·ᑲᔭᐦᐠ ᐁ ᐃᔑᔑᒥᐟ ᒧᔥᔭᐦᑭᑲᓂᐠ

ᕋᒪᑕᐱ ᓇ·ᐊᐨᕽ ᑲ·ᐃᓇ ᐊᔑᑭᑕᐡᑯᔑᓂᕽ ᐅᒪ ᐃᔑᔑᒥᐨ ᑭᒋᒋᔑᐨ

- ✔ ᑭᒋ ᓀ·ᑲᐠ ᐊᐦᑕᒥ·ᑲᐣ
- ✔ ᑕᔑᓄ ᑭᒋ ᑭ ᐊᔭᔭᒋᐦ·ᑲᓄᔑᐠ
- ✔ ᑭᒋ ᓀᑯᓯᐟ ᒥᑲᐡ ᓄᐦᑕ ᒥᑐᐨ ᑭᒋ ᓀ·ᑲᐠ
- ✔ ᑭᒋ ᐱᒥᒋᑎᐠ ᒥᐦᑎ·ᑲᐣ
- ✔ ᒥ·ᑲᔭᐤ ᑭᒋ ·ᑲᔭᐦᐠ ᐁᑲ ᒋᐱᑭᑎᐠ
- ✔ ᐅᑎᑎᒪᓇ ᑭᒋ ᓴᒥᑎᓂᓂᑭ ᑲᐦᑭᑲᓂᐠ
- ✔ ·ᐊᐳᔭᐣ ᐊ·ᑲᓇᐤ ᐅ·ᐊᑲᓂᐠ

ᒐᑲ·ᐊᔑᐡ ᑭᔑᑲᐤ ᑲ ᐃᐡ·ᑲ ᓂᑕ·ᐃᑭᐟ ᑲᐦᑭᑲᓂᐠ ᐁ ᐊ·ᑲᑎᓇᐟ ᑲᑭᓇᐤᐁ ᒧᔥᔭᐦᑭ ᑲᓄᔦᐠ ᑲᓇ·ᐊᐸᐨ ᐅᐡᑭᔑᑯᐠ. ᑲᓇ·ᐊᐸᐨ ᐯᔭ·ᐊᐣ ᑭᒋ ᐃᔑᓇᑯᓯᐟ ᐅᐡᑭᔑᑯᐠ. ·ᑲᔭᐦᐠ ᑭᒋ ᓄᓄᐟ. ᓄᐦᑕ ᑭᒋ ᑭᐦᑫᓂᑕᐠ ᐁ ᓴᒥᓇᐟ.

ᐁᑲ ᑭᒋ ᓇᓂᓴᓄᓂᑕᑯᓯᐟ ᒣ·ᑲᐨ ᐁ ᓂᐸᐟ, ᑭᕋᐦᐱᐣ ·ᐃᓂᐸᔭᓄ, ᐁᑲ ᒪᑲ ᐊ·ᐁᓂᑲᐣ ᑫ ᓇᑲᑕ·ᐊᐸᒥᐦᐠ ᓄᐦᑕ ᐱᑯ ᑭ ᒋᒋᔑᒪ, ᐅᓂᐯ·ᐃᓂᐠ ᐸᑭᑎᐣ ᑭᒋ ᐊᔑᑭᒋᔑᐠ.

ᑲ·ᐃᓇ ·ᐃᐦ·ᑫᐱᐡ, ᒧᓇ ᑲ ᑭᐦᑫᓂᑌᐣ ·ᐃ ᒥᓂ·ᑫᑌ.

·ᐃᒋᐃ·ᐁ·ᐃᓇ ᓄᐦᑕ ᐊᑐᐦᑫ·ᐃᓇ

ᓄᕋᓇᐊ·ᐊᓯ·ᐃᐣ ·ᐃᒋᐃ·ᐁ·ᐃᐣ ᑭᑎᑕ·ᐃᓂᐠ:

- ᓂ·ᕋᔦᐠ ᐃᔑᑭᔑ·ᐁ·ᐃᐣ ᑲᕐᐱᔅᑐᔅ·ᐃᐠ ᐅᐣ ᑌᓇᐅ ᐊᐦᑭᐠ ᓄᕋᓇᐊ·ᐊᓯ·ᐃ ·ᐃᒋᐃ·ᐁ ·ᐃᐣ ᐅᒋ, ᐅᑕ ᐃᑕᐱ: www.ontariobreastfeeds.ca

ᑭᔭᐱᐨ ·ᐃ ᑭᐦᑫᓂᑕᒪᓄ:

- ᓄᕋᓇᐊ·ᐊᓯ·ᐃᐣ www.beststart.org/resources/breastfeeding
- ᒋᒋᐤ ᐁ ᐊᕋᒥᐟ www.beststart.org/resources/nutrition

ᑌᓚᐳᓂᐠ ᐃᔑ ᐊᔭ·ᐃᐣ ᐅᐣᑌᓇᐅᐠ 24
ᑭᓂ·ᑲᓂᐡᑲᐟ ᑕᑐ ᑭᔑᑲᐤ/7 ᑭᔑᑲᐤ ᑕᑐ
ᑕ·ᐊᐦᑌᐤ
1-866-797-0000
ᐁᑲ ᑲᐅᓯᑌᒋᐠ ᐅᒋ: **1-800-797-0007**
ᓇᑕ·ᐁᓂᐨ ᓄᕋᓇᐊ·ᐊᓯ·ᐃᐣ ᐣᑐᑯᓄᐣ
ᐃᐦ·ᑫᐤ ᐃᑌᓂᑕ·ᑲᑫ:

ᑫᑭ ·ᐃᒋᐃᐦᑭᐠ ᑭᑎᑕ·ᐃᓂᐠ:

ᑲ ᑭ ᐸᑭᑎᓇᐠ ᑭᒋ ᑭᐦᑭᓄ·ᐊᑕᓯᓇᐊᒧᐟ:
ᓯᐨᑯ ᒪᐦᑯᑲ ᐊᐦᑭᐠ ᐃᔑ ᐊᔭ·ᐃᐣ ᐊᐸᑎᓯ·ᐃᐣ

ᓲᓂᔮᓇ ᑲ ᑭ ᐸᑭᑎᓇᐠ: Ontario

ᑭᐦᑫᓂᑕᑯᑕ·ᐃᐣ...

ᒋᒋᐤ ᐅᑎᔑᓂᑲᓱ·ᐃᐣ: ____________________

ᒋᒋᐤ ᐅᓂᑭᐃ·ᑲ: ____________________

ᐁ ᑕᑐᑯᓇᑭᓱᐟ ᑲᓂᑕ·ᐃᑭᐟ: __________ ᐁ ᐃᔥᐸᓂᐟ ᐱᓯᒧᑲᐣ ᑲᓂᑕ·ᐃᑭᐟ: ______

ᐁᔥᐱᑎᓂ·ᑲᑎᐟ ᑲᓂᑕ·ᐃᑭᐟ: __________ ᑲ ᐃᔥᑯᓯᐟ ᑲᓂᑕ·ᐃᑭᐟ: ______

ᐣᑐᑯᓄᐣ/ᑲ ᑭᐢᑲᐯᔑᑫᐟ: ____________________

ᑖᐣᑕ ᑲ ᐃᔑ ᓂᑕ·ᐃᑭᐟ: ____________________

BABY-FRIENDLY
INITIATIVE STRATEGY
ONTARIO

ᓇᑲᒥᐃᐧᐁᐧᐃᐣ

ᑭᐦᑌᓂᑕᐧᑲᐣ ᑭᒋ ᓇᑲᒥᐃᑎᓱᔦᐣ ᓄᐦᑕ ᓇᑲᒥᐊᐟ ᑭᒋᒋᔑᑦ᙮ ᒪᐡᑯᐨ ᑲᐧᐃ ᐧᐃᒥᐃᑯᓱᔦᐣ᙮ ᒪᒥᑐ ᓄᓂᑕ ᐅᐅ:

ᓂᓇ

- ✔ ᑭᐦᑫᓂᑌᐣ ᐁ ᑌᐱ ᐊᐧᓄᐱᔦᐣ᙮
- ✔ ᑭᐦᑫᓂᑌᐣ ᐅᒋᑕᐤ ᐱᑯ ᐁ ᐃᑭᐠ ᐁ ᒪᑐᔦᐣ ᓄᐦᑕ ᐱᑯ ᐁ ᐧᐃᒪᑐᔦᐣ ᓂᓇ ᑕᐧᐊᐡᑌᐤ ᑲ ᐃᐡᐧᑲ ᐃᑕᐟ ᒋᒋᐡ᙮
- ✔ ᑭᐦᑫᓂᑌᐣ ᑫᐃᔑ ᓇᑕᐧᐊᐸᑕᒪᐣ ᐧᐃᒥᐃᐧᐁᐧᐃᐣ ᐃᐦᐱ ᐃᑌᓂᑕᒪᓄ

ᒋᒋᐡ

- ✔ ᐊᓭᔾ ᐣᑕᑎ ᓇᐃᐣ ᐁ ᐊᓭᒪᐠ ᐣᒋᒋᔑᑦ
- ✔ ᐣᑕᑎ ᑭᐦᑫᓂᒪᐤ ᐁ ᐧᐃ ᒥᒋᓱᐟ ᓄᐦᑕ ᑲᓭᒪᐤ
- ✔ ᑭᐦᑫᐣᑌᐣ ᑕᔑᓄ ᐁ ᐧᐃ ᒥᒋᓱᐟ ᐣᒋᒋᔑᑦ
- ✔ ᐣᑕᑎᓇᐃᐣ ᐁ ᓄᓭᓂᐊᐠ ᓄᐦᑕᐱᑯ ᐁ ᐊᐧᑲᑎᓇᐠ ᓇᐦᑭᑲᓂᐠ ᐁ ᓴ ᒪᑲᓄᔑᓇᐠ ᒉᐧᑲᐨ ᐁ ᐅᑎᓇᒧᐟ ᐅᒥᑯ ᓄᐦᑕ ᐱᑯ ᐁ ᒋᐦᑕᐅᐟ
- ✔ ᑭᐦᑫᐣᑌᐣ ᑫ ᐃᔑ ᓇᑕᐧᐊᐸᑕᒪᐣ ᐧᐃᒥᐃᐧᐁᐧᐃᐣ ᐃᐦᐱ ᐧᐃ ᑲᐧᑫᒋᑫᒧᔦᓄ ᑫᐧᑲᐣ ᒍᓭᓂᐊᐧᐊᓯᐧᐃᐣ ᐅᒋ

ᑫ ᐅᒋ ᑭᐦᑫᓂᑕᒪᐣ ᐁ ᐧᐃᒥᓂᐧᑫᐟ ᒋᒋᐡ: ᑕᑕᐧᐊᑎᐤ, ᓇᓂᐸᐧᐃᐤ, ᒪᒪᑎᓄᐧᐁᔑᐣ

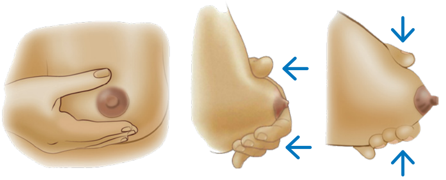
ᑫ ᐅᒋ ᑭᐦᑫᓂᑕᒪᐣ ᐧᑲᔦᐦᐠ ᐁ ᒥᓂᐧᑫᐟ

ᐁ ᑕᑐ ᑭᔑᑲᐧᐁᓯᐟ	1	2	3	4	5	6	7	8
ᐁ ᒍᓭᓂᐟ	8 ᓄᐦᑕ ᐱᑯ ᐊᐧᐊᓯᑌ ᐯᔦᐠ ᑭᔑᑲᐤ᙮ ᐧᑲᔦᐦᐠ ᒍᒍᒉᐤ, ᐯᑲᐨ, ᐁ ᐅᑕᒪᐟ, ᓇᑭᓇᑫ ᑯᒋᐸᓂᒋᑫᐤ							
ᑲ ᐃᐦᐱᓚᐠ ᒪᑕᐞ ᑕᐱᐡᑯᐨ	ᑲ ᐱᓭᔑᐠ ᒥᓂᐡ ᑲᒥᐧᑲ		ᐸᑲᐣ ᐧᐊᐪᓇᐟ ᑲ ᐃᒥᑲᑌᐠ		ᑲ ᐱᓭᔑᐠ ᐅᓇᐣᐨ ᒥᓂᐡ ᐊᑊᓇᐧᑲᐟ ᑲ ᐃᒥᑲᑌᐠ		ᐧᐊᐧᐃᐠ ᐧᐊᔪᐡ ᐃᐦᐱᓚᐤ	
ᑲ ᐃᔑᓇᑯᓯᐟ ᐊᓯᔦᐣ ᐁ ᑭᒥᓯᐟ	ᐧᐊᔪᐡ 1-2 ᐁ ᒪᑲᑌᐧᐊᐠ ᓄᐦᑕ ᐱᑯ ᐁ ᒪᑲᑌᐧᐃ ᐅᓭᐧᐊᐡᐧᑲᐠ		ᐊᐧᐊᓯᑌ 3 ᐁ ᒪᑲᑌᐧᐃ ᐅᔕᐧᐊᐠ, ᐁ ᐅᓭᐧᐊᐡᐧᑲᐠ, ᓄᐦᑕ ᐱᑯ ᐁ ᐅᔕᐧᐊᐠ		ᐊᐧᐊᓯᑌ 3 ᐁ ᒥᓯᑕᐧᐊᐠ ᓇᐧᐊᐨ ᐁ ᔕᐧᐊᐠ ᓄᐦᑕ ᐱᑯ ᐁ ᒪᑲᑌᐧᐃ ᐅᔕᐧᐊᐠ			
ᐁ ᓂᐱᐧᐃᐟ ᐊᓯᔦᐣ	ᑲᓇᑫ 1 ᓂᐱᐧᐃᐤ	ᑲᓇᑫ 2 ᓂᐱᐧᐃᐧᐊᐠ	ᑲᓇᑫ 3 ᓂᐱᐧᐃᐧᐊᐠ	ᑲᓇᑫ 4 ᓂᐱᐧᐃᐧᐊᐠ	ᑲᓇᑫ 6 ᒥᐦᑕᐃ ᓂᐱᐧᐃᐧᐊᐠ			
ᑲ ᐃᐦᐱᑎᓇᐧᑲᑌᐟ	ᒥᒉᐟ ᒋᒋᔑᐠ ᓇᔑᐸᓂᐧᐊᐠ 3 ᑭᔑᑲᐤ ᑲ ᐃᐡᐧᑲ ᓂᑕᐧᐃᑭᒋᐠ᙮ ᑭᐡᐧᑲ 4 ᑭᔑᑲᐤ ᓂᔑᑲᐨ ᐊᑎ ᑯᓯᐧᑲᑎᐤ᙮							
ᑯᑕᑭᔦ ᑲ ᐧᐃᑕᒪᑫᒪᑲᑭ	ᑭᐱᐱᔑᑦ ᑭᔑᐧᐁᐤ ᐁ ᒪᑐᐟ, ᑭ ᔑᓭᐧᐃ ᐊᔦᒋᐤ ᓄᐦᑕ ᐧᐃᐸᐨ ᑯᐦᑯᓯᐤ							

ᐧᐃᐸᐨ ᑕᒪᑯᐣ ᓄᐦᑕ ᓇᑭᓇᑫ ᑭᒍᒍᔑᑦ

ᑫᐧᑲᐣ ᐅᒋ:

- ✔ ᐧᐃᒥᐃᐧᐁᒪᑲᐣ ᐁᑲ ᓴᑭ ᐧᐃᐦᑕᓴᒪᒋᐊᐟ ᐁ ᑭᐡᐳᓄᐟ ᑭᒍᒍᔑᑦ
- ✔ ᐧᐃᒥᐃᑯᐤ ᑭᒋᒋᔑᑦ ᐧᑲᔦᐦᐠ ᑭᒋ ᓴᑭᒪᐟ
- ✔ ᒥᐦᑕᐃ ᓇᐧᐊᐨ ᑕᑭᒥᓂᐧᑫᐤ ᒍᒍᔑᓇᐳᓂᐤ ᑭᒋᒋᔑᑦ
- ✔ ᐧᐃᒥᐃᐧᐁᒪᑲᐣ ᑭᒋ ᒥᓚᑲᒥᐠ ᒍᒍᔑᓇᐳᐞ



ᑕᐣᑌ ᑐᒋᑲᑌᐠ:

1. ᑲᔑᒋᒉ
2. ᐯᑲᐨ ᒪᒪᑯᐣ ᑭᒍᒍᔑᑦ
3. ᐸᔑᐨ ᑲ ᐃᔑ ᐅᔕᐧᐃᔕᐟ ᒍᒍᒍᐡ ᐃᔑ ᑕᑯᐣ ᑭᒋ ᒋᐳᐸᓂᐟ ᒍᒍᐡ
4. ᑲᐦᑭᑲᓂᐠ ᐃᔑ ᒪᑯᐣ᙮ ᒪᑯᐣ ᑭᒋ ᐅᒋᑲᐧᐃᐟ᙮
5. ᐊᓯᐧᐊᑕ ᒍᒍᔑᓇᐳᐞ ᑫᒥᓇᐊᐟ ᑭᒋᒋᔑᑦ ᓄᐦᑕ ᐱᑯ ᓇᐃᑲ ᐸᑎᒪ ᓇᑫ ᑭᒋ ᐊᐸᑕᐠ
6. ᑕᐱ ᑐᑕ (ᑲᐦᑭᑲᓂᐠ ᐃᐡᐱᐡ, ᒪᑯᐣ, ᑭᐱᒋ) ᐊᔦᒋᐱᐡ ᑭᒍᒍᔑᑦ
7. ᐧᑲᓂ ᐯᔦᐧᑲᐣ ᑐᑕᐤ ᑯᑕᐠ ᑭᒍᒍᔑᑦ