



Nooni'awasowin ji'mino'ayaawaaj aniniigaan gi'danishininiiminaanag

Mazi'na'igan chi'abajitowaaj anishininiwi dibenjigewinan gaye dazhiikewinan Ontario akiing

best start
meilleur départ)

by/par health nexus santé

Gaagii'waawii'ji'iwewaaaj

The Best Start Resource Centre o'miigwechi'aawaan Angela Mashford-Pringle PhD, Bryanna Scott PhD gikino'amawaagan gaye Sherry Peltier gaa'gii nanaado gikenjigej, gaye gakii maamiino'bii'ang o'owe mazi'na'igan, dago gaye mayaa gaagii wiindamaagewaaj o'gikendamaawiniwa. Chi-miigwetch. Niawen ko:wa. Tansi.

Mayaa gaagii wiindamaagewaaj

Dora Beardy, Abita mashkiigo gichiikwe, Michikan Saga'igan onjii
Delores Cyrette, Ojibway maamaa, Wiikwedong ishkconigan onjii
Ronda Evans, dazhiikewin onjii
Julie Francis, Mohawk
Stephanie MacDonald, maamaa, IBCLC, Anishinaabe Odaapinaawasootamaage, Mohawk
Stephanie Ritch, Anishinaabe Gaganozhiwe Widanokiimiwe, Lakehead University (gikino'amaagozi weweni inanjigewin ji'gikino'amagej)
Sara Sabourin, Gagichi'aawishkamagej Dazhiikewining,
Pic Mobert ishkconigan onjii
Kerry Zub, Ga'gikino'amagekj weweni inanjigewin megwaa ikwe e'kigishkawaawasoj, Anishinaabe minowijiwidliwigamik, Fort Frances

Ga'nagajotoowaaj nanaandawi'gikenjiganan

Janet Allingham, RN, BSc(N), IBCLC, MA
Tricia Atlookan, Aabinooji'yensak Owiiji'igowiniwa Gaaniiganishkang, Nishnawbe Aski Bimiwijigewin
Lynda Kirby, RN, IBCLC, Mohawk
Marg La Salle, RN, BScN, IBCLC, CCHN(c), BFI Ganiiganishkang, Noon'iawasowin Abiitamaagewin o'omaa gaye Ga'niigani apiitang, BFI Nanaadokikendamowin Abiitamaagewin, BFI Ontario
Stephanie MacDonald, IBCLC, Anishinaabe Odaapinaawasootamaage, Mohawk

Gaani'oshki Wii'dokawindwaa Anokiiwigamikong

gaa'niiganiziwaaj

Alison Benedict, Anishinaabe minoyaawi bimadiziwin wiidokaagewin anokii'agan
Hiltrud Dawson, Mushkikiwi wiidokaagewin anokii'agan
Yolande Lawson, Anishinaabe minoyaawi bimadiziwin wiidokaagewin anokii'agan

Ke'inaabadak o'owe mazina'igan

O'omaa Gaani'oshki Wii'dokawindwaa Anokiiwigamikong miigwech gaagichiinendameg gaye gaa'wijitooyeg nindanokiwininaan. O'omaa anokiiwining bagidinigaade jinaabibii'agaadeg, ji'ayagine bagidinigaadeg gemaa ji'onji aabajitooj odanokiiwining shaagooj wiji'iwewi anokiiwining eta jiinaabajitooj dago jiwwindang aandi gaagii'ondinang. Nimazina'iganinaan inwadewan ji'wiidokikaadeg mino'bimaadiziwin, nindaaminwendaamin aaniin gaagiizhi wiidokigemagak o'owe, gemaa ga'inaabajitooyan (beststart@heatlh nexus.ca)

Gikinawaaji wiinjigewin

Gaani'oshki Wii'dokawindwaa Anokiiwigamikong (2013). Noon'iawasowin chimino'ayawaaj aniniigaan gi'danishininiiminaanag: Mazi'na'igan ge'biminizha'amowaaaj anishininiwi dibenjigewinan gaye dazhiikewinan Ontario akiing Toronto, Ontario, Canada

Gii'ozhichigade mazina'igan e'giipagidinaaj Ontario ogimaa. Wiindamaagewinan gii'onjiwan gaagii ozhi'bii'amowaaaj gaawin dash wiin gii'onji zhaabonigaadesiin Ontario ogimaakaang. Ono gaye gaa'bagidinigaadegin wiindamaagewinan gaawin mayaa gii'onji zhaabonigaadesiin Gaani'oshki Wii'dokawindwaa Anokiiwigamikong gemaa Ontario ogimaawin

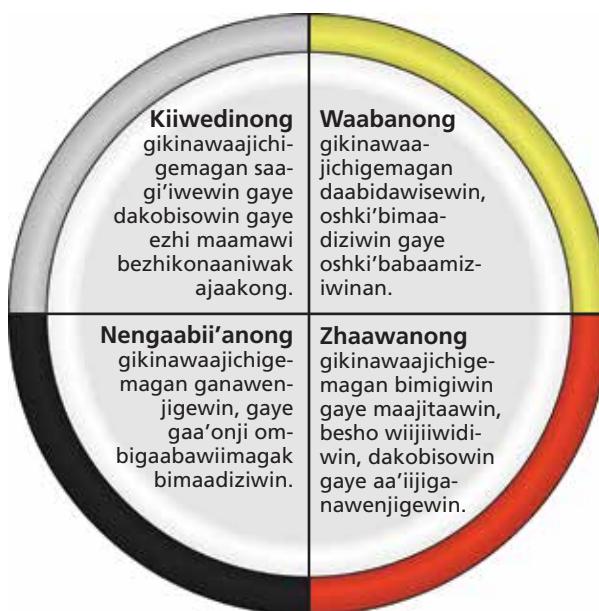


*"Gaa'omaamaami'ak aki kimiinigomin
siipiin dabishkoo joojooshaaboo
e'onji bimaadizinaaniwak.
Gijoojooshiminaan gidooji
bimaaji'aamin aabinoojooshak."*
(ChoQosh Auh'Ho'oh, Gichi'aa)

"Jibwaa bimawatisigo'wak agaamakiing gaa'onjiiawaaj, anishinaabe dazhiikewinan nongom Canada gaa'ijigaadeg, aazha me'onzha giipi bimiwinidisowag ge'izhi minosewaaj miziwe obimaadiziwiniaa," (Smylie, 2001, p. 2).

Ke'inaabajitooyan o'owe mazina'igan

O'owe mazina'igan gii'ozhichigaade chi'wiidokawindwaa anishinaabekwewag chi'kakwe noon'iawasowaaj. Wiindamaagewinan o'oma mazina'iganing aaniin gezhi wiidokaagowaj maamaag, oshkaabinoojiishak gaye dibenjigewinan. Aabatan anishinaabewi gikino'amagewin jinaagwak gaa'andawenjigaadeg ji'siidoshkawindwaa gaa'nooni'awasoowaaj ikwewak. O'owe mazina'igan izhi'bimiwaawijigemagan niwayeg inake noon'iawaso gikino'amaagewin i'imaa ba'pezhik waawiinjigewinan o'oma mazina'iganing.



Kawiji'igon o'owe mazina'igan ji'giiwe gikendaman me'onzha gaagiipi onji noon'iawasonaaniwak:

- Gawiindamaagon me'onda anishinaabe gaagiipiminizha'ak noon'iawasowin onji.
- Aaniin ezhi wiiji'iwemagak gaa'gikino'amaagaaniwak noon'iawasowin.
- Wiinjigaade wegonen wenji gijinendaagwak noon'iawasowin.
- Gedodaman jimaajitaayan gaye jibimi noon'iawasoyan.
- Nakwechigaadewan noon'iawasowi gagwetewinan.
- Wiindamaagewinan gaye gotakiyan gewiji'igoyan.

O'oma gaa'ikidoomagak o'oma mazina'iganing gaawin memwech da'aanikwanoojigaadesiin.

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Nooni'awasowin: Jigiwe odaapinamak me'ozha dodamowin

Gaagiipidoojigaadeg

Gigishkawaawasowin gaye nitaawigiwon onjise bimaadiziwin. Gigishkawaawasowin onjiimagan saagi'iwewin, manaadenimiwewin, apenimowin gaye jiikendamowin. Gaa'gigishkawaawasowaaj gaye gaanooni'awasowaaj ikwewak, oshki aabinoojiishak gii'kichiinenimaawak, gaye giikanawendaagoziwak.

Giipidojigaade oshki aabinoojiishak weweni egii ganawenimindwaa omaamaawaan bizhizhik egii saaminigowaaj gaye enooni'igoowaaj. Gii'izhi waabanjigaade nooni'awasowin miziwe obimaadiziwin ezhi wiiji'igo aabinoojiish gaye maamaa, gaye weweni ji'aniizhi bimaadiziwaaj daabishkoo odisiyaab gaagii onji maamawiyaawaaj jibwaa nitaawigij aabinoojiish.

"Weweni e'pimaadizinaaniwak gaa'ijigaadek weweni jibimi bamitooj megwaa epimaadizij. Bebakaan nandawi'iwewinan dago aajimowinan, nagamonan, niimiwin, anami'aawin jibimi gikinowinigowak."
(ENAADAMGED KWE - Woman's Helper)

*"Me'onzha giipiizhise
ikwewak giigktendaagosiwag
wiinawaa epeshwaabamaawaaj
Manidoon anish ikwe
obimiwidoon bimaadiziwin.
N'debwetaan ikwewak
e'giikitendaagoziwaaj
epimiginaawasowaaj gaye
enooni'awasowaaj. Giishpin
ikwe giinooni'awasosik,
godagiyak ikwewak
gii'nooni'awasootamaagewak."
(Dazhiikewining gaagabeshij)*



Oshki aabinoojiishak gii'nooni'awag gaa'ishkwa nitaawigiwaaj. Gii'nooni'awag niizhobiboon gaye eshkam akonaag naanobiboon. Eshkam gaye ikwe niizhin odaabinoojiishiman daabishkoo ogii'nooni'aan.

Gii'nooni'awasowag ikwewak apii bigo megwa e'anokiwaaj, e'takonaawasowaaj, gemaa eniibawiwaaj.

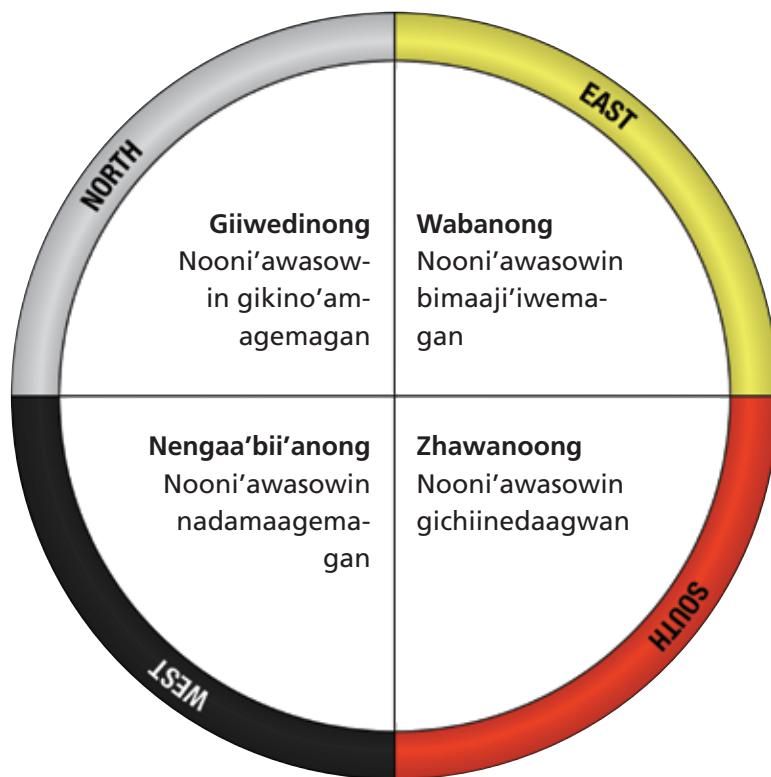
Gaa'nooni'awasowaaj ikwewak gii'ashamaawak mino miijim – miijimaaboon gaye wiyaas. Giigoow gemaa wiyaasaaboo, manoomin, miskominaatik ji'biidaabowej. Aanind ikidowak asasawemin, opin gaye bakwezhigan gaamiichij ikwe gaawin jibiidaaboweshkaagoj.

Aniboonichigaade nooni'awasowin

1920 gaani izhiseeg mii'apii miziwekamig egii aniboniseg nooni'awasowin gaagii anidagwak bizhikiwi joojooshaaboo gaye abinoojiishi miijimikaanan. Biinish gaye 1950 gi'i'ani boonichigade nooni'awasowin anishinaabe dazhiikewinan. Noogom anishinaabekwek wiinawaa naawajiinowak kaanoni'awasowaaj Canada.

Noogom gagiizhigak anishinaabekwek ogikendaanawaa e'kichiinendagwak mii'imaan ge'noonji minoyaawaaj niigaan geni bimaadiziwaaj ji'giiwe odaapinigaadeg nooni'awasowin.

Gichiinendaagwan nooni'awasowin



Nooni'awasowin bimaaji'iwemagan – Wabanong

Apii eni bimigij ginijaanis, gjoojooshaaboom anibakaanaagamin jiini minoshkaagoj megwaa enibimigij jiminogij.

Nooni'awasowin gichiinedaagwan – Zhawanoong

Nooni'awasowin gichiinedaagwan:

- Jiminogij.
- Jimashkawaabidej gaye weweni jimashkawidaamikanej.
- Saagi'iwewin onjise
- Weweni onjimagan oniigi'igomaawin.
- Weweni onjiimagan nibaawin

Nooni'awasowin nadamaagemagan - Nengaa'bii'anong

Giiin

Ga'wiji'igon ji'onji wakewi izhi'aasiwan:

- Niibiwa jibangisidoosiwan gimisko ishkwa nitaawiginaawasowan.
- Joojooshiming gaye wapaying gaazanagak akosiwin
- Ziizibaakwadobinewin.

Giniijaanis

Giniijaanis gaawin aapiji da'izhiyaasiin gemaa ogaa'ayaasiin:

- Gichi'aakoziwini akoziiw manijooshensing gaa'injiig (daabishko otawagaang, bagidanaamwaapinevin gemaa misadaang).
- Gezika abinoojiish gaa'ishkwaabibaadizij (SIDS).
- Niigaan gaani inaapinaaniwak (ziizibaakwatobinewin, ode'waapinevin, gaa'zanagakin aakisiwinan, gemaa onagizhiwaapinevin).
- Gaawiisagenjigaadeg jiita'ogoowin gemaa andawi'igowin giishpin nooni'ach gi'niijaanis megwaa gemaa jibwaa ono doodaawaganiwij

Niigaan geni'bimaadiziwaaj

Ginwesh bimosemagan nooni'awasowin i'imaa ineke:

- Gaa'nooni'aj gi'niijaanis wedi 7 anike bimaadiziwin niigaan gidinaab ewijitooyan mino bimaadiziwin gaye jiboonichigaadesinok nooni'awasowan.
- Gaa'nooni'aj gi'niijaanis gidoonji manaajotoon aki:
 - Gaawin onji ozhi'omagasinoo bichibowin anish gaawin bizhikiwag ji'andawendaagoziwaaj ji'ozhitamawik ge'nooni'awaswageyan.
 - Gaawin ga'banaajichigesiin bima'oodasoning.
 - Gaawin gegoon gaabiideg gemaa gawebinasiin.

Babaazhisewining

Nooni'awasowin onji nadamaagemagan bizaan ga'babazhiseg. Giispin gaaminikwaadeg nipi majaagaming, onizhishin ji'nooni'awasowan.

Nooni'awasowin gikino'amagemagan – Giiwedinong

Nooni'awasowin gidoonji gikino'amaagon ge'dodawaj giniijaanis gaye ge'izhi bami'aj ga'omaamaawiyani.



Apii enitaawigij gidaabinoojiishim gaye enimaaaji pimaadizij

Gaagii nitaawigij ginijaanis oshkiseni obimaadiziwin. Izhi gikinawaji'chigemagan gaa'zaawaag. Dabishkoo gaani oshki giizhigaag. Miigwan izhi gikinawaajichigaazo gaa'dibishkooseg gegoon. Giishpin ganawenimidizowan ga'onji gizhisawisii jibami'aj ginijaanis. Oshki aabinoojiish eyaawaaganiji onjisemagani obabaamiziwin maamaa gaye dibenjigewin.

"Apii enitaawigipan ningozis, gaawin nibaabaa jigii onji ishisej jibiizhaaj. Ningii wiindamaag dash ji'anamii'etamawaaj ningozisan ji'wii'ani mashkawi ininiwiij gaye ji'mashkawi oniigi'igomaawiyaan. Ni'baabaa ningii wiindamaagoban egnajiwani'iganepan i'iwe apii megwaaj egiitiigej, mii'imaa dash gaagii izhi anami'aaj egii'miigwechiwi'aach gaa'omaamaami'ak aki gaye jiwi mashkawi bimaadizinij ozhisensan. Debwe ningozis gii'ani mashkawi ininiwi" (Wiisakode maamaa)

Gezhi wiiji'aj gidaabinoojiishim weweni ji'ani maajiigij

Jibwaa giniinaanis nitaawagij, giiyawing onjiimagan ji'maajiigij, ji'giizhoozij gaye ji'mino'ayaaj. Geyaabi gi'bimiwidoon anokiiwin gaa'ishkwaan nitaawigij. Shemaag bekaaj da'asaaganiwi giwaagiganing ishkwaanitaawigij, gemaa naage bigo ishkwaanitaawigij. Giishpin o'owe dodawaj gi'niijaanis jiizhishimaj, ogani nanaadonawaan gijoojooshiman bezhigo diba'igan ishkwaan nitaawigij. Dajaangaakweni, oga noonada'aan oninjiin gaye da'izhikwetaa gijoojooshiming. Bangii oga'andawendaan ji'wiiji'aj gemaa wiinigo ogazagamaan. Ginijaanis nitaawigi ekikendang jinoonij.

Gagii wiiji'aa ginijaanis zhemaag ji'gashkitooj ji'noonij ono ji'doodaman:

- Besho giiyawing jidakonaj.
- Gikendan aabinoojiish ga'sagamaaj joojooshaan.
- Biminizha'an ginijaanis gaaniizhi wiindamawik.
- Gedodaman gininj ji'abajitooyan noon'iawasoyan.

Saamishkaadiwin

E'saamishkaadiyeg giiyawing e'takonaj gi'niijaanis o'minwendaan oshki aabinoojiish gaye oniigi'igomaa. Abinoojiish apizhaazon eta ogigishkaan e'wagijishimigoj omaamaaman o'moshe'aakiganing. Ji'agwaniigingoj nibaaganesini aabinoojiish obikwanaang. O'owe gaa'dodawinj odoonji noondaan omaamaaman o'de'i gaye epaapagidanamonij, eminaamaaj gaye o'miikwendaan wazhagaani. O'doonji gikendaan gaye onji na'endam.



Saamishkaadiwin ...

- O'wiiji'igon aabinoojiish ji'anike bimaadizij biinji gipaayaabg gaa'giipiinzoj. Weweni onji anokiimaganji gi'niijaanis o'de'i, obagidanamowin gaye o'sisiibakwad omisko.
- O'wiiji'igon gi'niijaanis ji'giizhozij e'onji giizhoooshkawaj.
- Wiji'iwemagan beshodenimidiwin gaye ji'gikenimaj gi'niijaanis .
- O'wiiji'igon gi'niijaanis ji'bizaanenimoj gaye aapiji jimaamawij.
- Gi'wiiji'igon ji'maskawenimoyan gaye ji'bizaanedaman.
- Weweni da'onjigawi gi'joojooshim.
- Weweni oga'sagamaan joojooshaan.

Gaawin dash ga dewi joojooshimesiin gaye weweni da'ondanjige gi'niijaanis. Shemaag ishkwaan nitaawigij ganage bezhigo diba'igan dakon ji'zaamiskawaj giiyawing. E'saamishkaadiyeg giiyawiwaa o'gawiji'gon ji'ani nanamayendang akiini. Mii'imaa gaye ge'onji wiji'igoj ji'ani noonij. Gaa'noonde nitaawigawaaj gewiinawaa oweni owiji'igonaawaa. Gaa'mindidowaaj aabinoojiishag gewiinawaa ominwendanaawaa e'takonindwaa miiyaw i saamishkaadiwin. Gi'wiijiwagan gemaa godag gaa'saagi'aj o'daadodaan o'owe jiizh'gaagiji'aaj gaye jiizh'bami'aaj gi'niijaanisan.

Abinoojiish geshigikendang ji'noonij (aazhigijishinowi noon'iawasowin)

Abinoojiish geshigikendang ji'noonij wendan gi'niijaanis ji'mikawaaj gi'joojooshiman apii ishkwaanitaawigij gemaa apii wii'noonij'aj. Wiiji'iwemagan gi'niijaanis ji'nitaanoonij, gaye apii egaa weweni gii'noonij, gemaa dewi joojooshimeyan.

- Miinwa'b'i'idison ji'aazhigidabiyan.
- Dakon gi'niijaanis gi'wagidaakiganaang gaye nasow gi'joojooshiming. Omisad ji'aasosinig gi'waakiganing.
- Gi'niijaanis gi'nitaawigi onjida ji'mikawaaj gi'joojoosh otigwanan. Onjida gii'izhi nitaawigi ji'nanaandawanjigej. Ga'wabamaa ji'nanaadonawaaj gjoojooshiman. Da'wewebikwebani'o gemaa ji'izhikwenij.
- Siidonamo gi'niijaanis o'wawigan gaye o'diyaang apii e'nanaadonawaaj gi'joojooshiman.
- Gi'niijaanis o'gamikawaan gi'joojooshiman. Maagizhwaa niigaan oga'zaaminaan.
- Apii ishkwaanagagwejitooj gi'niijaanis da'izhidaamikaneni gi'joojooshiming ji'izhikwenij ji'daawanoj ji'sagamaaj gi'joojooshiman.
- Apii gi'niijaanis sagamaaj gi'joojooshiman, miinwa'b'i'idison gaye minoshim gi'niijaanis ji'na'endameg.



Kenoonji gikenimaaj gidaabinoojiishim ewiinoonij

Gi'niijaanis ga'waabamaa e'wiinoonij gaye e'agaawadang ji'noonij. Ga'waabamaa e'kikendang e'wiinoonij.

Bizhishik ga'gwe noon'i'i gi'niijaanis. Gegaa gakina abinoojiishag nooniwag nishwaaswaa daso 24 diba'igan. Onji'naanaga'ji'i apii wii'noonij. Ga'gikenimaa apii wii'noonin gaye apii debi noonij. Apii ani'mindidoj gaawin aapiji dani noonisiin gemaa da'ginibi noonij. Wii'wabandaman ge'onji gikenimaj wiinoonij, inaabini maamakaadaabikong o'omaa www.health.qld.gov.au/breastfeeding/documents/feeding_cues.pdf.

Niigaan e'wiindang: "Ni'wiiwiisin."

- Doodookii, wawaakawinikeni.
- Daawano, naanibaayawe gemaa so'sobanjige.
- Izhinjiini odooning.
- Gwekwekikweni.
- Nanaandawi noonni, nanaandonjige.

Abita e'wiindang: "Wiinge Ni'wiiwiisin."

- Da'shaasiibii.
- Enigok dani wawaakawii.
- Izhinjiini odooning.
- Dawaawiikwanjige, da'nanoondagozi gemaa aanzanaamo.

Bwaataw e'wiindang: "gibitowe'ishin, noon'iishin dash."

- Mawi.
- Wawaakawibani'o.
- Dani'miskozi

Giishpin gi'niijaanis bwatawi gikenda'mo'ik e'wiinoonij, binamaa gibitowe'i jibwaa noon'iaj.

O'owe doodan:

- Ji'dakonaj.
- Ji'saamishkawaj giiyawing dakonaj.
- Gaganoozh gemaa nagamon.
- Naanaazhin gemaa memeyakon.

Apii ani maajii noon'iaj gaawin aapiji da'biidanjigesiin gaye oga'waawiikwebamaan. Apii dash bii'daazhigawij, mii'apii ge'ni bekaaji noonij. Ga'wabamaa eni'gaagibichij megwaa enoonij gaye etaawanij. Minikwe gi'niijaanis megwaa gaa'gibichij. Ga'noondawaa gemaa ga'wabamaa e'konji'banichigej.

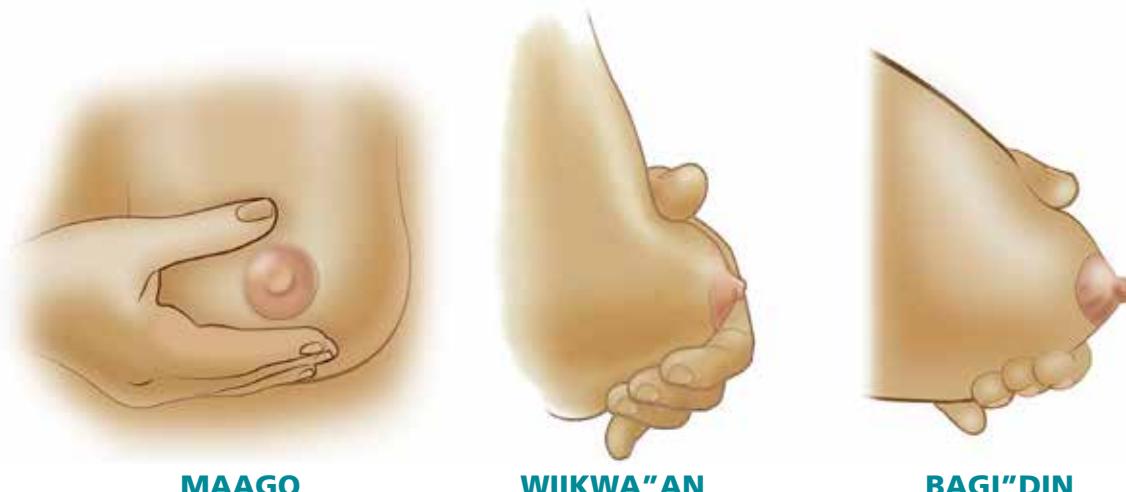
Gaawiikwa'igaadek nitam jojoshaboo

Gi'ninjaabajitooyan wiikwa'aman (nitam jojoshaboo) gemaa gi'joojooshaaboom ga'wiiji'igon:

- Bangii onjigawinan joojooshaaboo gi'niijaanis ji'noonij.
- Nookinik gi'joojooshimaag bezho otigwaning jibwaa sagamaaj, giishpin giishbonej gjoojooshim.
- Da'manaagiishbonewag gi'joojooshimag giishpin gi'niijaanis wii'noonisig.
- Wiikwa'an gi'joojooshaaboom apii ji'mina'aj gemaa akawe wii'naganaj gemaa wii'mochi mina'aj.

Ani'gagwejitoon ji'wiikwa'aman joojooshaaboo shemaag ishkwaanitaawigij gi'niijaanis gemaa akonaag niizhodawate jibwaa ani nitaagij. Nisogon ishgwaanitaawij bangii nitam joojooshaaboo ga'ayaan maagizhwaa bezhig akonaag niizho emikwaanes. Gichiinedaagwan ji'minikwaadang gi'niijaanis o'owe nitam joojooshaaboo. O'gawiji'igon ji'mashkawigij gaye ge'onji mino bimaadizij.

Aanind aabinoojiishag gaawin shemaag ji'giinooniwaaj. Ga'gii kashkitoon ji'gii noon'iawasoyan ji'nanaazhinadwaa gi'joojooshimag gaye ji'onji bii'daabowewaaaj. Mashki'kiiwikwe ga'wiindamaag giishpin ji'gii aabajitooyan wiikwa'igan. Nitam joojooshaaboo gaabiidazhigawing, gichiinendaagwan gi'niijaanis ji'mino bimaadizij.



Ge'dodaman wiikwa'aman gi'joojooshaaboom:

- Weweni ga'a'siininiijin.
- Mikan ge'izhi bisaanendaman gaye ge'izhi migoshkaaji'igosowan.
- Begaaj maamaagon gi'joojooshimag opime'ii ineke biinsh otigwaning. Begaaj didibin gi'joojooshi tigwaning.
- Dakon gi'joojooshim nabaneninj, gaawin besho otigwaning. Giminjian gaye gininjiin abajitoon ji'maagonaj gi'joojooshim. Bangii oombin gaye maagon gjoojooshim giwaakiganing ineke.
- Bekaa maamaagon otigwaning ineke.
- Akawe bagijiin miinawaa dash izhi naabi doodan. Gegowiin maagon gi'joojooshitigwaan, aanjiko apane gaawin da'onjigawisiin gi'joojooshim.
- Maamaagon gi'joojooshim ji'onji bii'saabooowej. Baamaa gi'iishkwaa onji'gawij boonitoon. Gwegite gidag gi'joojooshiming miinawaa bezhigwan dodan ji'naanaabi dodaman.
- Giishpin gi'niijaanis weweni sagamaasig gaye e'giinoonisig, asowadoon gi'joojooshaaboom e'mikwaaning gemaa asowajiganing e'mangi wiimbaag minigok gaa'wiikwa'aman.
- Ga'gii onji mina'aa gi'niijaanis oweni joojooshaabooni minikwaaganing gemaa e'mikwaanning. Gagwejim ga'mashkikiwi'bami'ik gemaa wedi aakoiiwigamigong gemaa dazhiikewining ga'anokiij mashkikiiwikwe ji'waabanda'ik ge'dodaman.

Giishpin andawendang gi'niijaanis jiwiji'aj, bangii wiikwa'an gi'joojooshaaboom gi'joojooshiming. Bagidin ji'nooskwaadang, gemaa onjimina'i e'mikwaanning gemaa minikwaganing.

Giishpin gi'niijaanis gashkiitoosig shemaag ji'noonij, gichiinendaagwan ji'onjigawij gaye ji'bimi onjigawij gi'joojooshimag. Gagii maagonaaag ji'biidaazhigawing nitam gaa'biidaazhigawing joojooshaaboo gaye mayaa joojooshaaboo. Gichiinendaagwan baatiinwaa ji'wiikwa'aman apii e'wii noonij ganage 8 daswaa minigok bezhigogon. Giishpin wiikikendaman gedodaman wiikwa'aman, ji'ganawendaman gaye ji'mina'aj gi'joojooshaaboom gi'niijaanis, inaabbin o'omaa www.beststart.org/resources/index.html.

"Ikewak nitamo'omaa akiing. Nizhwendaagoziminepimiwido'aang bimaadiziwin. Ikewak owaakiganawaang onji anike bimaadizinaaniwan. Ikewak wiiyawiaang onjiimagan aanike inawemidiwin gaabimaadiziwaaj gaye o'omaa akiing. Miidash e'onji ikidonaaniwang aki e'omaamaami'ak, iki'dowak gichi'aawiwaaj. Giinawind gaa'ikwewi'ak daabishkoo aki." (Katsi Cook, Mohawk, 2003)



Weweni jibami'aj gidaabinoojiishim

Zhaawanong ineke baatiinwaa izhi gikinawajichigemagan nitaawigiwin gaye ombi'giwin. Gaawin eta ji'bimijj gi'niijaanis megwaa e'noon'i'aj, gi'doondinanaawaa saagi'iwewin. Gichiinendaagwan bizophishik giyawing ji'zaamishkawaj. Gewiin giwijiiwagan da'minwendam ji'zaamishkawaaj. O'owe dinowi zaamishkaadiwin ga' wiidookaagonawaa ji'onji sagenimidiyeg gi'niijaanisiwaa. Me'onzha nitawigiwin gaye ombi'giwin giizhi waabanjigaade daabishkoo gaa'miskwaag gemaa gaa'gizhideg gaagiizhigaag.

E'pimiki'aawasoyan bekish e'noon'i'aj, gi'waabamaa eni'bimijj. Miigwechiwendaan epiichi oonizhishing gaye maamakaadendaagwak giyaw e'kashki'omagak ji'kii ozhichigemagak gaye bamiitaamagak bimaadiziwin. Bamitoon giyaw o'owe e'toodaman:

- E'mijjyan ga'onizhishik gaye nado miijim.
- E'pizaanendaman.
- E'minikweyan apii wiiminikweyan.
- E'nibaayan gemaa e'aanweshiniyan megwaa nibaaj gi'niijaanis.
- E'wawaakawiyyan apii izhiseyan.
- Weweni nanaagadawendaan gaye ga'onishishikin gegoonaan gaye wiijiwik awiyak gaa'minwendamowaa.

"E'kigendaman ga'izhi maamakaadendaagwak giyaw, gaye ezhi bimaadiziimagak gaye gi'niijaanis wiyyaw, ga'nisidawendaan e'nanokiimagak giyaw, anish bezhigwan gegoon ge'ondinaman deba'genimidizowin." (Ryan & Auletta, 2005)

Ge'inabiyán nooní'aawasoyan

Apii wii'nooní'aj gi'niijaanis
ge'chinaaj weweni onabin
jiwendak nooní'aawasoyan.
Baatiinwayek ga'gii inab
nooní'aawasoyan. Nitam,
giminwendaan e'abiyán
gi'desabiwining gemaa
epimishinan gi'nibewining.
Apii ani'nagajitooyan
nooní'aawasoyan,
aandi bigo gagii dazhi
nooní'aawas, megwaa
bimoseyan, epimiwinaj,
gemaa e'abiyán
a'doopowinaatigong.

Gi'niijaanis izhishim
weweni ji'sagamaaj
gaye weweni ji'gonjigej.
Mii'ono aanind gegoonaan
ge'dodaman:

- Weweni
sii'dwaawiganebin.
- Weweni inabin ji'onji
maanabisawan.
- Gi'niijaanis miziwe ji'dazhwagoshing.
- Gi'niijaanis nawaj ji'aazhigijikweshing. Ogawiji'igon weweni ji'wiikwanjigej gaye weweni
ji'noonij.



E'wiji'aj gi'niijaanis ji'sagamaaj

Weweni gaa'sagamaaj gaa'noonij gi'niijaanis gi'chiinendaagwan e'onji wiikwandang
joojooshaaboo gaye ji'onji wiisagi joojooshimesiwan. Apii gii'kikendang gi'niijaanis weweni
ji'sagamaaj daswaa oga'gikendaan ge'dodang. Gi'niijaanis gegaa misiwe oga'sagamaan
gaa'izhi magadewisiniij gemaa gaa'izhi miskozinij gi'joojooshi'tigwaaning. Oga'wiji'igon dash
ji'wiigwandang joojooshaabooni gi'joojooshiming gaye gaawin gawiisagamigoosiin. Gaawin
gaye da'wiisagendaagwan nooní'aawasoyan. Wiidookaazon giishpin i'we izhiwebiziyan.

- Apii gi'niijaanis animaajii noonij, ashitin giwaagikaning.
- Aasamishim kiwaakiganing gemaa ji'wagijishimaj kiwaakiganing – ji'dakonaj.
- Apii gi'niijaani nanaadonawaaj gi'joojooshiman, siidotigwaanen mayaa jiizhikweshing
gi'joojooshiming – ojooshiming.
- Help your baby get into a position where his nose is at the level of your nipple. This will
help him open wide and get a big mouthful of your breast – Nose to Nipple.
- If you are sitting up, tuck your baby's whole body in close, his bottom and legs too.

- Giishpin jii'badabiyen, ga'dodaan ji'ziidonaaj oditimanaang gaye ogwayawaang gi'daasamininjaaning. Oga'wiji'i'gon ji'wawaakawijj gemaa ji'jaangaakwenij.
- Wii'ji'i gi'nijaanis ji'inakeshimaj oshangoning ji'saamishkawaaj gi'joojooshiman. Oga'wiji'i'gon ji'daawanij ji'gichi shakamoj gi'joojooshiman – ji'saamishangoneshing gi'joojooshitiganing.
- Giishpin jii'badabiyen, misiwe gaa'iniginij besho takon.
- Giishpin mangi'joojooshimeyan, ga'wiji'i'gon ji'dakonaj gi'joojooshim. Gego wiin saamin gaa'izhi magadewisij gemaa gaa'izhi miskozij gi'joojooshi'tigwaaning. Gi'dino'iganinjaan gaye gi'minjijan sii'donigaagen e'nooni'awasoyan. Ogawiji'i'gon weweni jiwiikwanjigej.
- Gi'nijaanis odaamikan gaye odoon nitam oga'saamishkawaan gi'joojooshiman.
- Gi'joojooshi'tigwan mayaa oshangoning da'inekeshin megwaa bii'aj ji'taawaanij e'wiishakamoj gi'joojosiman.
- Gi'nijaanis oga'sagaman baazhij joojooshi'tigwaning (gaawin eta otigwan). Odaamikan da'aasosini gi'joojooshiming gaye nawaj o'pime oshangwan jii'nakesining.

Gegowiin izhigaanijwebinaaken gi'nijaanis gi'joojooshiming. Gaawin ji'minwendamowaaj abinoojishag ji'gaaniwebinindwaa gaye aanjigo da'niigadekewbani'o. Ga'inendaan e'wiinoonisig.

Giishpin gi'nijaanis gaajimoj gaye wii'noonisig, gojitoon ono:

- Api'i jiizhi asaj nasaw gjoojooshiming.
- Naanaanzhin gaye gaganoonz.
- Bizaani'idizon. Gewiin gi'nijaanis da'onji bizaanendam.
- Apii bizaanendang, miinawaa goji'i ji'nooni'aj.
- Onjigawinan bangii joojoosahboo ji'wiji'igoj ji'noonij.

Giishpin gashkitoosiwan
ji'gii'nooni'aj, gagweden
ji'wiji'igoyan. Wiindamaagewin
ozhi'bii'igaade wiidoogaagewin,
inaabin 42 baakiiginiganing o'omaa
mazina'iganing.

Ge'onji gikendaman weweni ewiikwanjigej

Ga'gikendaan gi'nijaanis weweni
e'noonij giishpin o'owe ishiseg:

- Weweni gidinendaan
e'nooni'awasoyan.
- Gi'nijaanis bekaa mushkawi
bimi'wiikwanjige enoonij.
- Gi'nijaanis nitam da'ginibi
wawiikwanjige biinish bekaa
dani'wiikwanjige.
- Ganoondawaa e'konjibanichigej.
- Gi'nijaanis da'mangi daawani.
- Gi'nijaanis da'dotookitawagese gemaa o'pimetigwaaning megwaa noonij.



Apii gi'niijaanis ishkwaanoonij:

- Gi'joojooshimag weweni dawaawiyesiwak gaye gaawin gaagii chiitindwaa da'izhinaagozisiwag.
- Danookiziwig ga'inamanji'aag gi'joojooshimag. Ga'izhi gikendaan akawe ani'bimi noon'iawasoyan.
- Gi'niijaanis da'bizaanendam gaye da'goshkawadendam.
- Oshkii aabinoojiishak da'naanikingwaamiwag. Giishpin goshkozij e'boni' noon'i'aj gaye geyaabi e'wiinoonij ezhinawaj, gaawin mashi ji'giizhi'noonij miinawaa dash gamiinaa gi'joojooshiman.
- Nawaj gaani'mindidowaaj da'wapaaweyaawak shaagooj ga'gikenimaa e'tebinoonij ji'niigadekwenij gemaa ji'odaminoj.

Ge'onji gikendaman weweni enoonij giniijaanis

Oshki aabinoojiishag nooniwag nishwaaswaa gemaa awashime bezhigo giizhigaa minigok 24 diba'igan. Noon'iawasowin onji wiisini gi'niijaanis ji'nitaawigij gaye ji'bimigij. Gaye onji'minwenimo. Gaye e'onji saa'gi'idiyeg. Aanind bizhishik nooniwag gaye odonendanaawaa aayapii gezhi nooniwaaaj. Godagiyag akawe eta nooniwag, megwaa e'onaagoshinig gemaa e'dibigaanig. Miibigo o'owe e'nitaa dodamowaaj nitam gaani bimi dawatenig.

Nooni'i gi'niijaanis wabamaj e'wii'noonij. Nooni'i minigok ga'wiinoonij. Apii ishkwaan noon'i'aj nitam gi'joojooshiming, begade'i godagiyan gi'joojooshiman miinzhi. Ga'wiiji'igon ji'biidaabaawewaaaj gi'joojooshimag ani'bimigij. Aanind aabinoojiishag bimi'nooniwag 20 diba'iganes, aanind gaye ginwezh. Gegowiin onjimigoshkaadentagen minigok e'pimi noonij debinaak:

- Bizhishik e'noonij, nishwaaswaa 24 diba'igan.
- Enigok e'wiikwanjigej gaye ekonjibanichigej.
- Niibiwa ozhigidaanan odapizhaasonan.
- Ani'bimi gozigwani (inaabin baakiiginigan 17).

Ganwiiken; nanaagaji'i gi'niijaanis, gaawin wiin giisokan.

Gaani mindidowaaj aabinojiishag dani'aanjiseni minigok gaye daswaa ge'nooniwaaaj. Biminizha'amow gaaniwiindamaak gi'niijaanis. O'gigendaan apii gaa'wiinoonij gaye apii edebe'noonij.

Appi gaa'wii noonij gi'niijaanis, maajii noon'i'i gi'joojooshiming gaa'gii onji noon'i'aasig. Giispin gakina gi'joojooshiming egii'onji noonij, nitam onji'noon'i ishkwayaaaj gaagii onji noon'i'adibaa. Noon'i baamaa gii'tebi'noonij. Gwekide miinawaa aniiizhi noon'i'i apii:

- Gi'niijaanis weweni gii'waawiikwanjigesig.
- Gi'niijaanis bagidamaaj gemaa nikingwaamij.

Gechinaaj gakina gi'joojooshiming onji bimi'noon'i'i. Aanind ikwewag osagapidonaawaa senibaan agwan joojooshime'oning gemaa naabinikepizon. Gegoon igo dodan ge'wiiji'igoyan gaye gi'niijaanis. Aanind aabinoojiishag obagidamaawaan o'joojooshimiwaan, aanind gaye gaawin. Giispin gaakibijiich gaye e'mizwebanichigesig, giichigon. Zhegongingiinin gi'joojooshiming gaye odoonoing ji'onji bakwadanemaaj. Aanind gakina joojooshing nooniwag, aanind miina gaawin. Aanind akawe nibaawag miinwaa apun nooniwag gwegide joojooshing.

Maamaagon gijoojooshim

Aanind gaa'oshki nitaawigiwaaj aabinoojiishag wakewi nibaasewag gii'nooniwaaaj. Gagii maagonaa gi'joojooshim ji'onji wiiji'aj ji'bimi noonij baamaaa debi noonij, Giishpin gi'nijjaanis wakewi nibaasej eni'majii noonij, maagon gi'joojooshim nawaj wedi odaanaang ji'onjigawij. Gegowiin enigok maagon e'wiisaginidizoyan. Ogawiji'igon ji'noonij. Ga'giitoodaan megwaa bimi noonij gemaaa ani nibaasej.

Debi noonii na ninijaanis?

Dagwan gegii onji gikendaman gi'nijjaanis etebi noonij:

G E ' G I K I N O W I N I G O W A A J A A ' N O O N I ' A W A S O W A A J I ' K W E W A K								
Gi'nijjaanis ga'apiitaadizij	Bezhigo dawate						Niizho dawate	Niso dawate
Aaniin aayapii ke'noni'awasoyan? Bezhigo giizhigaa, minigok awashime 24 diba'igan								
	Ganage bigo nishwaaswaa bezhigo giizhigaa (daso bezhigo diba'igan akonaag daso niso diba'igan). Gi'nijjaanis bekaa da'gichi bimi waawiikwanjige gaye da'gonjibanchige.							
Ekwaanig gi'nijjaanis o'misad					Gaa'iniginij o'kwemin	Gaa'iniginij gichi ba'gaan	Gaa'iniginij apricot	Gaa'ikwaag waawaan
Apizhaazonan gaazhigidangin: Aandasin, minigok e'nibiwegidooj Bezhigo giizhigaa, minigok awashime 24 diba'igan					Ganage bezhig o'nibiwegitoon	Ganage niizhin o'nibiwegitoon	Ganage nisin o'nibiwegitoon	Ganage godwaso o'nibiwegitoon
Minigok gaa'mijidang odapizhaazonan: Dasin gaye ezhinaagwanig omoo Bezhigo giizhigaa, minigok awashime 24 diba'igan					Ganage bezhig gemaa niizhin Makadewi ozaawimowee gemaa makadewi ozhawashikomewe	Ganage nisin Makadewi ozaawimowee, ozhawashikomewe gemaa ozaawimowee	Ganage nisin, noosookimowe Ozaawimowee	Ozhaabozhaadaan e'waabishki ozaawaagaming gemaa e'waabishkaagaminig ozhigiwinaaboo
Ginijaanis e'piitanij	Oshki abinoojiishag 7% odonni wanitoonaawaa Ganage nisin Apili ni'ogon gaagii ishkwaan nitaawigii dan i bimi gozigan 20 - 35 g (C/d akonaag 1B/d oz) daso giizhigaa gaye bezhigwan dan apitaani 10 - 14 giizhigaa ishkwaan nitaawigii.							
Godagiyen gegonan ge'onji gikendaman	Gi'nijjaanis e'ngok damawi, da'wawaakawii gaye da'wakewi goshkozi. Gi'joojooshim aga'noosokamanji'aag ishkwaan noonii'awasowan.							
best start meilleur départ by/par health nexus santé	Gi'joojoshaaboom eta o'ga'an dewendaan gi'nijjaanis megwaa ani'bimi n'godwaaso giisiwej — Apili ningodwaaso giisiwej ani'maajii asham bekish ji'bimi noonii'aj baamaa gil'ani nizhobilboonej gemaa awashime. (WHO, UNICEF, Canadian Pediatric Society) Giishpin andawedamanan wilookaagowin, gagwejim gil'mashkikiwininiim, mashkikiwiikwe gemaa gaa'odaapinaawasoj. Izhigigidon gaa'onji beshowang o'maa: 1-800-268-1154. Giishpin andawedamanan ikewak gaa'onji wilookaadiwaaq gaa'noonii'awasowan jizhigigidon o'maa La Leche League Canada Referral Service 1-800-665-4324.							
	03/2009							

Onji gechinaa'on gi'nijjaanis etebi noonij nitam dawate gaagii ishkwaan nitaawigii, ji'bimi naagajitoowan aandasin apizhaasonan nibiiwegitooj gaye miijidangin bezhigo giizhigaa 24 dasodiba'igan.

Nitam sanagan oshki oniigi'igomaag jigikendamowaaj ji'gii shigidaminigwen apizhaasoni. Ga'onji gikendaan ji'gozigweganing biichiwiin gaa'baangwegak. Wiikendaman e'piitinigwak gaagii shikidang apizhaason, siiginan niizo gichi emikwaan nibi baango apizhaasoning. Gi'nijjaanis ozhigiwini da'zhabonagwani gemaa da'waabishki ozaawagamini, gaye gaawin gegoon da'izhimaagawini. Giispin goziganig inagindan egiishigij gaye e'giimiizij.

Mazina'igan o'maa ga'gii ondinaan: www.beststart.org/resources/breastfeeding/index.html

Giishpin gi'niijaanis bangii eta shigidang apizaasonan gemaan emiisiisig, shemaag iziwizh aakoziwigamigong.

Oshki aabinoojiishag 7% odoonji wanitoonaawaa gaa'apiitaniwaapun nisogon gaa'ishkwaan nitaawigiwaaj. Nashke, 7 gaagii'apiitanij aabinoojiish ogawanitoon 230 grams gemaan 8 oz. Apii nii'ogon gaagii'ishkwaan nitaawigij dani bimi gozigwani 20 - 35 g (2/3 - 1 1/3 oz) daso giizhigaa gaye bezhigwan dani apiitani 10 – 14 giizhigaa'ishkwaan nitaawigij. Apii 3 – 4 ani daso giisiswej dabimi gozigwani 20 - 35 g (2/3 - 1 1/3 oz) minigok dasogen.

Giishpin bijjini gozigwanisig gi'niijaanis, amaji'i ji'aayaakawi noon'i'aj. Nanaadonan wiiji'igoowin gechinaaj weweni ji'noonij. Daswaa noon'i'gikenimaj ewiinoonij.

Apii nisodawatezij gemaan awashime, gi'niijaanis niswaa damiisii bezhigo giizhigaa. Apii ani bezhigo giiziswesij aanind aabinoojiishag pezhigwaa gemaan niizhwaa miisiwag bezhigo giizhigaa. Aanind gaye gighi miisiwag daso aayawaside giizhigaa. Gaawin gegoon izhiyaasiin debinaak weweni noonij, gaye weweni izhiyaj gaye nookimoowej. Giishpin dash weweni noonisig, maamawij gaye miisiisig awashime bezhigo dawate, inaabbin baakiiginiganing 42 wiidookaagowin gaa'wiideg.

Ekwaanig giijaanis omisad

Gi'niijaanis andawendam pizhishik jinoonij aniish agaasimisade. Apii e'oshki nitaawigij, aapiji agaasimisade dabishkoo ookwemin gaa'iniginij 5-7 ml eta minigwe. Apii nisogon ishkwaan nitaawigij, dani mijani omisad ji'ikwaanig bagaan 22-27 ml minigok dagii' minigwe. Apii niiswaasogonagisij, azha waawaan gaa'ikwaag iko'misade gaye 60 ml minigok dagii' minigwe.





Giganawenimigowiniwaa gaye giwiidokaagowiniwaa

Nengaa'bii'anong ineke gikinawajichigemagan ganawenjigewin gaye e'pimosaadeg bimaadiziwin e'onizhishing. E'pami'idizoyan gaye e'noon'i'aj gi'niijaanis maawach weweni e'zhi'bami'aj gi'dooshki aabinoojiim. Noon'i'awasowin wiiji'iwemagan e'nagaanigemagak aakoziwin e'ozhi'omagak miiyawing e'naadamaazomagak ji'ajiwiseg gaa'baatiinak ga'migoshkaajichigemak mino bimaadiziwing. Noon'i'awasowin wiiji'iwemagan ji'saagi'idiyeg gi'niijaanis gaye ga'wiji'igonaawaa ani'bimigij.

"Ginwezh ninga'nooni'awas anish ningichiinendaan e'nooni'awasoyaan gaye e'kashkidooyaan e'ozhitooyaan gegoon ge'wiji'igoj ji'aakozisig gaye gaawin wiikaa ji'onji aakozij."
Julie Francis, Mohawk

Gaa'oniigi'igomaawinaaniwak andawendaagwan giki'no'amaasowin, dibinawe babi'idizowin gaye dibinawe saagi'idizowin. Gaa'giizhi miinigoowiziyan ji'gichiinenimidizoyan , geyaabi dagwan ge'miinaj gi'niijaanis. Giin gi'niijaanis nitam gimaajii gikino'amawaa, ge'gikinowaabamik, ge'bimaa'ji'igoj, ge'ombigi'igoj gaye ge'bimi ziidonigoj. Gi'gichiinendaagoz gaye gakina gegoongan gaa'izhichigetamawaj gaye gaadodemeg gi'niijaanis.

"Nengaajchigewin ojibwemowin iki'domagan nookaadiziwi oniigi'igomaawin, bimi nooni'awasowin, e'mashkwaag gichiwenimidiwin, shemaag pami'aganiwi gegoon gaa'andawendang. Mii'omaa e'onjiseg debwetamowin "aabinoojiishag o'gikendanawaa wegonen ga'andawendamowaaj" dabishkoo bimi noon'i'awasowin, ga'izhi nibaaniwak, ji'dakbizoj tikinaaganing, ge'gigishkang. Clare Brant, P. Patterson , "Ombigi'awasowin gaye enanokiimagak ji'mino'ayaamagak midonenjiganing", Wiinjigewinan gaye inendamowinan, 1997.

Aabinoojiishag minwendamoog e'saaminindwaa gaye e'kanawenimindwaa.

*"Gi'nijjaanis gi'i'ayaa biinji
gipayaang minigok gaa'onji
bimaadizij. Goshkwendam
aabinoojiish eshkwaan
nitaawigij. Nanaagadawendan
gi'mamaakaang e'kiizhowaag
epizaanendaagwak gaye o'de
enoondagwanig. Gaawin dagii
shashiibisiin ezhi'agaasiyaanig,
biinish gaye gegaa ani'nitaawigij.
Aabinoojiishag eshkam
nanaadomiikonigewag
gaye gaawin dash gegoon
ji'miikonamowaaaj. Da'mawiwag
aniish maanendamoog.
Omaanendami'igonawaa
emiikwendasigwaa gegoon.
Wiikwegin gemaan dakobish
tikinaaganing ji'wiji'igoj
ji'ani minwendang gaagii'
ishwaanitaawigij o'omaan
akiing. Tikinaagani gikino'amagewin ikidomagan aabinoojiish onji aabanaabi
achaakowi bimaadiziwining biinish gaani bimosej. Da'wiitakonigoziwag o'omaan
ji'ayaawaaj. Apii ani'bimosewaaj jiikaadiziwak e'pimaadiziwaaj." (Faawin
gikenimaasii gaa'gii ozhibii'ang o'owe)*



Gidibenjigewin gaye gigabeshiwining

Giwijjiwagan gaye gigabeshiwining gi'dooni ganawendaagoz. Gaa'ziidoshkaagewaaj gaye gaagiizomiwewaaj wiijjiwaganimaag gaye inawemaaganag gichiinedaagoziwag ji'minoseg gi'noonii'awasowin. Dashindamaadik gi'dinawemaaganag noonii'awasowin. Nandawi gikendan wegonen e'kikendamowaaaj gaye e'tebweyendaagwak. Noonii'awasowin onji gikenjigaade gi'dinawemaaganag me'onzha o'bimaadiziwiniaa gaye o'debwetamowiniwaa, ge'onji wiidookaagoyan. Noonii'awasowin onjiise nitam gikino'amaagewinan.

Gii'izhinagochigaade ji'noonii'awasonaaniwak gaye aabinoojiishag nitaawigwag ji'nooniiwaaj. Apii naagee gaa'ishkwaan nitaawigiaaaj, aanind aabinoojiishag gaye maamaag gaawin shemaag ji'nagajitoowaaj. Awiyak ga'ikidowaaj gemaan ga'inendamowaaaj ga'gii onji wanishkwe'igon gi'noonii'awasowin. Gi'dinawemaganag gaye gi'dodemag ga'gii wii'ji'igoog weweni ge'niizhi bami'aawasoyan. Gimamaa, gokom, gi'doozisag gaye gichi'a'aag magizhwaa gaawin ji'gii onji noonii'awasowaagwen. Mii'omaan dash ge'goo onji maamaawi gikendamegiban.

*"Izhiganawaabanjigaade aabinoojiishag wiinawaa e'siidonawaaj gi'dinawemaganinaan
gaye gi'dazhiikewininaan gaagii wiindamawishij ogikino'amaagewin Edna Manitowabi
Stoney Lake, ON, Dec. 2010" Leanne Simpson, "Eniimiyak mikinaak waawiganing" 2011*

Mii'ono aanind gegoongan ge'dodaman:

- Jibwaa nitawiginawasoyan, giwijidamaaganug wiindamawik e'wii noon'i'wasoyan gaye gagwejimik ji'wiji'ikwaa.
- Ga'gaanzomik ji'agindamowaaj owe mazina'igan , ji'gikendamowaaj gezhi'wiji'ikwaa gaye wegonen wiji'iwinan dagawakin gi'dazhiikewining.
- Bakidinokog ji'ganawenimikwaa, ji'gii onji ganawenimaj gi'niijaanis.

Gi'wijiwiwagan, gidinawemaaganag gaye gidazhiikewining ga'gii wiji'igoog o'omaan:

1. Awashime nanaandawigikendan. Mawandoonan noon'i'wasowin wiinjigewinan jibwaa nitaawiginaawasoyan. Gagwejimik gidodemag, gidinawemaaganag, godagiyak ga'noon'i'wasowaaj gaye mashkikii anokii'aganag aaniin gezhi gashkitoyan ji'noon'i'wasoyan.
2. Gikendan aandi ge'onji wiidokaagoyan. Nanaandawi gikendan wegonen wiidokaagewinan gi'daawining gaye omamaamimaa ge'aabajitooj.
3. Jiikishkamaw omamaamimaa. Oshki maamaa da'migoshkaadendam etebisesig ojoojooshaaboom ji'noon'i'wasowaagej. Gegaa gakina ikwewag debisegwag joojooshaabooni. Wiindamow noon'i'wasowin maawaj e'onizhishik ge'onji ashamaaj onijaanisan. Wiindamow e'tebagenimaj. Wiindamow ji'onji waawiidokawaj.
4. Gegowiin wanaa'ik. Bangii eta awiyak bagitnik jibi maawadishiwewaaj, gaye giigidowining gaye godagiyen ge'onji wanishkwe'igoj nitam ishkwaas nitaawiginaawasoj gegii onji gikendiwaaj mamaa gaye aabinoojiish gaye ji'ani ga'shkitooj ji'noon'i'wasojoj.
5. Ganoozh ji'anwebij.
Oshkimamaa andawendam niibiwa ji'ojezipij ji'bami'aj onijaanisan. Waawiidokaw dasogiizhigaa anokiiwinan dabishkoo giizhizekwewin, onaaganan, giziibiiga'igewin, giiziinigewin gaye gabami'indaa godagiyak aabinoojiishag.
6. Wiidokaw mamaa e'pami'aj onijaanisan. Aabinoojiishag baatiinwayeg onji'mawiwag – gaawin etaa e'wiinooniwaaj. Nanaandawi gikendan bebakaan ge'onji gibitowe'aawasoyan dabishkoo ji'babaamiwinaj, ji'nigamoyan gemaa ji'niimiyan. E'kiziibiiginaj gaye e'aanjikone'aj ga'onji wiidokaagon ji'gikenimaj e'pimaadizij. Ji'na'endami'aj e'kiziibiiginaj gaye e'aanjikone'aj aabinoojiish da'onji dawise mamaa ji'noon'i'wasojoj gaye ji'bami'idizoj.



7. Weweni inendan. Oshki aabinoojiish ayaawaganiwij onji bakaanise bimaadiziwin nepij. Onjida izhise bebakaan enenimonaaniwak ga'anjisegin. Epoonni noonii'awasonaniwak gaawin daboonisesiin inendamowinan. Noonii'awasowin owiji'igonaawaa mamaa gaye oniijaanisan.
8. Nanaadonan wiidokaagowin. Giishpin mamaa inendang weweni gegoon izhisesinog onooni'awasowin, gechinaaj nanaadonamow wiidookaagowin.
9. Gikendan bebakaan izhiyaawag maamaag. Gagwejim aaniin ezhi andawendang jiizhi wiidokawinj.

Maamaamimaag owiidokaadiwiniwaa

Maamaag owiji'igonaawaa gaawiji'igowaaj godagiyan maamaag ganooni'awasonij. Magizhwa gi'dodemag gemaa gidinawemaaganag noongomiike giimaajii noonii'awasodogwenag. Gaye gagii nagishkawaag godagiyak maamaag ga'noonii'awasowaaj i'imaa ineke:

- Gigishkawawaso gikino'amagewining.
- Oniigi'igomaawi gikino'amagewining.
- Noonii'awasowi wiji'iwe anokiiwin.
- Canada gigishkawawaso inanjigewin gikino'amagewin.

Geyaabi wii'kikendaman noonii'awasowi wiji'iwe win, inaabin baakiiginiganing 42 o'omaa mazina'iganing.

*"Dazhiikewining gagabeshiwaaaj bizhishik ogii'andawi waabamaawaan maamaan ga'ishkwaa nitaawiginaawasonij, e'waawiidokawaawaaj gaye eshawenimaawaaj."
(Anishinaabe maamaawiinowin gagiitaawendamowin gaye izhinamowin.
Gii'ozhi'bii'igaade Canada minoyaawin, 2003)*



Maanendamowin ishkwaan nitaawiginaawaasowin

Nooni'awasowin o'wiji'igonaawaa maamaag gegoon wiiyawing geminwendamowaaj. Baatiinowag maamaag e'minwendamowaaj enooni'awasowaaj. Aanind gaye gaawin. Maanendamowin ishkwaan nitaawiginaawaasowin inaapine bezhig maamaw naanan maamaag gaye bezhig babaa maamow midaaso baabaag. Awenen igo dagii'indi o'owni.

Giishpin inaapineyan o'owe, mii'owe ge'izhiyaayan:

- Gaawin aapiji gemaa gaawin ji'zaabendaman gemaa jiminwendaman gegoongan gaminwendamamban.
- Gegaa bizhishik gimaanendam.

Gemaa gaye o'owe gidinamanji'on:

- Gi'dojaanimenim gemaa gimigoshkaadendam. Gemaa gidadewiz, gidewaakigane, gidakwonaam, gigiikimishkaa, gijaachiichishkaa gemaa gi'gibiskweshkaa.
- Gimamaaniiwagenim gaye gidayagajii.
- Ginishikewenim.
- Gizegiz.
- Giwawaanendam.
- Ginishkaadiz gaye ginshkendam.
- Gobaadenimo.
- Baakadendam.
- Anamendizowin. Gaawin weweni ni'mamaawisiin inendam.

Mii'dash gaye ge'inamanji'oyan:

- Gaawin gizaabimanji'osiin.
- Gaawin gizaabendasiiin ji'wiisiniyan gemaa gi'nepijiwiisin.
- Gaawin weweni gigii maamidonendasiin.
- Anishaa bigo gidoojimaw.
- Niibiwa ginibaa gemaa gaawin weweni ginibaasiin.
- Gaawin gizaabenimaasiin giwiijiwagan, gi'dinawemaganag gemaa gi'niijaanis.
- Gaawin gizaabenimaasiin gi'niijaanis gemaa gizegiz ji'nishike ganawenimaj gi'niijaanis.

Ono gaa'inamanji'oyan gaawin giin ga'gii anaamendaagozisiin. Gegowiin bii'oken. Dagwan ge'onji wiiji'igoyeg.

Ogo aanind awiyag gaye aandi ge'onji wiiji'igoyan Here:

- Gi'mashkikii wiiji'igoowining (mashkikiiwini, odaapinaawasootamaage, mashkikiiwikwe, ikwewan gaanagaji'aaj mashkikiiwini)
- Gidazhiikewining mashkikiiwigamigong
- Mashkikiiwikwe gaa'onji naanaaj oshki aabinoojiisha'i
- Ge'izhi giigidoyan wiikikendaman mashkikii wiidokaagewin: 1 866 532 3161
- Mashkikiwi gagwedewinan Ontario: 1 866 797 0000 gemaa TTY 1 866 797 0007
- Mamidonenjiganaapine wiidokaagewin wiindamaagewin Ontario: 1 866 531 2600
- Mino oshki maajitaawin mamaag owiidokaagowiniwaa: www.lifewithnewbaby.ca



Ji'bimi gikino'amawik ginijaanis

Nooni'awasowin doojigemagan aabinoojiish gaye mamaa dabishkoo "epezhigowaaj achaakong". Giyaw gaye gi'niijaanis wiiyaw wiijiiwidiiimagani zaamishkaadiwining, bagidanaamowining gaye bangi'de'ewining. Ozhagaang zaamishkaadiwin onjiimagan giindibing jiminomanji'oyan. Ga'wiji'igon ji'zaagi'aj gi'niijaanis. Nawaj ga'onji bizaanenim gaye gamiikwendaam saagi'wewin gaye debagendiwin giin gaye gi'niijaani. Bekaa dodan jimaminwendaman. Gikino'amaagemagan ji'zhiibendaman weweni ji'bami'aj gi'niijaanis ji'minwendang gaye ji'giizhoonaj.

Giiwedinong ineke baatiinwaa izhi ganawabanjigade gagiiyawendamowin gaye zaagi'iwewin e'onjiseg. Daso giizhigaa gi'doondinamaaz gikendamowin giyaw ge'dodaman weweni ji'oniigi'igomaawiyan, gaye ji'gikenimaj gi'niijaanis. Gagii'piizhi gikino'amaganiwak me'onzha, gi'niijaanis geyaabi ozaginigon achaakowi bimaadiziwini gaye odayaan gagiitaawendamowin. Giin dash izhise ji'gikino'amawik gi'niijaanis gaye ji'ganawenimimaj odachaakwan. Gaye ikidonaniwan egii'odaapnik ji'oniigi'igomik egiiwaabamik gichi gegoon eyaawaj.

"Aanjigone ijigaade ji'migoshkaajichigesinog. Baamaa eta andawendang bagidinigaade wiindamaagewin, e'wabanda'inq ekitenjigaadeng odibinawewiziwin. Oniigi'igomaawin gii'saagi'iwewiniwan, siidonigewiniwan gaye gikinoshkigemagan -gaawin onji dibenimiwemagasinoo." (Clare Brant, P. Patterson, "Ombigi'awasowin gaye enanokiimagak ji'mino'ayaamagak midonenjiganing", Wiinjigewinan gaye inendamowin, 1997.

Baatiinadoon ge'gigendaman apii oniijaanisiyan. Nitam ani bimi dawateg oshki gegoongan gani nagishikaanan gegaa daso giizhigaa. Ani gikendaman geniizhi bami'aj gi'niijaanis wewiib gani debagenimidiz. Gani debagenim anigikenimidiyeg gi'niijaanis.

Aanind gegoongan genigikendaman:

- E'amaji'aj ga'nibaaj aabinoojiish.
- E'gibitowe'aj ga'gaachimoj aabinoojiish.
- E'bega'de'aj gi'niijaanis.
- E'takwanji'ge'aj.
- Gaa'bimi maamaajiigij.
- E'tewi'joojooshimeyan.
- E'kiisponej gi'joojooshimag.
- E'manaajitooyan gi'joojooshaaboom



E'amaji'aj ga'nibaaj aabinoojiish

Aanind aabinoojiishag wiinibaawag. Gi'niijaanis da'izhiyaa gaawin wiin dagii amaji'idizosiin nishwaaswaa daso 24 diba'igan. Gemaa gaye ogamochi sagamaan joojooshan apane jiizhi nibaasej. Bamaa dash wiin ani'gashkitooj ji'amaji'idizoj gaye weweni ani bimi'aanjiboj, giin aa'yamaji'i.

Ge'dodaman wii'amaji'aj e'wii'nooni'aj ga'wiininaaj:

- Besho bimishim gi'niijaanis ji'oninj gi'kenimaj wii'noonij. Da'giinooniwag megwaa wiinibawaaj gemaa aapiji goshkozisig. Weweni nooniwag gaa'nanaandawi nooniwaaaj.
- Shemaag nooni'i apii gikenimaj wii'noonij, gemaa aanjigo apan da'gichi'nibaa. Wii'kikendaman e'wiinoonij aabinoojiish ganawaabandan baakiiginiganing 11 o'owe mazina'igan.
- Nashine gi'niijaanis da'nooni giishpin saamishkaawaj giwaagiganing megwaa nibaasiwan.
- Aabiskon gaye giichikone'i. Aadaako'o giishpin zhaabozhaazoj gemaa e'giimiizij.
- Gi'ditimanaang izhi'aasoshim ji'nanaazhinaj o'bikwanaang. Naanaanzhin wiiyawing.
- Bekaa kwekwekishim. Gaganoozh.
- Maagon gi'joojooshim apii wii'ani nooni'aj gi'niijaanis ji'onji sagamaaj joojooshan.
- Mamaago joojooshimenidisowin megwaa nooni'awasoyan oga'wiji'igon ga'wiinibaaj gi'niijaanis ji'wapaawezij gaye niibiwa da'nooni. Geyaabi wii'kikendaman mamaago joojooshimenidisowin ge'dodaman inaabin baakiiginiganing 17 o'owe mazina'iganing.

Ge'dodawaj gi'niijaanis ni'taamawij

Gegoonigo onji mawiwag
aabinoojiishag –
manzhamanji'o, nooneskade,
segizi, migoshkaadendam,
gema a'yekoi. Aanind
aabinoojiishag nitaamawiwag
biichiwiin godagiyag aanawiin
e'aana minoyaawaaj gaye
weweni e'nooniwaaaj.
Izhiyaawag o'owe nitam e'ni
nisogiisiswewaaaj. Megwaa gaye
e'tibikaanig izhi'mawiwag.
Gaawin gegoon ga'izhi maani
dodawaasiin dakonaj. Nawaj
o'mino'dodaagon aabinoojiish
oniigi'igoon shemaag
gaa'biziskenimigoj gegoon
e'anawendang.



Apii gi'niijaanis noojigo onji'mawij, gojitoon ono:

- Giishpin aazha egii'nooni'aj
gaye e'gii pe'ga'de'aj,
gojitoon ji'saamishkawaj, ji'babaamiwinaj, ji'meme'aj. Aabinoojiishag o'dani nisidotanaawaa
o'mamaawaa o'de e'nitaagwanig, e'intaagozinij gaye ga'a'indodaminij jibwaa nitaawigij gaye
obizaani'igon oweni.
- Wewiib ani' aandaako'o shaabozhaazoj game iskwaamiizij.
- Aanjitaaw onibaagan gema ogigishkigan giishpin giizhoozij gemaa gawajij.
- Miinawaa ga'gwe noon'i. Maamagon gi'joojoosim gaye maameshkwagi miish gi'joojooshiman.
- Gegoonigo dodan ge'onji bizaanendaman, dabishkoo bekaa ji'agidaasowan bezhig akonaag
midaaso, ji'gichi aa'ikwanaamoyan, gemaan dodan dabishkoo epoodaajigeyan. Gewiin
gi'niijaanis da'onji bizaanendam.
- Giishpin ani nishkendaman, gagwejim giwijiwagan gemaan godag ji'dakonaaj gi'niijaanisan
akawe ji'aanwebiyan.

Gaa'abadak dakwanjigan

Baatiinowag aabinoojiishag gaa'nooniwaaaj e'aabajitoosigwaa dakwanjigani. Gaawin
bezhigwaun odinendasiinaawaa dakwanjigani gaye gii'nooniwaaaj. Megwaa oshki aabinoojiish
eni gagwe gashkitooj ji'nitaa noonij, oga onji sanagi'igon jimaameshkwaji aabajitooj
dakwanjigani gaye gaa'noonij. Eshkam gaawin apane weweni ji'gii nooniwaaaj. Gaye
ga'onji aakoz gi'joojooshiming gemaan gaawin gi'niijaanis da'maajiiigisiin. Gaa'dakwanjigej
aabinoojiish gaye gaawin dari biidanjigesiin gaa'noonij. Gaye da'noonji tewitawage gaye
wiibitwaang. Giishpin wiimiinaj dakwanjigani, akawe eta jimaamiinaj ishkwaaw noon'i'aj.

Ge'dodawaj gi'niijaanis begade'ach

Gaa'noonij aabinoojiish
gawin aapiji ji'gondang
bangitanaamowini.
Shaagooj onizhishin
ji'pegade'ach gi'niijaanis.
Aanind aabinoojiishag
mawiwag e'wiipegadewaaaj.
E'pegade'ondwaa
gaye o'wii'ji'igonawaa
ji'goshkoziwaaj geyaabi
ji'noonij. Ganawaabam
aanuin daswaa andawendang
ji'begadej.

- Aanind aabinoojiishag
da'begadewag megwaa
noonij gaye ishkwa
noonij.
- Aanind aabinoojiishag
begadedisowag, megwaa
e'nooniaag gemaa
ishkwa noonowiwaaj.
- Aanind aabinoojiishag
gaawin daswaa
ji'begadewaaaj.
- Aanind aabinoojiishag shishigagowesewag ishkwa noonowiwaaj. Debinaak gegoon izhiyaasik
gaye ani'bimigij, gegoowiin migoshkaadendan niibiwa shishigagowesej.



Ge'dodawaj gi'niijaanis begade'ach:

- Dakon gi'niijaanis gi'ditimanaang gemaa abi'i gi'jiingawanaang.
- Siidonam otigwaan nanaazhin waawiganaang. Oga'wenji bijibananitwan o'begadewin giishpin
gwayakwaawiganenaj.

Gaa'aayaakawi ginibigij

Aabinoojiishag izhiyaawag eshkam bishishik e'wiinooniwaaj. Mii'apii o'owe gaani
ginibigiwaaj megwaa apii 10 giizhigaa ishkwa nitaawigij, 2 – 3 dasotwatezij, 6 dasotwatezij,
3 daso'giisiswej, gaye 6 daso'giisiswej. Megwaa apii o'owe, aanind mamaag inendamoog
ji'debisesigwaa o'joojooshaaboomiwaa. Bzhisig ani bimi noon'aj gi'niijaanis, niibiwa gani'ayaan
joojooshaaboo.

Gaagiji joojooshimewin

Nitam gegaa gakina mamaag
o'wiikomanjitoonaawaa
gaa'wiikwanjigenij
o'joojooshimiwaang. Gaawin dash
aapiji ji'minomanjichigaadeg.
Shaagooj gaawin
gawiisagamigoosiin. Weweni
gaa'sagamaasig gaa'noonij
gaa'onji de'wijoojooshimej.
Giishpin onji'dewisyan weweni
e'sagamaasig gaa'nooni'aj,
maagizhwaa o'owe ga'izhmikaan:

- 1 – 4 dasogon
ishkwaanitaawigij gidani
dewi'joojoosime.
- Magizhwaa nitam ga'gichi
wiisagamig, biinish apan
gaawin.
- Dabishkoo gaagii'chiitindwaa
gemaan noojigo da'izhinaagoziwag gi'joojooshimag ishkwaan noon'iawasoyan.
- Gi'joojooshimag da'biigoshkaawag gemaan da'miskiwiwak. (Aabinoojiish gaawin oga'maazhi
doodagosiin bichi'gondang miskwiini.)



Ge'dodaman ji'dewi joojooshimesiwan:

- Gi'niijaanis weweni jimangi daawanij gaye miziwe jisagamaag joojooshan.
- Gi'niijaanis odenan anaaming gi'joojooshi'tigwwaning gaye ji'dazhwegidooninenij.
- Gi'niijaanis nawaj ji'aazhigi'jikwenij ji'gii'taawanij.
- Ji'onji siidonaj gi'joojooshim besho otigwaaning gaye ji'saaminaasig gi'niijaanis owano
gemaan odoon.

Inaabin weweni ji'sagamaaj e'noonij baakiiginiganing 10.

Giishpin dewi joojooshimeyan:

- Mosheshim gi'joojoosim ishkwaan noonij jibaangozij. Nawaj gaye gawiji'igon ji'giijigoshkaman
aagooninii'on apii bimi noon'iawasoyan gaye gamichiigizij bagwayaan. Megwaa gaye
nibaayan mosheshinin.
- Ji'baangoziwaaj gi'joojooshimag gaye aanjitoonan ani nibiiwegakin apii joojooshime'onan.
- Nitam onji maajii noon'i aapiji gaa'izhi dewizhiyan baamaa nawaj ani'minoyaayan gwekite
izhi'nooni'i.
- Gojitoon ji'aazhigi'jishinan, inaabin baakiiginiganing, gemaan bakaan inabin.
- Giishpin abiyan, siidon gi'joojooshim noon'iawasoyan.
- Nanaandonan ji'wiji'igooyan gechinaaj weweni ji'sagamaag gi'joojooshiman gemaan wegonen
e'onji wiisagamik.

Giishpin minoyaasiwan gi'joojooshiming 24 daso diba'igan aniizhiseg gemaanani'miskoseyan, apisiziyan gemaan daashkiseyan, ganoozh mashkikiwanokii'aagan ji'wiidookawik. Inaabin baakiiginiganing 42 aaniin ge'izhi wiidookaagoyan.

Gaagiishpwabowewaaaj gjoojiishimag

Gegaa gakina ikwewag ani'mangi joojooshimewag gaye gozigonowan nisogon gemaan nii'ogon ishkwaanitaawiginaawasowaaj. Maagizhwaa 48 daso'diba'igan da'bimi izhiyaawag. Giispin i'iwe izhiyaayan, amii e'jigaadeg gaagiishpwabowewaaaj gjoojiishimag. Giishpin gaye i'iwe izhi'sewaaaj gi'joojooshimag, oga'sanagi'gon weweni ji'gii noonij gi'niijaanis.

Nitam eni'bimi dawateg gaani maajii noonij awasonaaniwak izhiyaaniwan eni'aandaagaming gi'joojooshaaboom. Miidash gaye gaa'onji izhiseg:

- Niibiwa e'nibimijiwang misko gi'joojooshiming.
- E'nibaagisyan gi'joojooshiming.
- Niibiwa eni'yaamagak joojooshaaboo e'giikidaasik gaa'noonij gi'niijaanis.

Ga'gii wiiji'idiz ji'giishpwabowewaaasik gjoojiishimag giishpin:

- Noonij'i apii wii'noonij, ganage 8 daswaa 24 daso'diba'igan.
- Gechi'naaj weweni ji'sagamaaj gaye weweni ji'noonij. Ga'noondawaa ji'gonjibanichigej.
- Gakina gi'joojooshiming onji'maameshkwwaji noonij'i. Giishpin wii'noonisik gewkide gi'joojooshiming, gaye giishpone inamanji'aj, damagonan gi'joojooshaaboom ji'bagidamanji'oyan. Nawaj naage gani'minomanji.

Giishpin gi'joojooshimag giishbone'manji'owaaj:

- Wewiib aayaakawi noonij'awason.
- Giishpin gii'sagamaasig, damagonan gi'joojooshaaboom ji'nookishkaawaaj miinawaa gojitoon.
- Aanind mamaag onji minomanji'owag e'kigishkamowaaj aagooninii'on. Aanind gaye gaawin ji'gigishkamowaaj. Giishpin wiigigishkaman, gegowiin gigishkan ga'agaasiigak.
- Agonan gaa'wiikwenigaazoj mikwam gi'joojooshiming daswaa ishkwaan noonij'awasoyan.
- Giishpin bagidamanji'osiwan gaye weweni gii'noonisig gi'niijaanis, damagonan gi'joojooshaaboom baamaa ani'nookiziwaaj gaye nandooshkan wiidookaazowin.

Apii 10 akonaag 14 dasogon aniizhiseg, aazha dani'nookiziwaaj gaye gaawin da'giishbomanji'osiwiwaaj gi'joojooshimag. Aazha apane anibooni baagisewag. Gaawin wiin gidani wanitoosiin gi'joojooshaaboom.

Ge'dodaman wiikanawendaman gi'joojooshaaboom



Giishpin e'giiwiikwa'aman gi'joojooshaaboom ji'mina'aj gi'niijaanis, bimi'nizha'an ge'doodaman wii'kanawendantan:

- Aabajootoon ga'bayaakaabikakin zhaabwateyaabikoon gemaa godak aziwajiganing, gemaa bashkwewazhensing jiizhi aakwajijigaadeg joojooshaaboo.
- Gegowiin abajitooken joojooshi biiwabiko aziwajiganiwazhan ji'bakojiisegin.
- Gikinawaji'bii'an apii gaa'giiwiikwa'aman gi'joojooshaaboom ga'izhi aziwadoyan.
- Me'onzha ga'ondadeg joojooshaaboo nitam aabajitoon.
- Webinan gaagetesing joojooshaaboo.
- Minigwaganing gemaa emikwaaning onji mina'i gi'niijaanis gaa'gii wiikwa'aman gi'joojooshaaboom.

Geyaabi wiikikendaman wiikwa'aman gi'joojooshaaboom gaye wii'kanawendaman inaabin o'omaa http://www.beststart.org/resources/breastfeeding/Expressing_Fact%20Sheets_Eng_rev2.pdf.

*Niibiwa n'dayaan
joojooshaaboo biichiwiin
ge'andawendang
ni'nijaanis. Niibiwa
n'dayaan akwajijiganing.
Aaniin gedodamaan?*

*N'giimaajizhogoo
n'joojooshiming. N'gagii
nooni'awas na?*

*Gaawin na godinoo
minikweyaan
ishkodewaaboo megwaa
noni'awasoyaan?*

*N'bikwashkise
n'joojooshiming.
Wegonen i'iwe?*

*Gaawin na godinoo
mashkikikeyaan megwaa
noni'awasoyaan?*

*N'joojooshimag
nokiziwag biijiwiin nitam.
Ani'iskitaamagan na
n'joojooshaaboom?*

*Giishpin sagaswaayaan,
n'ganoono'iwas na?*

*Aaniin ge'izhiseg
giishpin debisesinog
n'joojooshaaboom?*

Gaanita gagwetenaaniwak gaagii nakwechigaadegin

Apii ani'bimi noni'awasoyan, magizhwaa gani'ayaanan gagwetewinan. Ganiwabandaanan gaanitaa gagwetwaniwak o'omaa baakiiginiganan. Dagii nakwechigaadedok gigagwetewin o'omaa. Giishpin mikasiwan, inaabin Wiidookaagowin gaye abachitaaganan baakiiginiganing 42.

***Giishpin agasi
joojooshimeyaan,
n'gadebise na
joojooshaaboo?***

Aaniin igo gaa'iniginiwaaj joojooshimag bezhigwan minigok dagii'ozhi'omagan joojooshaaboo. Minigok joojooshaaboo ge'ozhi'tooyan onjise minigok gaa'noonij gi'niijaanis e'onji gikendamomagak ji'ayaayan joojooshaaboo.

***N'giimaajizhogoo
n'joojooshiming. N'gagii
nooni'awas na?***

Aanind gegoongan dagosewan ji'gii nooni'awasoyan ishkwa maajizhogowan gi'joojooshiming:

- Wegonen dinowi maajizhogowin gaagii ayaayan.
- Gaa'gii toodaagowan e'maajizhogowan.
- Giishpin gaa'pichizhigaadegin gaa'onji nisidozoyan gaye gaa'ondaazhigawing joojooshaaboo.
- Aaniin apii gaa'gii maajizhogoooyamban.

Gaawin mayaa niigaan dagii gikenjigaadesiin gatoojigemaganogwen joojooshi maajizhowewin ji'gii nooni'awasoj. I'maa eta ga'gii onji gigendaan ji'goji nooni'awasoyan. Maagizhwaa wiikaa da'izhi'se weweni ji'gii ani nooni'awasoyan. Gi'niijaanis ishkwa nitaawigij izhisetoon jibimi nagaji'igoj mashkikiwininiwan.

N'joojooshimag nabigitwaanewag gemaa biindikwesewag. N'gagii nooni'awas na?

E'a. Aanind ikwewak nabagi'joojooshimewag gemaa biinidkwe joojooshimewag. Giishpin gi'joojooshitigwaanag mashkwisewaaj saaminindwaa, amii bezhigwan ge'izhisewaaj gi'niijaanis noonaamaaj. Oga'sagamaan gi'joojooshitigwaanan gaye gegaa miziwe dedibaa'ii ji'wiikwamaaj. Weviib ogashkitoonaawaa ji'saganjigewaaj, bizaan igo ezhinaagoziniij gemaa eniginij gi'joojooshim. Giishpin migoshkaadendaman, nanaandonan wiidokaagowin. Inaabini Wiidokaagowin baakiiginiganing 42.



Aaniin giishpin aapiji ayaasiwaan joojooshaaboo?

Gegaa gakina ikwewak debisewag joojooshaaboo ji'nooni'awasowaaj. O'owe dodan ji'debi noon'i'aj gi'niijaanis:

- Shemaag noon'i'ishkwaanitaawigij gi'niijaanis.
- Moozhag noon'i', ganage 8 daswaa 24 daso'diba'igan gemaa a'washime.
- Saamishkaw gi'niijaanis giiyawing megwaa dakonaj.
- Moozhag gagwe noon'i' apii mawij gemaa nanaandwi noonij.

Giishpin migoshkaadendaman, nanaandonan wiidokaagowin. Inaabin Wiidokaagowin baakiiginiganing 42.

Wegonen ninii'jaanis wenji'negonjigej, gaye e'mawij gemaa e'pagidanewebamaaj e'kagwe noon'i'ag?

Eshkam gizhiiyaazhigawiwag gaani maajii'noonij.

Gaagizhiiyaazhigawisej ijigaade. Gi'niijaanis oga'boogijishkaagon, shishigagoweskaa gemaa da'maamiizii. Mii'bigo ezhisewaaj nitam gaani ningotwaso tawatesij gaa'noonij. O'owe ga'gii toodaan:

- Noon'i'gi'niijaanis apii goshkozij, jibwaa aninoonde noonij. Nawaj bekaa danooni.
- Wiikwa'an bangii gi'joojooshaaboom jibwaa noon'i'aj. Apii bimaazhigawing gi'joojooshaaboom, binamaa bii'on ji'gibitaazhigawing jibwaa noon'i'awasoyan.
- Pimishinin gemaa aazhigijitaan megwaa noon'i'awasoyan gi'joojooshaaboom ji'ishpijiwang.
- Bagidin ji'noonij nawaj ginwenzh nitam gagii onji maajii noon'i'aj jibwaa gwekide ani'noon'i'aj. Eshkam minose bezhig eta joojooshiming ji'noon'i'aj. Baamaa gwekide miinawaa wii'noon'i'aj.
- Gi'bichiin ji'begade'aj apii negobiij gemaa ososodang



N'giimikaan e'pikwashkiseyaan n'joojooshiming. Wegonen i'i?

Giishpin pikwashkisej gi'joojooshim megwaa noon'iawasoyan magizhwaa gibosedok gi'joojooshim. Mii'bigo izhi bimi noon'i'i gaye nanaandawi gikendan gaagibosej joojoosh o'oma http://beststart.org/resources/breastfeeding/Ducts_Fact%20Sheets_Eng_rev2.pdf. Wiindamaw mashkikiwiini giishpin aatenaagosisiwan gaabikoshkiseyan gi'joojooshiming.

N'gizhisoshkaa gaye nabane n'joojooshiming n'dewiz. Geyaabi na n'ga'nooni'awas?

Giishpin wiisagendaman,
baagiseyan gemaa miskoseyan
gi'joojooshiming dago
gizhisoyan, miniiwisedog, gemaa
miniiwi joojooshime. Gaawin
godinoo bimi noon'iawasoyan.
Gichiinendagwan jibimi
bizophikonaj gi'joojooshim
giishpin dewi'joojooshimeyan,
aanjigo giishpin gani gichi
aakoz. Gaawin gegoon oga'izhi
maazhi dodaagosiin gi'niijaanis.
Ganoozh mashkikiwanokii'agan
ji'andawi'igoyan. Geyaabi
wii'kikendaman o'owe, inaabini
http://beststart.org/resources/breastfeeding/Infection_Fact%20Sheets_Eng_rev2.pdf.



N'joojooshimag nookiziwig biichiwiin nitam. N'jaagise na joojooshaaboo?

Minigok ga'ayaayan joojooshaaboo gaawin gegoon izhisiin gaa'inamanji'adwaa. Gi'joojooshimag ani'bimi aanjinagoziwig gaani bimijig gi'niijaanis. Gaamidodoj aabinoojiish danookiziwig gi'joojooshimag

Niibiwa n'dayaan joojooshaaboo minigok ge'andawendang ni'niijaanis. Niibiwa n'ganawendaan aakwajijiganing. Aaniin ge'dodamaan?

Onjida izhisewag aanind mamaag niibiwa e'yawaaj joojooshaaboo nitam gaani maajii noon'iawasowaaj, giishpin agaasiginaawasoj gemaa noonde nitaawigij. Dani boonise apii.

Aanind mamaag niibiwa o'joojooshaaboomiwag. Izhise bigo giiyawing gemaa gaa' wiikwa'aman bekish e'noon'iawasoyan. Giishpin wa'wiikwa'aman gi'joojooshaaboom ani ajiwinan minigok daswaa gaa'wiikwa'aman biinish ji'ani boonitooyan minigok gi'niijaanis ge'andawendang.

Giispin giishbobiwaaj gi'joojooshimag gaye e'wawiikwa'asikwaa, gojitoon nabane eta ji'nooni'aj baa'pezhigwaa. Da'onji ajiwitaamagan gi'joojooshaaboom.

Ga'giiaabajitoon gaagii manaajitooyan aakwajijiganing jidagonaman aabinoojiisi miijiming, gemaan godak miijim apii ani wiisinij. Giishpin wiipagidinigeyan gi'joojooshaaboom ji'mina'indwaa gaa'akoziwaaj aabinoojiishag gemaan gaagii noode'nitaawigiwaaj, izhi giigidon joojooshaaboo bagidinigewin. Ontario, inaabin www.milkbankontario.ca

Noongomiike giinitaawigi ni'nijaanis gaye weweni noon. Wegonen dash e'onji dewi joojooshimeyaan?

Eshkam mamaa gemaan o'nijaanisan da'biigo'gonewesewag e'wabidenanesej gemaan ogo'newaang. Ga'gii onji dewiz gi'joojooshitigwaaning. Gaye ga'waabamaa e'chachaki waabizij gi'nijaanis o'dooning. Ganoozh mashkikii anokii'agan gaye nanaagajitoon o'owe dinowi inaapinewin o'omaa http://beststart.org/resources/breastfeeding/Thrush_Fact%20Sheets_Eng_rev2.pdf.

Aanapii ni'nijaanis ge'zhaabongwaamij dibikaanig?

Gakina aabinoojiish bakaan izhiyaa. Aabinoojiishag wii'nooniwag apii bigo, maawaj gaa'oshki nitaawigij. Aniish agaasi'misadewag wewiib gaa'onji nooniwaa. Ga'wiiji'igon gaye weweni ji'onjigawininiyan. Giishpin bwaatawi noon'i'aj e'tibikaanig gaawin ji'onizhishing megwaa e'agaashiinzhij.

Ga'gikenimaa gi'nijaanis e'kaakoshkozij e'tibikaanig giispin:

- Megwaa ani'ginibigij gi'nijaanis.
- E'aakozij gi'nijaanis.
- Gi'nijaanis odani gashitoot oshki gegoongan daabishkoo e'titibij gemaa e'niibawij.
- Gi'nijaanis anda'wendam ji'bizaanenimoj.
- Gi'giiwe anokii gemaan gi'gikino'amaagoo gaye gi'naanaganaa.

Apii ani'mindidoj dani'bwatawi goshkozi. Gegaa gakina izhiyaayag aabinoojiishag, wiikaa nawaj daniishise. Gaawin giineta ... gakina oshki mamaag bii'owag apii gegii nibaawaaj gabe'dibikaa. O'owe megwaa, gagweden ji'wiidookaagowan gaye aanweshinin apii nabiibaaj gi'nijaanis.



N'gagii nooni'aawas na aakoziyaan?

Geyaabi ga'gii nooni'awas giishpin aakoziyan. Giishpin agigokaayan gemaa gichi agigokaayan, giiyaw da'onji wiiji'idizomagan gi'maanzhitooyan aakoziwin gayega'onji aanike miinaa gi'niijaanis gaanooni'aj. Bangii oga'onji wiiji'igon ji'onji aakozisig.

Apii aakoziyan, onizhishin ji'nanaagaji'ik mashkikiiwini giishpin dagwanogwen ge'dodaman ge'onji a'yangwamiziyan.

Wegonen gemijiyaan megwaa gaabimi nooni'awasoyaan?

Mijjin gaminopidaman
gaa'onizhishikin mijiman
gaye nado mijiman.
Booshke giispin mijisiwan
gaaminoshkagemagakin
mijiman, gi'joojooshaaboom
da'dagwan ge'mijimishgaagoj
gi'niijaanis. Giin dibinawe ge'onji
minoyaayan, biminizha'an
weweni inanjigewin o'oma
Canada akiing mijimi
gikino'igewin, niibiwa
minikwen nibi, gaye weweni
aanweshinin. Wiikikendaman
ga'mashkawiziishkaagemagak
vitamin D gi'niijaanis, inaabbin
baakiiginiganing 38. Ganoozh
mashkikii' anokii'agan
ji'miinik mazina'igan weweni
inanjigewin Canada aking,
gemaa inaabbin o'oma www.hc-sc.gc.ca/fn-an/foodguide-aliment/index-eng.php.



Giishpin geyaabi wiikikendamaninanjigewin, inaabbin o'oma
Eat Right Ontario at: www.eatrightontario.ca gemaa izhigiigidon o'oma 1-877-510-510-2.

Onizhishin na ji'minikweyaan ishkodewabo nooni'awasoyaan?

Minikweyan ishkodewabo izhaamagan gi'joojooshaabooming. Gi'niijaanis o'gaa'onji maanzhi dodaagon gaye gaawin da'zaabi onjigawisiwig gi'joojooshimag. Onizhishin ji'minikwesiwan megwaa noni'awasoyan. Giishpin wii'minikweyan, gegowiin nooni'awasoken 2 diba'igan ishkwa minikweyan. Wiindamagewin ga'minikwaaniwak gaye nooni'awasowin, inaabbin gaa'dago aabadak ishkodewabo gaye nooni'awasowin o'oma www.beststart.org/resources/alc_reduction/index.html. Gaye izhi giigidon Motherisk at 1-877-439-2744.

Giishpin inaapineyaan HIV gichi aakoziwin, n'gaagii noon'iawas na?

Naniisaanan ikwe HIV aakoziwin inaapinej ji'nooni'aawasoj. Giishpin gejinaaj inaapinewanen HIV ga'waawiindamaag mashki'kii anokii'agan ge'onji aazhoo'aasik gi'niijaanis. Giishpin HIV inaapineyan, Mashkikiwi Anokiwin Canada izhi'wiindamaage ji'mina'aj gi'niijaanis aabonoojiishag ga'mina'indwaa ji'aazhoo'aasig HIV noon'i'iwewining.

N'ga'gii mashki'kiike na megwaa noon'iawasoyaan?

Gegaa gakina mashki'kiin gaawin genoon doojigemagasinoon megwaa noon'iawasoyan, shaagooj niigaan ga'gwejim mashki'ki anokii'agan gemaa mamaa naniizaani anokiwin. Gagwejim gaye dago noon'iawasoyan aabajitooyan noojigo gaa'inaabadakin mashkikiin. O'gamaanzhi dodaagon gi'niijaanis. Gaa'gii onendaman ji'nooni'awasoyan ga'onji ganawabandaan wegonen e'onji mashki'kikeyan, minigok epimi aabajotooyan, aaniin ezhi odaapinaman gaye e'piitaniyan. Izhi'giigidon mamaa naniizaani anokiwin gemaa biibaabikong o'omaa www.motherisk.org or 1-877-439-2744.

N'ga'gii mashki'kiike na methadone megwaa noon'iawasoyaan?

E'a, onizhishin ji'bimi odaapinaman methadone megwaa noon'iawasoyan. Wiindamow mashki'ki anokii'agan minigok e'pimi odaapinaman. Giishpin gikenimaj gi'niijaanis enaanibaashkaaj, weweni e'gii bagidanamosik gemaa e'nishangizig gaye e'saabitoosig, shemaag wiindamow mashki'ki anokii'agan.



N'ga'gii sagaswaa na megwaa noon'i'awasoyaan?

Geyaabi onizhishin
ji'nooni'awasoyan
sagaswayan. Giishpin
gashkidoyan, gojitoon
ji'ajiwinanman
gi'sagaswaawin gemaa
booni'sagaswaan.
E'sagaswaaniwak
da'gaachimo
gi'niijaanis. Nii'biwa
ga'sagaswaaniwak gaawin
aapiji da'onjigawisiwag
gi'joojooshimag. Giishpin
biindig sagaswayan gemaa
sagaswaniwak, ajiwinan
ji'onji ikwanaandang
asemawabateni. Ono aanind
inendamowinan:

- Noon'i'awason jibwaa
sagaswayan.
- Agwajiing
gi'wakaa'iganing
gaye o'daabaaning
sagaswaan.
- Weweni gaa'siininiin gaye giichigoshkan wagij ga'gigishkaman ishkwaas sagaswaayan.
- Ganoonik awiyag ji'dazhi sagaswaasigwaa besho gaa'izhi'ayaayan gaye gi'niijaanis.



Wiiidokaagewin ji'sagaswaanowasinog, inaabin: www.beststart.org/resources/tobacco/index.html.

Giishpin wii'pooni sagaswaayan, izhi giigidon gaawiji'indwaa gaawii poonisagaswaawaaj 1-877-513-5333 gemaa inaabin www.smokershelpline.ca.

N'gamiinaa na ni'niijaanis miijimikaanan?

Gakina aabinoojiishag oga'andwendaanaawaa miijimikaan vitamin D. Gaa'nooni'indwaa da'miinaawag Vitamin D gaa'onji'gawinigaadeg ji'maamiinaj ishkwaanitaawigij biinish bezhigo bibooneej. Gagwejim mashkiki anokii'agan aaniin minigok ge'miinaj. Gaa'ozhi'toowaaj abinoojiishi joojooshaaboон odagwaagaminanaawaa vitamin D shaagooj gaawin gakina ji'giitagonigaadegin dino gaa'ayaamagakin joojooshi joojooshaaboong.

N'dayagajii jiwaabamigoyaan nooni'awasoyaan. Aaniin gedodamaan?

Gakina mamaag bagidinigooziwag ji'nooni'awasowaaj bigo aandi gaye bigo apii. Gegaa gakina mamaag ani nanaamaa'endamoog apii nawaj baatiinwaa nooni'awasowaj bigo aanind ezhi baatiinonaaniwak. Agwaniiginidizon agwaniiiwin giwaakiganaang gemaa aa'yagiitawegishkigen ji'agwaniiginidizowan. Baatiinadoon gichi adaawewigamigoon gaye godagiyen ge'dazhi nooni'awasoyan. Giishpin gikendasowan, gagweden.

Onizhishin na ji'ashamag ni'niijaanis aabinoojishi miijim?

Gi'joojooshaaboom eta o'ga'andewendaan gi'niijaanis mewgaa ani'bimi n'godwaaso giisiswej. Apii ishkwaan n'godwaaso giisiswej, mii'appi ge'ashamaj ge'miijimishkaagoj gaye niibiwa ga'dagwanig ge'mashkawiziishkaagoj gaa'moozhagama'igaadenig wii'asini gaye ga'mashkawiziishkaagemagakin aabinoojii miijiman. Wiikikendaman nitam geni'ashamaj miijiman inaabini mazina'iganing e'ashamaj gi'niijaanis o'omaa: <http://beststart.org/resources/nutrition/index.html>.

html gemaa izhi'gigidon mashkikiwigamigong.

Gagii nooni'aa gi'niijaanis akonaag niizho biboonej gemaa awashime. Gi'joojooshaaboom gichiinendaagwan weweni e'onji wiisinij gaye ji'minogij megwaa i'we apii, bizaan igo aazha gashkitooj jiwisiinij.

Giishpin wiikiwe giki'no'amaagoziyaan gemaa anokiyyaan?

Apii giwe giki'no'amaagoziyan gemaa giwe anokiyyan, miibigo ge'izhi bimi nooni'awasoyan. Aginadan gaa'ozhi'bii'igaadeg gaa'wiikwa'igaadeg, ga'ganawenjigaadeg joojooshaabo gaye mina'aj gi'niijaanis o'omaa www.beststart.org/resources/breastfeeding/index.html. Agindan gaye mazina'igan Giiwe'anokiiyan ishkwaan nitaawiginaawasoyan o'omaa www.beststart.org/resources/wrkplc_health/index.html.



Wegonan dinowi boonoonzhe mashkiki ge'aabajitooyaan?

Gaawin gegoon izhiyasinoon aabajitooyan boonoonzhe mashkiki megwaa noon'iawasoyan. Da'onizhishin doodaman ji'bii'yan 18 giisis ji'bimi aabajitooyan boonoonzhe mashkiki ishkwaan nitaawiginaawasoyan jibwaa miinawaa wii'ani o'niijaanisiyan. Gi'wiijiwagan ga'onendanawaa wegonen dinowi boonoonzhe mashkiki ge'aabajitooyeg.

Ono gaa'abadakin gi'ba'iganan gaawin gegoon ji'dojigemagak noon'iawasowining. Dagii maajii abaji'toon ishkwaan nitaawiginaawasoyan gemaa ishkwaan naagaji'igoyan ishkwaan nitaawiginaawasowin.

- Gaabimi noon'iawasoj ikwe gaa'izhiyasig
- Apiginaagan (inini gaye ikwe)
- Baashkisikewaabo gaanishiwemagak (gaabiiteg, giba'igan)
- Biiwaabik giba'igan opaying
- Ikwe giba'igan (mminawaa ji'giiwe onagokajigaadeng ishkwaan nitaawiginaawasoj)
- Gaa'dakobijigaadenig onishiwaang nepij inini ji'boonoonshej
- Dakobijiganiwi nepij ikwe ji'boonoonshej

Gaye ayaamagan giba'iganan miiyawing gaa'abadkin ji'oniijaanisisig. Giishpin ono wii'abajitooyan, wiidamawaawag mamaag Progestin eta gaa'izhinikaadegin ji'abajitoowaaj. Ga'gii maajii aabajitoon n'godwaso dawatezij gi'niijaanis.

Progestin- eta

- Mini Pill izhinikaade
- Depo Provera izhinikaade

Ikwewi mashkii

- Boonoonzhe mashkiki
- Boonoonzhe mashkiki gaa'agonigaadeg ozhagaang
- Gaabiindinigeedeg gaawawiyaabikak



Gaabimi noon'iawasoj ikwe gaa'izhiyasig

Minose o'owe dinowi boonoonzhewin, giishpin eta e'a izhi nakwetamanin ono gagwejimiwewinan:

- Niiijaanis gaawin mashi 6 ji'daso giisiswej.
- Daso giisis n'dizhiyaawin gaawin mashi n'dishiyasiin.
- Nimochi noon'iawas gemaa gegaa daswaa ni'noon'iawas.
- Ni'noon'iaa ni'niijaanis daso nii'odiba'ogan megwaa ekiizhigaag gaye daso n'godwaso diba'igan etibi'kaag.

Gaa'mochi noon'iawasoj gaa'ijigaadeg gi'niijaanis baniskwe onji'wiisini gaa'noon'iaj.

Gegaa daswaa gaa'mochi noon'iaj gaa'ijigaadeg gi'niijaanis bekish emiinaj miijimikaan Vitamin D, gaye akonaag niizho zhakamon e'ashamaj miijim bezhigo'gon.

Giishpin andawendasowan miinawaa ji'oniijaanisiyan gaye gaawin egii'izhi nakwetaman ono gagwetewinan ono, gegoon bakaan boonoonzhe aabajichigan aabajitoon.

N'gagii nooni'aa na apii ani o'wiibidaaj ni'nijjaanis?

Baatiinowag mamaag
emigoshkaadendamowaaj
apii ani'owiibidaanij
onii'jaanisiwaa,
jimaagomigowaaj.
Gaawin maagonjigesiiwag
gaa'nooniwaaj. Giishpin
maagomik, onjida
ga'niigadenaa. Ogani
gikendaan miinawaa
ji'dodasik.



*Me'onzha giipiizhise,
ginwenzh giinoni'awag
aabinoojiishag
Canada akiing. Inuit
aabinoojiish gii'poni
nooni'aganiwi
apii miinawaa eni
gigishkwawaasonij
o'mamaan.
Baamaa eshkam
egii niso'biboonej
booni'nooni shaagooj gaye aanind geyaabi ginwanzh gii'nooniwag giishpin
miinawaa o'mamaan oniijaanisisinij ji'ani meshkwaji nooninij. (Inuit
Dodamowin: Gikino'igewin Inuit Inaadiziwin, 2006)*

Apii ge'�andooshkaman wiidookaagowin

Gii'izhi'aaganiw ikwe ji'nooni'awasoj, shaagoj gaawin shemaag ji'nagajichigaadeg. Eshkam da'izhise ji'andawendaman wii'ji'igowin.

Shemaag wiidokaazon giishpin izhi'waabandaman o'owe:

- Gi'nijaanis gaawin ganage 8 daswaa e'noonij bezhi'gogon.
- Ishkwaa nii'o giizhigaa, gi'nijaanis geyabi emakadewi moowej.
- Ishkwaa nii'o giizhigaa, gi'nijaanis gaawin ganage 2 – 3 e'miizij gemaa gaawin ganage 6 apizhaazonan e'nibiiwegitooj bezhigo'gogon.
- Gi'nijaanis e'naanibaashkaaj, e'maamawij, gemaa eg'giinibaasik.
- Gi'nijaanis e'nibakiiwej gii'ishkwaa nii'ogiizhigaanik gemaa epiijini aanjibosik gaa'inendaagozipan.

Gegoon izhi'maanzhie o'owe gaa'onji izhiyaaj:

- Gi'joojooshitigwaan e'tewiziwaaj.
- Gi'joojooshimag mashkawiziwag gaye gi'dewiz.
- Daabishkoo e'agokaayan gi'dinamanji.

Wiidookaagowin gaye abachitaaganan

Abajitaaganan gamikaanan gaa'izhidaayan ge'wiji'igoyan gaye naadamaagoyan dibinawe, giigiidowining gemaa mamaandaawaabikong:

- Dazhiikewining mino bimaadiziwin wiidokaakewigamik
- www.health.gov.on.ca/en/common/system/services/phu/locations.aspx
- La Leche League Canada – Mamaag gakina gaa'nooni'awasowaaj wii'dokaakewin
- www.lllc.ca or call 1-800-665-4324
- Telehealth Ontario – apii bigo gaganoona mashki'kiiwikwe gegoon wiikikendaman, izhi'kiigidon o'omaa 1-866-797-0000
- www.health.gov.on.ca/en/public/programs/telehealth/
- Canada Gigishkawaawasowin inanjigewin wii'dokaakewin
- <http://cpnp-pcnp.phac-aspc.gc.ca/>
- Anishinaabe Aabinoojiish minikwewi aakoziwini gaye aabinoojiishi inanjigewin wii'dokaakewin
- www.children.gov.on.ca/htdocs/English/topics/aboriginal/fasd.aspx
- Gaamino bimaadiziwaaj aabinoojiishesag gaye gaamino bimaadiziwaaj aabinoojiishag
- www.children.gov.on.ca/htdocs/English/topics/earlychildhood/health/index.aspx
- Ontario Gaani oshki gikino'amawindwaa aabinoojiishag
- www.ontario.ca/earlyyears
- Ga'naniizaniziwaaj mamaag – mashkikiikewin wiindamaagewin
- www.motherisk.org or call 1-877-439-2744
- Weweni inanjigewin Ontario
- www.eatrightontario.ca or call 1-877-510-510-2

Nooni'awasowin gawiidookaagewaaj

- Wiinanaandonaman nooni'awasowin gawiidookaagewaaj gaa'izhidaayan, inaabbin o'omaa www.ilca.org, maagonan "Directories" miinawaa "Find a Lactation Consultant". Magizhwaa a'yaadog nooni'awasowin gawiidookaagej gaa'izhidaayan.

Odoodaaapinawaoog

- Odaapinawasoog Ontario akiing www.ontariomidwives.ca
- Miziwekamig Anishinaabe Maamawabiwin Odaapinawasoog www.aboriginalmidwives.ca

Abajitaaganan ge'ondinaman gemaa ji'naabi'bii'aman

- Mino'oshki maajitaawin anokiiwigamik – abajitaaganan gaa'niibide winjigaadegin
 - Nooni'wasowin – www.beststart.org/resources/breastfeeding/index.html
 - Gaminikwanowak gaye gi'gishkawawasowin/nooni'awasowin – www.beststart.org/resources/alc_reduction/index.html
 - Sagaswawin/Asemaa - www.beststart.org/resources/tobacco/index.html
 - Anishinaabe – www.beststart.org/resources/aboriginal_health.html

Canada akiing

Onjida bigo gii'izhichigaade nooni'awasowin ge'onji ashamindwaa ga'oshki niitaawigiwaaj gaye aabinoojiishag gaye i'we anishininiwi joojooshaabo gi'izhinaagochigaade ji'onji bimaaji'indwaa aabinoojiishag. www.canadianbreastfeedingfoundation.org

Dazhiikewing Abajitaaganan

Baatiinadoon abajitaaganan e'tagwagin dazhiikewining. Nanaadonan gidazhiikewining i'imaa mashkikiwigamigong, mashkiki anokii'agan, godagiyak mamaag gemaa mamakaadabikong. Oshibii'an ja'bazhiish wewiib ji'animikaman.



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Best Start: Ontario's Maternal, Newborn and Early Child
Development Resource Centre

2013
www.beststart.org



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180 Dundas Street West, Suite 301

Toronto, Ontario, M5G 1Z8

1-800-397-9567

www.healthnexus.ca | www.beststart.org

beststart@healthnexus.org

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