

**best start
meilleur départ**

by/par health **nexus** santé

Health Nexus Weekly Bulletin

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NATIONAL INDIGENOUS PEOPLES DAY: HIGHLIGHTING BEST START INDIGENOUS RESOURCES



Health Nexus Team would like to join many people across the country in recognizing National Indigenous Peoples Day, which was celebrated on June 21st, 2020.

Best Start by Health Nexus has supported many Indigenous communities across Ontario and developed resources in collaboration with Indigenous experts, leaders, community members and service providers.

Today, we would like to share a selection of Best Start resources and information that highlight Indigenous health to honour [National Indigenous Peoples Day](#):

1. [Beginning Journey: First Nations Pregnancy Resource](#)
 2. [Breastfeeding for the Health and Future of our Nation](#)
 3. [Breastfeeding Wellness Poster Series](#)
 4. [Breastfeeding Wellness Tip Sheet](#)
 5. [Parenting Indigenous Children with FASD](#)
 6. [Webinar: The Story of Inunnguiniq – Development of a Parenting Support Program Based on Inuit Childrearing Philosophy](#)
 7. [Webinar: Elders Paving the Way Forward: The Centre of Family and Community Strength](#)
 8. [Webinar: Strategies for Engaging Indigenous Women During Pregnancy](#)
 9. [Atuaqsijut: Following the Path Sharing Inuit Specific Ways](#)
 10. [Taking Care of Our Children: Parent Workshop on Childrearing in First Nations Families and Communities](#)
 11. [Ahi-gid-minaan Nda-nii-jaan-sag- Growing Together With Our Children](#)
 12. [Planning a First Nations Workshop for Parents](#)
 13. [Planning for Change, Facilitator Guide: Workshop for First Nations Women about FASD Prevention and Skills for Change](#)
 14. [BFI Crib Card](#)
 15. [Prescription Drug Misuse in Pregnancy and Parenting](#)
 16. [Why am I Poor: First Nations Child Poverty in Ontario](#)
 17. [The Sacred Journey from Preconception to Parenting for First Nations Families in Ontario](#)
 18. [Be Safe: Have an Alcohol-free Pregnancy - Printer-ready handouts](#)
 19. [Mixing Alcohol and Breastfeeding - Printer-ready handouts](#)
 20. [Pregnancy and Alcohol](#)
 21. [Pimotisiwin: A Good Path for Pregnant and Parenting Aboriginal Teens](#)
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22. [Founded in Culture: Strategies to Promote Early Learning Among First Nations Children in Ontario](#)
23. [A Child Becomes Strong: Journeying Through Each Stage of the Life Cycle](#)
24. [Open Hearts, Open Minds: Services that are Inclusive of First Nations, Métis and Inuit Families](#)
25. [Webinar: Infant and Early Mental Health in an Indigenous Context](#)

Best Start Resources in Indigenous Languages:

1. Signs that Feeding Is Going Well: [Cree](#) & [Ojibway](#)
2. Breastfeeding for the Health and Future of our Nation: [Cree](#) & [Ojibway](#)
3. BFI Crib Card: [Cree](#) & [Ojibway](#)
4. Safely Preparing Infant Formula for Your Baby- Fact Sheets: [Cree and Ojibway](#)

**MULTICULTURALISM DAY:
HIGHLIGHTING BEST START MULTICULTURAL RESOURCES**



June 27, 2020, is [the Canadian Multiculturalism Day!](#)

During these unprecedented times, this is a perfect moment to celebrate this wonderful Canadian tradition.

To access information on the virtual activities taking place across the country to mark Canadian Multiculturalism Day, please visit this website: <https://www.canada.ca/en/canadian-heritage/campaigns/multiculturalism-day.html>

This week, Health Nexus provides a selection of Best Start resources and information developed for multicultural families and many are available in multiple languages. All of our resources are available for free download from the Best Start website at www.beststart.org.

Multicultural Resources:

1. [When Children Speak More than One Language.](#)
2. [Giving Birth in a New Land – A guide for women new to Canada and their families.](#)
3. [Growing up in a New Land.](#)
4. [Growing up in a New Land – Strategies for Working with Newcomer Families.](#)

Resources available in many languages:

1. [Breastfeeding Your Early Preterm Baby.](#)
2. [Breastfeeding Your Late Preterm Baby.](#)
3. [My Breastfeeding Guide.](#)
4. [Breastfeeding Matters.](#)
5. [Signs That Feeding Is Going Well.](#)
6. [Mixing Alcohol and Breastfeeding.](#)
7. [Baby Wants.](#)
8. [Preterm Labour Signs & Symptoms.](#)
9. [Feeding Your Baby.](#)
10. [Life With a New Baby Is Not Always What You Expect.](#)
11. [You and Your Baby.](#)
12. [Important Signs to Watch for if You are Pregnant.](#)
13. [Be Safe – Have an Alcohol Free Pregnancy.](#)
14. [Work and Pregnancy Do Mix...](#)

Visit [our resources page](#) to discover all our many evidence-based, up-to-date resources!

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We have moved! Our new location is:

Nous avons déménagé ! Notre nouvelle adresse :

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