

# Breastfeeding Wellness Teachings

## FOR MOTHERS, FAMILIES AND COMMUNITIES

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### WELLNESS

Breast milk is the first traditional food. An excellent way to ensure wellness for your baby is breastfeeding.

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### EMPOWERMENT

Breastfeeding can be empowering.

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### LEARNING TO PARENT IS A TEAM EFFORT

It takes a community to raise a child, and communities who believe in breastfeeding are a huge support to parents.

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### LISTENING TO THE MOTHER'S NEEDS AND QUESTIONS

This helps to provide the mother with the support to make healthy decisions.

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### NO MOTHER AND BABY LEFT BEHIND

Everyone has a role to play to support a mother in her informed infant-feeding decisions and support all mothers regardless of their decision.

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### EXCELLENCE

Breastfeeding keeps both mother and baby strong by providing many health benefits to them.

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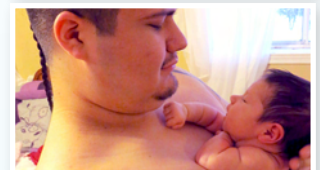
### SUPPORT

Mothers need both encouragement and practical support when breastfeeding. Support could include help with household chores, caring for other children, shopping, and looking after the baby while the mother sleeps or rests.

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### SUSTAINABILITY

Breast milk flows *"through our ancestors and to our future generations"*.



### RESOURCES

- 24/7 breastfeeding support line at 1 866 797 0000.
- Bilingual Online Ontario Breastfeeding Services directory at [ontariobreastfeeds.ca](http://ontariobreastfeeds.ca)

Adapted with permission from the First Nations Health Authority.

**best start**  
**meilleur départ**

by/par health **nexus** santé