Breastfeeding Support Project: Our Journey at Niwasa

We foster a positive experience in the early years setting as a foundation for lifelong learning behaviours, health and well being.

Where We Begin

• 16% less than 3 months
• 33% 3-6 months
• 25% 6-9 months

The City of Hamilton:
• 88% of women intended to breastfeed
• 63% breastfed 2 weeks after birth
• 22% breastfed for 6 months
• 9 out 10 mothers start breastfeeding
• only 1 in 3 are successful after 6 months,

First Nation, Métis and Inuit Early Years Members:

• Aboriginal Health Centre
• Ontario Early Years Program
• Hamilton Regional Indian Centre
• HBHC from Ontario Native Women’s Association
• City of Hamilton
  (Recreation centre, Public Health department, ect)
• Boys and Girls Club of Hamilton
• Angela’s Place
• Urban Ministry
• Hamilton Wentworth District School Board
• Children’s Aid Society
• Elders and knowledge keepers
Strategies

• Our strategies for increasing breastfeeding education among Aboriginal community agencies and neighbourhood families are based on networking and collaboration

Engaging Women and Community

How do we know this strategy is effective?
The outcome of this project:

- Staff trained
- Resources available
- Sustainability for future planning
- Actively involved community working group
- Healthy Birth Weight Committee
- Sister supporting sister
- Outreach programs
- 2 out of 3 women that using our program breastfeed their baby over one year

2014-2015 participants
Quotes

• “I have access to teaching and ceremonies for my baby”
• “I like that I can help other mothers gain their confidence”
• “I like that we can share our information equally”
• “I learned about my ancestors and this helps me connect to my grassroots”
• “Everyone here empowered me to try to breastfeeding my new son”