



Wellness is Breastfeeding

Breast milk is the first traditional food.

Breastfeeding has many health benefits for both mother and baby – it will keep both of them strong and healthy.

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Adapted with permission from the First Nations Health Authority.

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Breastfeeding can be empowering for women

Mothers are sustaining life through breastfeeding.

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It takes a community to raise a child

Learning to parent is a team effort.

Aunties, grandmothers, and sisters can help out.

Asking is a strength.

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Listen to the mother's needs and questions about infant feeding

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

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No mother and baby are left behind

Everyone has a role to play to support a mother in her informed-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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Fathers can help make baby strong by supporting breastfeeding

Fathers can help by cuddling with baby, helping the mother to rest and eat well, and letting her know she is doing a good job.

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Breastfeeding: Reclaiming our tradition

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

Breast milk is the first traditional food.

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