





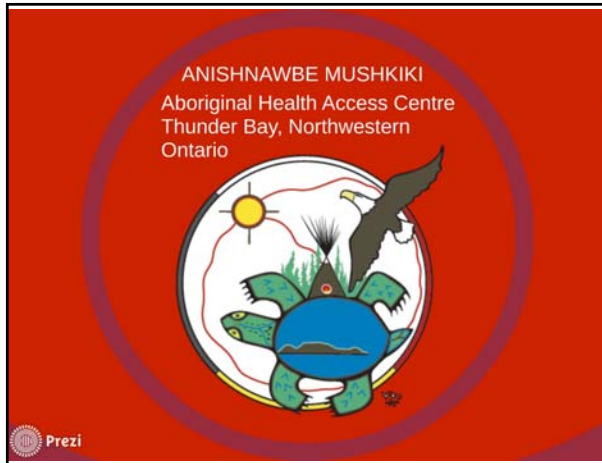
3 Breastfeeding Projects Funded by Health Nexus, March 2013-December 2015

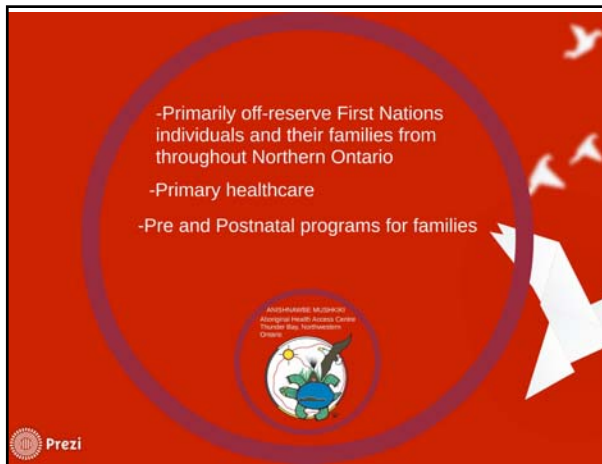
AJ Prenatal breastfeeding education, support for breastfeeding mothers

BJ Breastfeeding training for health professionals and outreach workers

CJA video to promote breastfeeding among First Nations women

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Challenges:

- Low participation for peer support group
- Difficulty securing partnership with local IBCLCs
- Weak sustainability plan for peer support group

Succeses:
 Monthly breastfeeding program for prenatal women and breastfeeding mothers

- Workshops
- Education
- Peer Support



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Monthly breastfeeding program for prenatal women and breastfeeding mothers

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**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

-Courses facilitated by Kathy Venter of Sunnybrook Hospital, through the Quintessence 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!

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A Multifaceted Approach to Increase Knowledge and Strengthen Breastfeeding Rates Among Indigenous Women

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