

Ojibway Translation

Shkl waamdoweng . . .



Binoojiins adinoziwin: _____

Egitziiingegig adinoziwin(waa): _____

Apii agaa Daadizid: _____ Agaa piichaag agii daadizid: _____

Agaa piitinigizid: _____ Agaa koozid: _____

Mshkikiinini/E-ndaadizichiged: _____

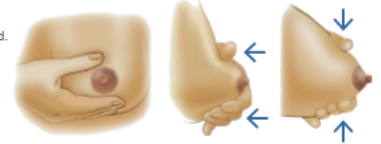
Agaa anji daadizid: _____



G'ninjiin nikaazan awil zlnanaman dodoshaabo wilba miinwaa wewilba

Aaniidash:

- ✓ Awil naadimaagiyin bimoowin doodoshaabo gdo idodoshiming awii mina zhayaawin.
- ✓ Naadmowaad binoojiins awil zaginjiged.
- ✓ Woshme niibna awil miinad dodoshaabo gdo binoojiinsim.
- ✓ Awil giikninan owi minik eyaaman dodoshaabo.



Aaniish:

1. Gaziibiiginjiin.
2. Nengaj znogibish gdodoshim.
3. Zhisidon gninj miinwaa gijini shkwe-aang zhiwe naanagwiwiin "C" zhinaagwog.
4. Shkwe-aang maagbijige kaakinaag nikiwaa. Maagbidon gnjiinsan odi nikiyaa dodoshing.
5. Maawaanjiton dodoshaabo baamaapii awil shamad gdo binoojiinsim maage zgaginan baamaapii awil nikaaziin.
6. Aanj miinwaa (shkwe-aang magbijiger, maagbijiger, nwebin) miinwaa aanjiniinjiin gaataaying gdodoshiming.
7. Owa bkaan dodosh nikaazan miinwaa naasaab miinwaa zhichigen.

Naagdowenjigeng

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

NIIN

- ✓ Deminig ana debnaan nwebwin.
- ✓ Ngiiikandaan agwa mowing maage maanaadendamag gagweji zhiwabad owi ntam niishinamegiizhigag.
- ✓ Ngii gikendaan waanji gagwedwe-aan naadmaagewin miinwaa ggaa gagwedwen, giishpin minezijaan.

Wiiba dibajimowin awii shamoaawisang: baakdonetaad, naanbaaywed, baakski donesed.

Binoojiins

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



Wilingezing owl nklilwaa E'zhishnang Zhaga'ay miinwaa Zhaga'ay

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

- ✓ Dengwens awii waamdaman
- ✓ Ndbens pane awii mina bimaadidang
- ✓ Ajaansh miinwaa adoon bwaa gabagaadeg
- ✓ Ndbens bezhigwang nikiyaa aji zhisig
- ✓ Kwegaans aji gweksing, gaawii shiwesisinag
- ✓ Adinmaagan nabagisin gakaakinaag, gakaakan miinwaa gakaakan
- ✓ Opikiwan gabagaadenig nikaazan waabwaan

Gamaaminig giizhiged shkwa ndaadizid majjginind zhaga'ay miinwaa zhaga'ay kowaamdan gdo binoojiinsim adengwens. Waamdan naasaab aji naandeg wiyoo, weweni nesed, miinwaa binoojiins nidadwaamdang danginad.

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

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



Gekendaagwod nonaawisang mina maajiishkaag

Gizhigag epiitizid	1	2	3	4	5	6	7	8
Shamaawisang	Nishwaasiwi maage woshme shamaawisang ensa giishigag. Gdo binoojiinsim gagetin wiikijige, nengaj, aabajitaa miinwaa gagwenjiged.							
Masad Engokwaa	Wigwaasimin inigokwaa	Waawiye bagaan inigokwaa	Bagesaaning inigokwaa	Waawinong inigokwaa				
Waaninaagwog aanziyaanan	Grigen agwa bezhig (1) maage nish (2) MAKADEWANDEG MAAGE OSHAANWAASHIRWAA	Nisiwi (3) maage woshme OSANWAG, OSHAANWAASHIRWAA MAAGE AZAANWANDEG	Niswi maage woshme mechaag miinwaa e-nokaag ZAAWANDEG MAAGE OSANWAG					
Nisaabaaweg aanziyaanan	Grigen agwa 1 NESABANWEG	Grigen agwa 2 NESABANWEG	Grigen agwa 3 NESABANWEG	Grigen agwa 4 NESABANWEG	Grigen agwa ngodwaaswi GECHI NISAABAABWEG			
E'piitinigizid	Gegaa agwa kina binoojiinsag naajitonaawaa epiitinigizwaad nisigon shkwa ndaadiziwaad. Ekwa niw'agon maachitaamigag gegaa agwa kina binoojiinsag giiknigiziwog.							
Aanin bkaan e'waamjigaadeg	Gdo binoojiinsim adaa babigwemow, aabaji bimaajii miinwaa ntaa g'shkozi.							

Aasgaablwitaagewinan miinwaa Nankliwlan

Dibagaadenon:

Newen nonaawisang nankliwlan gdo odeniwlning:

- Neniish Iniwewin Mazinaatesin Biiwaab-konsing Ontario Nonaawisang Nankliwlan zhinomaadegin www.ontariobreastfeeds.ca

Woshme gego awil gikendam:

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

Telehealth Ontario

24 minik dibagiswaa ensa giizhigag/niishwaaswi giizhig

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

Gagwedwen owaa nonaawisang mshkikii kwe, giishpin mineziyin.

Agii nikaazam bagidinigewin owi: Simcoe Muskoka District Health Unit

Jligawling Aasgaablwetaagewin: