### **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

#### 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

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#### 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"