᑦᑕᓂᑦᐊᑦ ᑲ ᐃᕐ ᑕᕐᑦᐃᔭᑦ ᐅᑕ ᐃᑐᑎᓐ www.beststart.org/resources/tobacco/index.html.

ᑭᕋᖕᐱᑦ ᑲ ᒧᖕᑎᓴᓂᑕᒪᑦ ᐅ ᑦᐃ ᐳᓂᑕᔭᑦ ᐅ ᐱᑦᑕᔭᑦ ᑎᑦᐸᕐᑦᑊ
ᑲ ᐃᕐ ᑦᐃᒋᐃᒋᑦᑊ ᑲ ᐱᑦᑕᒋᑦᑊ ᐅᑕᓐ
1-877-513-5333 ᓂᒃ ᒋᖕᑐᖕᒥ www.smokershelpline.ca.

ᑦᑲ ᒥᓇ ᓇ ᑦᒋᒋᕐᑦ ᒪᒡᑲᑦᐃᓯᑦᐃ ᑦᑐᑯᓄᓇᓐ

ᒥᓯᑦᐅ ᒋᒋᕋᑦ ᑦᑕᑦᐅᓂᑕᑦᒪᑦ ᒪᒡᑲᑦᐃᓯᑦᐃ ᑦᑐᑯᓄᓂᑦ ᑦᑎ ᑲ ᐃᑕᓯᓇᒐᓂᑦᓐ ᑲ ᓄᕋᓂᒋᑦ ᒋᒋᕋᑦ ᑕᑭ ᐅᑎᓇᑦᒪᑦ ᑦᑎ ᑲ ᐃᑕᓯᓇᒐᓂᑦ ᒪᒡᑲᑦᐃᓯᑦᐃ ᑦᑐᑯᓄᓂᑦ ᑲ ᐅᒋᑲᑦᐃᓂᑲᒐᓂᑦ ᑭ ᑦᑐᑯᓄᓂᑲᒥᑯᑦ ᑦᑐᑯᓄᓇ ᑲ ᐅᑎᓂᑲᒐᑭᓐ ᒥᑦ ᑭᒋᒋᕐᑦ ᑲ ᐅᒋᑲᑦᐃᓂᑲᒐᑦ ᑦᑎ ᑲ ᐃᑕᓯᓇᒐᓂᑦ ᒪᒡᑲᑦᐃᓯᑦᐃ ᑦᑐᑯᓄᓂᑦ ᒋᒋᕋᑦ ᒥᒋᒥᑦ ᔭᑯᒻ ᒧᓇ ᒧᓇ ᑭ ᑭᓂᑲᑦᐃᓇᑦᒪᑦ ᒥᓯᑦᐅ ᐊᓂᐃ ᑲ ᒥᒋᒥᖕᑲᕐᒪᑲᑭ ᑲ ᒥᖕᑭᑲᒐᑭ ᒥᒍᒍᕐᓇᐳᑦᓐ

ᒧᓇ ᓂ ᓇᐁᑉᑐᑉ ᐁ ᓄᓴᓇᐊᓐᐊᓱᔭᑉ ᒥᓐᑲᔪᒡ ᐃᓂᓂᒃᓵ ᑕᓂᑫᑐᑕᒪᑉᓵ

ᒥᓯᓐᐁ ᐅᑲᓐᐃᒪᓐᐊᒃ ᐸᑭᑎᓂᑯᓯᓐᐊᒃ ᑭᒋ ᓄᓴᓇᐊᒋᒃ ᐅᒋᒋᔪᒥᓐᐊᐤ ᒥᓐᑲᔪᒡ ᐃᓂᓂᒃ ᐱᑯ ᑕᑉᑕ ᐱᑯ ᐃᑦᐱᓵ ᑭᑲᐟ ᒥᓯᓐᐁ ᐅᑲᓐᐃᒪᓐᐊᒃ ᐊᑎ ᓇᐁᑉᑕᓐᒪᒃ ᐁ ᓄᓴᓇᐊᓐᐊᓱᒋᒃ ᒥᓐᑲᔪᒡ ᐃᓂᓂᒃ ᐃᑦᐱ ᑲ ᐃᑐᑕᑭᒃ ᓂᓐᓴ ᓂᑦᑕ ᑲᓇᑫᓵ ᐊᓐᑲᓂ ᓐᐊᐳᔭᓂᓂᐤ ᑭᒋᒋᔪᑦ ᐁ ᐊᓐᑲᓇᐊᐟ ᑭᒍᒍᔪᑦ ᓄᑦᑕ ᐱᑯ ᐊᑭᑕᓐᐃᒡᑲ ᓐᐃᓇᒋᑲᓇ ᑭᒋ ᐊᓐᑲᓇᐅᑎᓱᔭᑉ ᑲ ᒧᖔᐸᓂᔭᓄ ᑭᔭᐤᓵ ᒥᑫᐟ ᒥᔪ ᐊᑕᓐᐁᓐᐃᑲᒥᓐᑲ ᓄᑦᑕ ᑲ ᒥᓴᑭ ᐃᑕᓐᐃᑲᒥᓐᑲ ᐃᑕᓐᑲᓐᓇ ᐁ ᐸᓴᑲᑭ ᐊᓐᐁᑉᑕᑦ ᑭᒋ ᓄᓴᓇᐊᓐᐊᓱᒋᒃ ᐅᑲᓐᐃᒪᓐᐊᒃᓵ ᑭᓴᑦᐱᑉ ᐁᑲ ᑲ ᑭᑦᑭᑉᑕᒪᑉ ᑕᑦᑕ ᐁᑕᓐᑲᒃ ᑲᓐᑭᑭᑫᒧᓵ

ᒥᓐᓇᔪᑉ ᓇ ᑭᒋ ᒥᓇᒃ ᑉᒋᒋᔪᑦ ᑭᖔᐸ ᒥᒋᒪᓵ

ᑭᒍᒍᔪᓇᐳᓂᑉ ᐁᓐᑲᓂᒥᓂᑉ ᐱᑯ ᑭ ᑉᑕᓐᐁᓂᑕᒃ ᑭᒋᒋᔪᑦ ᐊᓂᐃ ᓂᑦᑕᑦ ᑉᑯᓐᑕᑦ ᐱᓯᓐᒪᓵ ᐃᑦᐱ ᑭᒋᒋᔪᑦ ᑲ ᑉᑯᓐᑕᓱ ᐱᓯᓐᒥᓯᐟ ᑲ ᑭ ᒥᓇᑉ ᑲ ᒪᑉᑲᓐᐊᓂᑭ ᒥᒋᒪ ᑲ ᒥᒋᒥᑦᑲᑯᐟ ᓄᑦᑕ ᒥᑦᑕᐃ ᑲ ᐃᑕᓐᑲᓂᓂᒃ ᑭ ᒪᑉᑲᓐᐃᓯᑦᑲᑯᐟ ᑕᐱᑦᑯᒻ ᑲ ᒧᖔᑲᒥᑕᓂᓐᐊᓂᓂᑭ ᓐᐃᔭᓴ ᓄᑦᑕ ᑲ ᒪᑉᑲᓐᐃᓯᑦᑲᑭᒪᑲᑭ ᐊᓐᐊᔪᔪ ᒥᒋᒪᓵ ᑭᒋ ᒥᑦᑲᒪᑉ ᐃᑦᐱ ᑭ ᒥᓇᐟ ᓄᑦᑕ ᐊᖔᒪᐟ ᑲ ᒪᑉᑲᓐᐊᓂᑭ ᒥᒋᒪ ᑭᒋᒋᔪᑦ ᐃᑕᐱ ᐊᓂᒪ ᒪᓯᓇᐃᑲᑉ ᐁ ᐊᖔᒪᐟ ᑭᒋᒋᔪᑦ ᑲ ᐃᓐᑎᒪᑲᒃ ᐅᑕᓵ
http://beststart.org/resources/nutrition/index.html ᓄᑦᑕ ᐱᑯ ᑎᓐᐸᑎᑯᒃ ᑭᐟ ᐃᑕᓐᐃᓂᒃ ᒥᓄ ᐱᒪᑎᓯᓐᐃᑲᒥᑯᒃᓵ

ᑭᖔᑦᐱᑉ ᒪᑲ ᓐᐃᓇ ᑲ ᑉᑕᓐᐃ ᑭᑦᑭᓄᐊᒪᓱᔭᑉ ᓄᑦᑕ ᐱᑯ ᑲ ᐊᐸᑎᓯᔭᑉ

ᐃᑦᐱ ᑲ ᑭᑦᑭᓄᐊᒪᓱᓐᐊ ᓄᑦᑕ ᐱᑯ ᑲ ᐊᐸᑎᓯᔭᑉ ᑭᔭᐱᒻ ᑲ ᑭ ᐊᖔᒪᑦ ᑭᒋᒋᔪᑦ ᒥᒍᔪ ᒍᒍᔪᓇᐳᓂᑉᓵ ᐊᔭᒥᑕ ᐁᔪ ᐊᓂᒧᒋᑲᑌᒃ ᑲ ᐅᒋᑲᓐᐃᓂᐟ ᒥᒍᒍᑉ ᐁ ᑲᓇᐁᓂᒋᑲᑌᒃ ᒍᒍᔪᓇᐳᑉ ᓄᑦᑕ ᐱᑯ ᐁ ᓄᓴᓂᐊᐟ ᑭᒍᒍᔪᑦ ᒥᒍᒍᔪ ᒍᒍᔪᓇᐳᓂᑭ ᐅᑕᓵ
www.beststart.org/resources/breastfeeding/index.html
ᓄᑦᑕ ᑲ ᑭ ᐃᑕᐱᑉ ᒪᓯᓇᐃᑲᓂᒃ ᐁ ᑭᐁ ᐊᐸᑎᓯᔭᑉ ᑲ ᐃᑉᑲ ᓂᑕᓐᐃᑭᐟ ᒋᒋᑉ ᐅᑕᓵ
www.beststart.org/resources/wrkplc_health/index.html.

ᕿᑯ ᕿ ᐊᐸᒋᑕᔭᐣ ᐁᒃ ᑭᒋ ᐅᒋᒋᕐᒋᔭᐣ

ᒧᓇ ᓴᐊᔪᒡ ᑕ ᐃᑭᐣ ᐊᐸᒋᑕᔭᓄ ᑭᐱᑕᐃᒃᐣ ᐁᒃ ᑭᒋ ᐅᒋᒋᕐᒋᔭᐣ ᐁ ᓄᕐᓇᐊᓴᐊᓯᔭᐣ ᑕ ᒥᓇᕐᐣ ᑕᐧᐃᓇᒪᓄ ᑲᓇᕿ ᓂᔭᓇᓄᐧᐃᕐᓴᐣ ᐱᓯᐧᒪᒃ ᑭᒋ ᐃᑦᐧᑲᐸᑐᒋᒃ ᑕᐧᑕ ᐯᔭᒃ ᒋᒋᒡ ᑲ ᓂᑕᐧᐃᑭᐟ ᓄᑦᑕ ᒥᓇ ᑯᑕᒃ ᕿ ᓂᑕᐧᐃᑭᐊᐟ ᑭᔭᐧᐃᒃᐣ ᑭᓇ ᓄᑦᑕ ᑭ ᐧᐃᕿᐧᐊᑲᐣ ᑲ ᑭ ᐅᓇᐸᐅᓇᐧᐊᑉ ᐊᑎᐟ ᕿ ᒪᒥᕐᑐᑕᒥᒃ ᐸᐱᑐᒡ ᑭᐱᑕᐃᑲᓇ ᐁᒃ ᑭᒋ ᐅᒋᒋᕐᒋᔭᐣ

ᐊᓂᐃ ᐅᑕ ᕿ ᐅᑎᓇᒪᓯᔭᐣ ᒧᓇ ᓴᐊᔪᒡ ᐃᑐᑕᑯᓇᓂᐧᐊᐣ ᑲ ᓄᕐᓇᐊᐧᐊᓯᓇᓂᐧᐊᒃᐣ ᑕᑭ ᑭᒋᑕᓂᐧᐊᐧᓇ ᐧᒥᒋ ᑲ ᐃᒡᐧᑲ ᐧᐊᐸᒪᐧᐊᓯᔭᐣ ᓄᑦᑕ ᐱᑯ ᑲ ᐃᒡᐧᑲ ᓇᓇᑕᐧᐃ ᑭᑦᕿᓂᒥᑲᐧᐃᐣ ᑲ ᐃᒡᐧᑲ ᓂᑕᐧᐃᑭᐟᐣ

- ᐅᒡᑭᓂᑭᑦᐧᕿᐧᐃᐣ ᑲ ᓇᓇᑲᒋᑕᓂᐧᐊᒃᐣ
- ᐊᑦᐱᓂᑲᓇᐣ ᓇᐯᒡ ᓄᑦᑕ ᐃᑦᐧᕿᒡᐣ
- ᑲ ᓂᐸᒋᕿᒪᑲᑭᐣ ᑲ ᐱᑦᐧᑎᐧᐊᑭ ᑲ ᕐᐧᐸᑦᐧᑎᓇᐧᑲᑭ ᓄᑦᑕ ᑲ ᐊᐧᑲᑎᓂᑲᑎᒃ ᒪᐸᒃ ᐁᑲ ᕿ ᐅᒋ ᓂᑕᐧᐃᑭᐟ ᒋᒋᒡᐣ
- ᐱᐧᐊᐱᑦᒃ ᕿ ᑭᐧᐸᑯᕿᐟ ᒥᑦᐸᔭᒃᐣ
- ᐧᐊᓇᑐᔮ ᑕᐱᒋᒋᑲᐣ ᑦᑕᐧᐁᓂᑕᐧᑲᐣ ᒥᓇ ᑭᒋ ᑕᐱᑎᑕᓂᐧᐊᒃᑲ ᐃᒡᐧᑲ ᐧᐊᐸᒪᐧᐊᓯᓇᓂᐧᐊᒃᐣ
- ᐸᑦᑭᐧᓴᑲᐧᓇᐣ ᓇᐯᒡ ᓇᑦᐱᒋᐣ
- ᐸᑦᑭᐧᓴᑲᐧᓇᐣ ᐃᑦᐧᕿᒡ ᓇᑦᐱᒋᐣ

ᓄᑦᑕ ᐃᑕᐧᑲᐧᓇ ᑭᐱᑕᐃᑲᓇ ᒥᔭᐧᐃᒃ ᑲ ᐃᑕᐧᑲᒃ ᑲ ᐊᐸᑕᒃ ᐁᑲ ᑭᒋ ᐅᒋᒋᕐᒥᐟ ᐃᑦᐧᕿᒡᐣ ᑭᓴᑦᐱᐣ ᑲ ᐅᓄᓂᑕᒪᐣ ᑭᒋ ᐊᐸᒋᑕᔭᐣᐊᓂᐃ ᑐᐧᐊ ᑭᐱᑕᐃᑲᓇ ᑲᐧᕿᒋᐧᑕᓂᐧᐊᐣ ᐅᑲᐧᐃᒪᐧᐊᒃ ᑭᒋ ᐊᐸᒋᑕᒋᒃ ᐳᕿᕐᑎᐣ ᐱᑯ ᑲ ᐃᕐᓂᑲᑎᑭᐣ ᑕᑭ ᑭᒋᑕᓂᐧᐊᐧᓇ ᑲ ᐣᑯᐧᑕᓱ ᑕᐧᐊᑦᑎᓯᐟ ᑭᒋᒋᕐᑦᐣ

ᐳᕿᕐᑎᐣ ᐱᑯᐣ

- ᐊᐱᓴᕐᐣ ᐣᑐᑯᓄᐣ
- ᑲ ᐸᓇᑦᑲᑎᓂᑲᑎᒃ ᒥᔭᐧᐃᒃᐣ
- ᒪᐸᒃ ᑲ ᑕᐱᑎᒃ ᐁ ᐧᐊᐧᐃᔭᐱᑦᑲᒃᐣ

ᐅᒪ ᑭᐱᑕᐃᑲᐣ ᐊᐸᑎᓯᒪᑲᐣ ᑭᐱᑕᐃᑲᐣ ᑐᐧᐃ ᓴᑯ ᐱᑯ ᑭᓴᑦᐱᐣ ᐁᐁᒃ ᑲ ᐃᕐ ᓇᒡᐧᕿᐧᐊᕐᑕᐧᐊᓇ ᐊᓂᐃ ᐅᑕ ᑲ ᐊᑎ ᓂᐱᑎᓯᓇᑎᑭᐣ

- ᐣᒋᒋᕐᑦ ᓄᑕᐧ ᐣᑯᐧᑕᓱ ᐱᓯᐧᒥᓯᐧᐣ
- ᑕᐟᑐ ᐱᓯᑦ ᓂᐟ ᐅᒡᑭᓂᑭᑦᐧᕿᐧᐃᐣ ᒧᓇ ᐁᒡᐧᑲ ᐣᑐᒋ ᐅᑎᑎᑯᐣ ᐁᒡᐧᑲᐧ
- ᐣᒋᒋᕐᑦ ᐧᑲᔭᑦᐣ ᓄᕐᓂᐧ ᓄᑦᑕ ᐱᑯ ᐊᓴᔭ ᕿᑲᐟ ᐧᑲᔭᑦᐣᓄᕐᓂᐧᐣ
- ᐣᒋᒋᕐᑦ ᓄᕐᓂᐧ ᑲᓇᕿ ᑕᐧᑕ ᓄᐧᐊ ᑭᓂᐧᑲᓂᒡᑲᐧ ᐁ ᒥᐧᑲ ᑭᕐᑲᓂᐣ ᓄᑦᑕ ᑲᓇᕿ ᑕᐧᑕ ᐣᑯᐧᑕᑦ ᑭᓂᐧᑲᓂᒡᑲᐧ ᐁᑎᐱᑦᑲᓂᐣ

ᐧᑲᔭᑦᐣ ᑲ ᓄᕐᓂᐟ ᑲ ᐃᐧᒐᒪᑲᐣ ᐁᐧᑲᓂᒪ ᑭᒋᒋᕐᑦ ᒥᓯᐧᐁ ᕿ ᐅᒋ ᒥᒋᓯᐟ ᐁ ᓄᕐᓂᐟᐣ

ᕿᑲᐟ ᐧᑲᔭᑦᐣ ᑲ ᓄᕐᓂᐟ ᑲ ᐃᐧᒐᒪᑲᐣ ᐁᐧᑲᓂᒪ ᐯᒡᑭᒡ ᐁ ᓄᕐᓂᐟ ᓄᑦᑕ ᒪᑦᑲᐧᐃᓯᐧᐃ ᐣᑐᑯᓄᓂᐧ ᐣᑎ ᑲ ᐃᑕᓯᓇᒐᓂᐣ ᑭᒋᒋᕐᑦ ᓄᑦᑕ ᐯᔭᐧᑲ ᓄᑦᑕ ᐱᑯ ᓂᐧᓴ ᐁ ᒥᓂᐧᕿᐟ ᓄᑦᑕ ᐱᑯ ᑲ ᒪᑦᑲᐧᐊᓂᐣ ᒥᒋᒥᓂᐧ ᑕᐟᑐ ᑭᕐᑲᐧᐣ

ᑭᓴᑦᐱᐣ ᐁᑲ ᑲ ᒪᒥᑐᓄᓂᑕᒪᐣ ᑭᒋ ᑭᒡᑲᐧᐊᓯᔭᐣ ᓄᑦᑕ ᒧᓇ ᐁᑭ ᐃᐧᒐᔭᐣ ᑲᓇᕿ ᐯᔭᐣ ᐊᓂᐃ ᐅᑕ ᑲ ᒪᓯᓇᒐᑭ ᑲ ᐣᑕᐧᐁᓂᑕᑯᓯᐣ ᑯᑕᐣ ᐱᑐᒡ ᑲ ᐃᕐᓇᐧᑲᐣ ᑭᐱᑕᐃᑲᐣ ᑭᒋ ᐊᐸᒋᑕᔭᐣᐣ

ᑉᑲ ᑭ ᓄᕋᓇᐊᓐᐊᓱᑦ ᓇ ᐃᑦᐱ ᑉᒋᒋᔪᑦ ᑲ ᓐᐃᐱᑎᑊᓯ

ᒥᕐᑊ ᐅᑲᓐᐃᒪᓐᐊᑉ ᒥᑯᒡᑲᑐᓂᑕᓐᒪᑉ ᐃᑦᐱ ᑲ ᓐᐃᐱᑎᑦᒋ ᐅᒋᒋᔪᒥᓐᐊᑯ ᑕ ᒪᓐᑲᒋᕐᑯ ᓅᑦᑕ ᐱᑯ ᑕ ᒪᒪᓐᑲᒥᑯ ᑐᒍᒍᔪᒪ ᐅᑎᑦᓐᑲᓂᑉ ᐃᑐᑦᑕᓐᒪᑉᓯ ᒥᕐᑊ ᒋᒋᕋᑉ ᒧᓇ ᓐᐃᑦᑲᒻ ᐊᐸᒋᑕᓐᐊᑉ ᓐᐃᑎᓐᐊᑯ ᒥᓐᑲᒻ ᐅ ᓄᕋᓂᒋᑉᓯ ᑭᕋᑦᐱᑦ ᑭᒋᒋᔪᑦ ᑲ ᒪᓐᑲᒋᕐᑊ ᐅᒋᑕᑯ ᐱᑯ ᑲ ᐃᑲᑐᓇᑯ ᑭᒍᒍᔪᒥᑉ ᐅᒋᓯ ᒥᕐᑕ ᒪᑲ ᒧᓇ ᒥᓇ ᐊᓐᐊᓯᑐ ᑕ ᒪᓐᑲᒋᕐᑯᑯᓯ

ᐅᑕᓇᑉ ᓄᕋᓇᐊᓐᐊᓱᓐᐃᑦ ᓄᒪᕐᑯᑦ ᐃᑐᒋᑲᑐᐸᑦ ᐃᑦᐱ ᐊᓄᒻ ᑲ ᐃᑐᒋᑲᑐᑉ ᑲᓇᑕ ᐊᑦᑭᑉᓯ ᐊᔭᑦᑭᒥᑯ ᐊᓐᐊᔪᑦ ᐊᕋ ᑕ ᑭᑦᓐᑲ ᓄᕋᓂᑯ ᐃᑦᐱ ᐅᑲᓐᐃᒪᑯ ᑲ ᑲᓄᑦᑲᓐᐊᑉ ᒥᓇ ᑯᑕᑭᔭ ᐊᓐᐊᔪᕋᓯ ᓂᑦᑐ ᐱᐳᑦ ᓐᐊᔭᑦ ᑕᓐᑕ ᕋᑯᒻ ᒧᓇ ᐅᑲ ᑭᒋ ᐃᑭᑭᐸᑦ ᐊᓐᐊᔪᕋᑉ ᑲ ᓂᔭᓄ ᐱᐳᓂᓯᑉ ᑭᔭᐱᒻ ᑭᒋ ᓄᕋᓂᑉ ᑭᕋᑦᐱᑦ ᐅᑲ ᑲ ᐃᑕᓐᐊᑯᐸᓂ ᐅᔪᒪ ᑭᒋ ᒥᑦᑯᒋᑦᑲᑯᑉᓯ ᐊᔭᑦᑭᒥᓐᐃ ᐃᑕᑐᑕᒧᓐᐃᑦᓯ ᑭᑦᑭᓄᑕᐃᓐᐅᓐᐃᑦ ᐊᔭᑦᑭᒥᓐᐃ ᐃᑕᑦᑲᓂᓯᓐᐃᑦ 2006ᓯ

ᐃᑦᐱ ᕿ ᑦᑕᑦᐊᐸᑕᒪᑦ ᑭᒋ ᑦᐃᒋᐃᑯᔭᑦ

ᐃᑭᑦ ᐱᑯ ᓄᖅᓇᐊᑦᐊᓯᑦᐃᑦ ᖃᑯᒻ ᓄᒪᕿᒡ ᑕ ᐃᐅᑦᑕᑦᑲᑦ ᑭᒋ ᑭᑦᑭᓄᐊᒪᓯᓇᓂᑦᐊᑉᓗ ᐊᑦᑲᑉ ᑕ ᐃᑭᑦ ᐃᑦᐱ ᕿ ᑦᑕᑦᐅᓂᑕᒧᑦᐊᓐ ᑭᒋ ᑦᐃᒋᐃᑯᓯᔭᑦᓗ

ᑭᑦᑎᓇᒻ ᑲ ᑦᐃᒋᐃᑲᑦᐃᑦ ᑦᐃᐸᒻ ᑭᖅᑦᐱᑦ ᑲ ᐱᓯᑦᕿᑕᒧᑦᐊᓐ ᐱᑯ ᐊᓂᐃ ᐅᑕ ᑦᐊᐸᑕᐃᑯᑦᐃᓇᓗ

- ᑭᒋᒋᔪᑦ ᓄᑕᑉ ᓂᔭᓇᓐᑦᐊ ᐱᒋ ᓂᔪᑕᓇ ᓐᐅ ᑭᓂᑦᑲᓂᒃᑲᑉ ᑲ ᓄᖅᓂᑉ ᐯᔭᑦᑲ ᐅ ᑭᔪᑲᒃᓗ
- ᑭᒃᑦᑲ ᓐᑦᐊ ᐅ ᑭᔪᑲᒃ ᑭᒋᒋᔪᑦ ᑭᔭᐱᒻ ᑲ ᒪᑲᐃᑦᐊᓂᒃᐅᒥᔪᓗ
- ᑭᒃᑦᑲ ᓐᑦᐊ ᐅ ᑭᔪᑲᒃ ᑭᒋᒋᔪᑦ ᓄᑕᑉ ᓂᑦᓂ ᓂᑦᑕ ᑲᒥᓯᑉ ᓐᑦᑕ ᐱᑯ ᓄᑕᑉ ᑦᑯᑦᑕᑦᓴ ᑲ ᑭᒋ ᑯᓯᑯᐯᓯᓂᒋ ᐅᑕᓯᔭᓇ ᓂᔪᑕᓇ ᓐᐅ ᑭᓂᑦᑲᓂᒃᑲᑉ ᐯᔭᑦᑲ ᐅ ᑭᔪᑲᒃᓗ
- ᑭᒋᒋᔪᑦ ᑲ ᑭᒋ ᑦᐃᐸᒋ ᐅᑲ ᑲ ᐃᑐᑕᑭᐸᑦ ᐅ ᐊᓂᒥᓯᑉ ᓐᑦᑕ ᐱᑯ ᑲ ᑲᑭᑦᑕᐃᑐᑕᒃᓗ
- ᑭᒋᒋᔪᑦ ᑭᔭᐱᒻ ᑲ ᐊᑎ ᓇᔪᐸᓂᑉ ᐅᑦᐱᑎᓂᑦᑲᑎᑉ ᑭᒃᑦᑲ ᓐᑦᐊ ᑭᔪᑲᓂᒃ ᓐᑦᑕ ᐱᑯ ᐅᑲ ᐅ ᐊᑎ ᑕᒋᐳᑉ ᕿ ᐃᑎᑦᐸᑦᓗ

ᑯᑕᑭᔭ ᐃᑕᑦᑲᑦᓇ ᕿ ᑦᐃᑕᒪᑯᔭᑦ ᕿᑦᑲᑦ ᐅ ᒪᓂᐸᓂᒃᓗ

- ᑭᑉ ᐊᑦᑲᐃᑯᒃ ᑭᒍᒍᔪᒪᒃ ᐅᑦᑎᑦᑲᓂᒃᓗ
- ᑭᒍᒍᔪᒪᒃ ᐅ ᒪᒃᑲᑦᐃᓯᒋᒃ ᓐᑦᑕ ᐅ ᐃᑦᐊᒋᐊᒋᒃᓗ
- ᑭᑐᑕᑭᑯᒥᑦ ᐅ ᐃᑕᒪᒋᐅᔭᑦᓗ

ᑦᐃᒋᐃᑦᐅᑦᐃᓇ ᓐᑦᑕ ᐊᐸᒋᑕᑦᐃᓇ

ᐊᐸᒋᑕᑦᐃᓇ ᕿ ᑭ ᒥᑦᑲᒪᑦ ᑲ ᐃᔪ ᐃᑕᔭᑦ ᕿ ᑦᐃᒋᐃᑲᑦᐃᔭᑦ
ᓐᑦᑕ ᓇᑕᒪᑯᔭᑦ ᑎᐱᓇᑦᐅ ᐊᔭᒥᑦᐃᓂᒃ ᓐᑦᑕ ᐱᑯ ᐅᒡᑭ
ᐊᐸᒋᑕᑦᐃᓂᒃᓗ

- ᐃᑕᑦᐃᓂᒃ ᒥᓄ ᐱᒪᑎᓯᑦᐃᑲᒥᑦᑲᓗ
  www.health.gov.on.ca/en/common/system/services/phu/locations.aspx
- ᓚᖏᒡ ᓗᒻ ᐊᑐᑦᕿᑦᐃᑦ ᑲᓇᑕᓗ ᐅᑲᑦᐃᒪᑦᐊᒃ ᑲᑭᓇᒥ ᓄᖅᓇᐊᑦᐊᓯᑦᐃ ᑦᐃᒋᐃᑦᐅᑦᐃᑦᓗ
  www.lllc.ca or call 1-800-665-4324
- ᒪᑲᑦᑐᐸᓂᒋᑲᑦ ᒥᓄ ᐱᒪᑎᓯᑦᐃᑦ ᐅᑦᑐᓇᐅᓗ ᒧᖏ ᕿᑭ ᐊᐸᒋᐃᑉ ᑭᒋᑦᐅ ᑦᑐᑯᓄᓂ ᐃᑦᑦᕿᑦ ᐃᑦᑲᓂ ᑭᔪᒃᓂᑦᑕ ᓂᑦᑲᓂ ᑎᐱᑦᒃᓗ ᑐᑦᐸᑎᒃ 1-800-797-0000
  www.health.gov.on.ca/en/public/programs/telehealth/
- ᑲᓇᑕ ᑦᐸᒪᔪ ᓂᑕᑦᐃᑭᑉ ᒥᒋᒥ ᐊᑐᑦᕿᑦᐃᑦ
  http://cpnp-pcnp.phac-aspc.gc.ca/
- ᐃᓂᓂᑦᐃ ᐊᑦᐊᔪᒡ ᒥᓂᑦᕿᑦᐃ ᐊᑯᓯᑦᐃᑦ ᓐᑦᑕ ᐊᑦᐊᔪᒡ ᒥᒋᒥ ᐊᑐᑦᕿᑦᐃᑦᓗ
  www.children.gov.on.ca/htdocs/English/topics/aboriginal/fasd.aspx
- ᑲ ᒥᓄ ᐱᒪᑎᓯᒋᒃ ᒋᒋᖅᒃ ᑲ ᒥᓄ ᐱᒪᑎᓯᒋᒃ ᐊᑦᐊᔪᖅᒃ
  www.children.gov.on.ca/htdocs/English/topics/earlychildhood/health/index.aspx
- ᐅᑦᑐᓇᐅ ᓂᑦᑕᑦ ᐱᐳᓇ ᐊᑐᑦᕿᑦᐃᑲᒥᑦᑲ
  www.ontario.ca/earlyyears
- ᑲ ᓇᓐᓴᓂᓯᒋᒃ ᐅᑲᑦᐃᒪᑦᐊᒃ
  www.motherisk.org ᓐᑦᑕ ᐱᑯ ᐊᔭᒥ 1-877-439-2744
- ᑦᑲᔭᑦᒃ ᒥᒋᓯ ᐅᑦᑐᓇᐅ
  www.eatrightontario.ca ᓐᑦᑕ ᐱᑯ ᐊᔭᒥ 1-877-510-510-2

ᑲ ᑉᐃᒋᐃᑉᐁᒋᑦ ᒥᒍᒍᕐᒪ ᒍᒍᕐᓇᐳᓂᑉ ᐅᒋᓐ

- ᑭᒋ ᒥᖅᑲᑉᐊᑉ ᑲ ᑉᐃᒋᐃᑉᐁᒋᑉ ᑲ ᐃᕐ ᐃᑕᔭᑦ ᐅᑕ ᐃᑐᑎᓐ www.aboriginalmidwives.ca ᑕᑭᓇ Directories ᑲ ᐃᑉᒐᒪᑲᑦᓐ ᒪᑲ ᒥᓇ Find a Lactation Consultant ᐁᑉᒐᒪᑲᑦᓐ ᑕᑭ ᐃᑕᑉ ᑲ ᑉᐃᒋᐃᑉᐁᒋᑉ ᕿᕐᒋᑉᐊᑦ ᑲ ᐃᕐ ᑕᕐᕿᔭᑦᓐ

ᑲ ᑭᖅᑲᐯᕐᕿᒋᑦ

- ᑲ ᑭᖅᑲᐯᕐᕿᒋᑦ ᐅᑦᑎᓇᐅ ᐊᖏᑦᓐ
  www.ontariomidwives.ca
  ᒥᓯᑉᐁᖏᑲᒥᑦ ᐃᓂᓂᑉᐃ ᐅᑭᒪᑉᐃᑉᐃᑦ ᑲ ᑭᖅᑲᐯᕐᕿᒋᑦᓐ
  www.aboriginalmidwives.ca

ᐊᐸᒋᑕᑉᐃᓇ ᕿ ᑭ ᐅᑎᓇᒪᑦ ᐅᖅᑭ ᐊᐸᒋᑕᑉᐃᓂᑦ ᓄᖏᑕ ᕿ ᒪᓯᓂᐸᓂᑉᑕᔭᑦᓐ

- ᐅᖅᑭ ᑭᒋᑕᑉᐃᑲᒥᑦᓐ ᐊᐸᒋᑕᑉᐃᓇ ᐊᓂᐃ ᓂᐱᑎ ᑲ ᐊᓂᒧᒋᑲᑎᑭᓐ
  - ᓄᕐᓇᐊᑉᐊᓱᑉᐃᑦᓐ
    www.beststart.org/resources/breastfeeding/index.html
  - ᑲ ᒥᓂᑉᑲᓂᑉᐊᑦ ᓄᖏᑕ ᑭᖅᑲᑉᐊᓱᑉᐃᑦ ᓄᖏᑕ ᓄᕐᓇᐊᑉᐊᓱᑉᐃᑦᓐ
    www.beststart.org/resources/alc_reduction/index.html
  - ᑲ ᐱᑉᑕᓂᑉᐊᑦ ᓄᖏᑕ ᒋᖏᑎᒪᒃᓐ
    www.beststart.org/resources/tobacco/index.html
  - ᐃᓂᓂᑉᐊᑦ
    www.beststart.org/resources/aboriginal_health.html

ᑲᓇᑕ ᐊᖏᑭᒃ

ᓄᕐᓇᐊᑉᐊᓱᑉᐃᑦ ᐃᕐᓇᑉᑲᑦ ᐱᑯ ᓄᖏᑕ ᐃᑐᒋᑲᑎᒃ ᐁ ᐱᒪᑎᓯᓇᓂᑉᐊᑦ ᐁ ᓄᕐᓂᐃᒋᑦ ᒋᒋᕐᑦ ᓄᖏᑕ ᑲ ᐊᐱᕐᕿᒋᑦ ᐊᑉᐊᕐᑦ ᓄᖏᑕ ᐃᓂᓂᑉᐃ ᒍᒍᕐᓇᐳᔭᑦ ᐁᑉᑲᓂᒪ ᒍᒍᕐᓇᐳᔭᑦ ᑭᒋᑉᐁ ᑲ ᑭ ᐅᕐᕿᑕᓂᑉᐊᑦ ᐃᓂᓂᑉᐃ ᒋᒋᕐᑦ ᐅᒋᓐ www.canadianbreastfeedingfoundation.org

ᐃᑕᑉᐃᓂᑦ ᐊᐸᒋᑕᑉᐃᓇ

ᒥᕐᑎᑉᓇ ᐃᑕᑉᐃᓂᑦ ᐊᐸᒋᑕᑉᐃᓇ ᓇᓄᑉᐯᑦ ᑲ ᐃᑕᑉᑲᑭᓐ ᓇᑕᑉᐃ ᒥᖅᑭᑲ ᑭᑉ ᐃᑕᑉᐃᓂᑦ ᑲ ᐃᑕᑉᑲᑭ ᐊᐸᒋᑕᑉᐃᓇ ᑭᑉ ᒥᓄ ᐱᒪᑎᓯᑉᐃᑲᒥᑯᑦᓐ ᒪᓯᓇᐊ ᐅᑕ ᑲ ᐃᕐ ᑕᑉᐊᑦ ᒐᐸᕐᑦ ᑉᐃᐸᒻ ᑭᒋ ᒥᖅᑲᒪᑦᓐ

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beststart@healthnexus.org

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