

Wiingezing owi nikiwaa E'zhishinang Zhaga'ay miinwaa Zhaga'ay

Bangii agwa badakaakidabiwyin, gego zhizhige. Zhizhim gdo binoojiin awii:

- ✓ Dengwens awii waamdaman
- ✓ Ndibens pane awii mina bimaadidang
- ✓ Ajaansh miinwa adoon bwaabagagaadeg
- ✓ Ndibens bezhigwang nikiiyaa aji zhising
- ✓ Kwegaans aji gweksing, gaawii shiwesisinang

- ✓ Adinmaagnan nabagisin gakaakinaang, gakaakan miinwaa gakaakan
- ✓ Opikiwan gabagaadenig nikaazan waabowaan

Gamaaminig giizhigad shkwaandaadizid majiginind zhaga'ay miinwaa zhaga'ay kowaamdan gdo binoojiinsim adengwens. Waamdan naasaab aji naandeg wiyo, weweni neses, miinwaa binoojiins nisdwaamdan danginad.

Awii mina nibaawin, agiishpin agiikiimigwashiyin miinwaa gaawii gwaya awaa kowaabimig giin miinwaa gdo binoojiinsim, ado ni baagaansing gdaa zhigishmowaa, opikwaaning zhising.

Gegwa mshkwopinaake maage wiikwepinaake gdo binoojiinsim, gaawii adaa gshkitosiin awii waamdowed eshi wiisinid.



Jiigawling Aasgaabwetaagewin:

- Nonaawisang www.beststart.org/resources/breastfeeding
- Binoojiins shamind www.beststart.org/resources/nutrition

Dibagadenon:

Agii nikaazam bagidinigewin owi:
Simcoe Muskoka District Health Unit

gagwedwen owaa nonaawisang
mshkikii kwe, giishpin mineziyin.

1-866-797-0000
TTY: 1-800-797-0007

gizhigak/nishwaaawi giizhig
24 minik dibagiiwaa ensa
Telehealth Ontario

- Neniish Iniwewin Mazinaatesin Biitwab-konsting Ontario Nonaawisang Nankiwin zhinomaadegin www.ontariobreastfeeds.ca
- odenwining:
Newen nonaawisang nankiwin gdo
Woshme gego awii gikendamman:

Aasgaabwetaagewinan miinwaa Nankiwinan

Shki waamdoweng . . .



Binoojiins adinoziwin: _____

Egitzingejig adinoziwin(waa): _____

Apii agaa Daadizid: _____ Agaa piichaag agii daadizid: _____

Agaa piitinigizid: _____ Agaa koozid: _____

Mshkikiinini/E-ndaadizichiged: _____

Agaa anji daadizid: _____

**BABY-FRIENDLY
INITIATIVE STRATEGY
ONTARIO**

Naagdowenjigeng

Naagdowendiziin miinwaa gdo binoojiinsim gitchi ishpendaagwad. Gnima gda makaan donwendaman maage mineziyng naadmaagewin. Dibegandan ninda ezhibiigaadegin:

NIIN

- ✓ Deminig ana debnaan nwebwin.
- ✓ Ngiikendaan agwa mowing maage maanaadendamang gagweji zhiwebad owi ntaam niishinamegiizhigag.
- ✓ Ngii gikendaan waanji gagwedwe-aan naadmaagewin miinwaa ggaa gagwedwen, giishpin minezijaan.

Wiiba dibaajimowin awii shamaawisang: baakdonetaad, naanbaaywed, baakski donesed.

Binoojiins

- ✓ Woshme agwa ndo penmandaadis miinwaa ndo mina zhayaa shamaag ndo binoojiinsim.
- ✓ Ndo gikendaan ndo binoojiinsim apii bakaded miinwaa ezhi nkwetamaa newen.
- ✓ Ngii gikendaan agwa njida agwa ndo binoojiinsim ado aabaji dowendaan awii wiisind.
- ✓ Ndaa naadmowaa ndo binoojiinsim awii minwendamowag miskwi bamigaadenig miinwaa bdakwind noonaawisiwaan miinwaa/maage zhaga'ay miinwaa zhaga'ay majignag.
- ✓ Ngii gikendaang awaa zhaa-aan giishpin gego gagwedwewinan yaamaa owi shamag nod binoojiinsim.



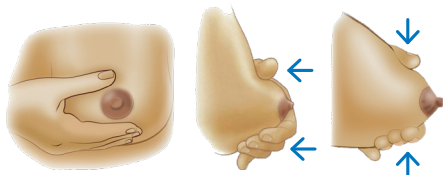
Gekendaagwod nonaawisang mina maajiishkaag

Giizhigag epiitizid	1	2	3	4	5	6	7	8
Shamaawisang	Nishaasiwi maage woshme shamaawisang ensa giishigag. Gdo binoojiinsim gagetin wiikijige, nengaa, aabajitaa miinwaa gagwenjiged.							
Masad Engokwaag	Wiigwaasimin inigokwaa	Waawiye bagaan inigokwaa			Bagesaaning inigokwaa	Waawinong inigokwaa		
Waaninaagwog aanziyaanan	Gnigen agwa bezhig (1) maage niish (2) MAKADAWAANDEG MAAGE OSHAAWAASHKWAA		Nisiwi (3) maage woshme OSAWAAG, OSHAAWAASHKWAA MAAGE AZAANWAAANDEG		Nisiwi maage woshme mechaag miinwaa e-nokaag ZAAWAANDEG MAAGE OSAWAAG			
Nisaabaaweg aanziyaanan	Gnigen agwa 1 NISAABAAWEG	Gnigen agwa 2 NISAABAAWEG	Gnigen agwa 3 NISAABAAWEG	Gnigen agwa 4 NISAABAAWEG	Gnigen agwa ngodwaasiwi GECHI NISAABAAWEG			
E'piitnigizid	Gegaa agwa kina binoojiinsag naajitonaawaa epiitnigizwaad nisigon shkwa ndaadiziwaad. Ekwa niwi'agon maachitaamigag gegaa agwa kina binoojiinsag giikinogiziwog.							
Aanin bkaan e'waamjigaadeg	Gdo binoojiinsim adaa babiigwemowi, aabaji bimaajii miinwaa ntaa g'shkozi.							

G'ninjiin nikaazan awii ziinaman dodoshaabo wiiba miinwaa wewiiba

Aaniidash:

- ✓ Awii naadimaagyin bimoowin doodoshaabo gdo idodoshiming awii mina zhayaawin.
- ✓ Naadmowaad binoojiins awii zaginjiged.
- ✓ Woshme niibna awii miinaad doodoshaabo gdo binoojiinsim.
- ✓ Awii giikinaman owi minik eyaaman dodoshaabo.



Aaniish:

1. Gaziibiigininjiin.
2. Nengaa znogibish gdodoshim.
3. Zhisidon gninj miinwaa giininj shkwe-aang zhiwe naanagwiwin "C" zhinaagwog.
4. Shkwe-aang maagbijige kaakinaag nikiwaa. Maagbidon gnijiinsan odi nikiyaa dodoshing.
5. Maawaanjiton doodoshaabo baamaapii awii shamad gdo binoojiinsim maage zgaginan baamaapii awii nikaaziin.
6. Aanj miinwaa (shkwe-aang magibijigen, maagbijigen, nwebin) miinwaa aanjininjiin gaataayiing gdodoshiming.
7. Owa bkaan dodosh nikaazan miinwaa naasaab miinwaa zhichigen.