

## 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.



---

---

---

---

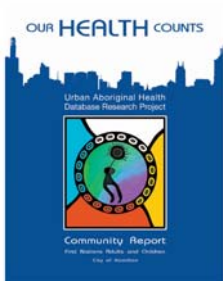
---

---

---

---

## 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



---

---

---

---

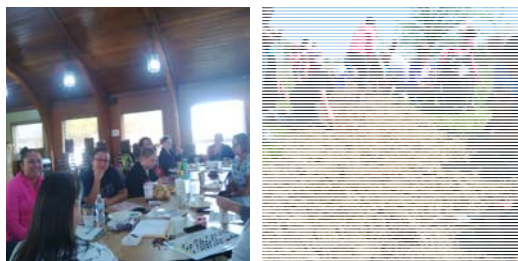
---

---

---

---

How do we know this strategy is effective?



---

---

---

---

---

---

---

---



### 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”

---

---

---

---

---

---

---

---