3 Breastfeeding Projects Funded by Health Nexus, March 2013-December 2015

AJ Prenatal breastfeeding education, support for breastfeeding mothers

BJ Breastfeeding training for health professionals and outreach workers

C A video to promote breastfeeding among First Nations women
Challenges:
- Low participation for peer support group
- Difficulty securing partnership with local IBCLCs
- Weak sustainability plan for peer support group

Successes:
Monthly breastfeeding program for prenatal women and breastfeeding mothers
- Workshops
- Education
- Peer Support

Supplemental Project
March 2014 - November 2014:
Level 1 and 2 "Making a Difference" Breastfeeding Course for Health Professionals
- Level 1: 30 health care professionals and outreach workers from 13 organizations
- Level 2: 22 health care professionals and outreach workers from 11 organizations

Course facilitated by Kathy Verlee of Sunnybrook Hospital through the Quinlivan Foundation
Supplemental project continued...
- 2 follow up meetings for course participants
  - Level 1 follow up: 20 participants
  - Level 2 follow up: 13 participants

Outcomes:
- Current information for providers to share with clients
  - Increased consistency of information regarding breastfeeding in our community
  - Networking opportunities

Round 2 Community Breastfeeding Project January-December 2015:
Video Project
- A video to promote breastfeeding among First Nations women
- A resource to provide up to date information about breastfeeding
- Personal stories from women who have breastfed
Lessons Learned.....

- Be flexible!
- Listen to the needs of clients
- Importance of collaborating with clinic staff/providers
- Importance of partnerships
- Take photos!