

**best start
meilleur départ**

by/par health **nexus** santé

Health Nexus Weekly Bulletin

In this issue:

- Celebrating National Breastfeeding Week!

CELEBRATING NATIONAL BREASTFEEDING WEEK



Health Nexus would like to join Canada in celebrating National Breastfeeding Week!

Over many years, Health Canada and our most well-known program, Best Start, has developed numerous resources for expecting and new parents on breastfeeding topics.

[*Breastfeeding Matters - an Important Guide to Breastfeeding for Women and their Families*](#) resource was recently updated and provides new and future parents with information to support informed decision-making regarding breastfeeding, important things to know about breastfeeding, FAQs and where to get help.

Also, the providers can review and download the [*Breastfeeding Wellness Poster Series*](#). High-resolution files for printing are available for purchase and are currently free as a celebration of World Breastfeeding Week.

The Breastfeeding Wellness poster series was originally developed by the [First Nation Health Authority](#), and adapted by Best Start by Health Nexus for Breastfeeding Week 2019. This series of 8 beautiful posters offers an Indigenous perspective on breastfeeding, with universal messages such as “*Breast milk is the first traditional food*” and “*Breast milk flows through our ancestors to our future generations.*” The posters are also available [in French](#).

In addition, Best Start developed [*Breastfeeding Wellness Tip Sheet*](#).

Sharing powerful messages of this tip sheet can support the information presented in the Breastfeeding Wellness poster series. The tip sheet is also available [in French](#).

To learn more about Health Nexus breastfeeding resources, visit [here](#) or contact us at info@healthnexus.ca.

**best start
meilleur départ**

by/par health **nexus** santé



We have moved! Our new location is:

Nous avons déménagé ! Notre nouvelle adresse :

WeWork

c/o Health Nexus

240 Richmond Street W

Toronto, ON M5V 1V6

Tel. (416) 408-2249

1-800-397-9567

Fax: (416) 408-2122

beststart@healthnexus.ca
