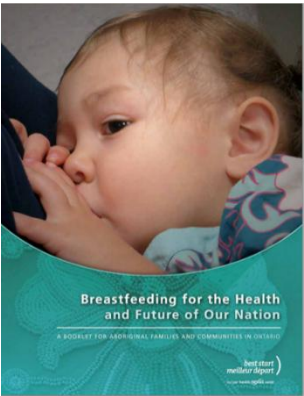
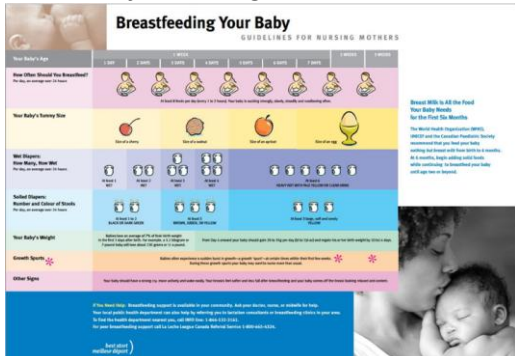
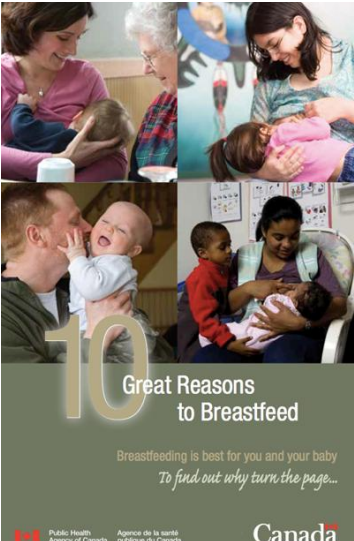
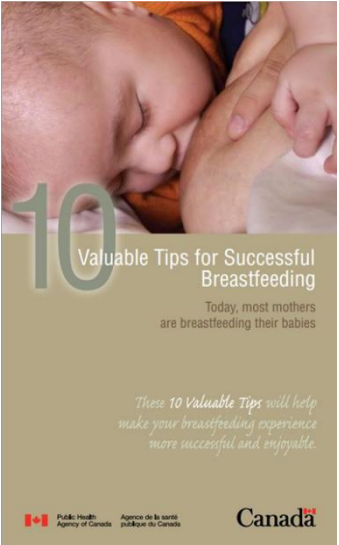


# Aboriginal-specific Breastfeeding Resource Kit

Final-December 31, 2015

Title/Name of Item	Description	Cost	Info on how to get this item
<p><i>Breastfeeding for the Health and Future of our Nation</i></p> 	<p>Booklet from Best Start-Health Nexus.  <a href="http://www.beststart.org/resources/breastfeeding/BFHFN_sept26.pdf">http://www.beststart.org/resources/breastfeeding/BFHFN_sept26.pdf</a>            Contains information on breastfeeding, providing, protecting, supporting, and learning from your baby. (was already included in Belinda's kit)</p>	<p>Small cost per booklet—PDF to print. In Cree and Ojibwe</p>	<p>www.healthnexus.ca    <a href="http://www.beststart.org">www.beststart.org</a>  <a href="mailto:beststart@healthnexus.org">beststart@healthnexus.org</a></p>
<p><i>Guidelines for Nursing Mothers Sheet</i></p> 	<p>Sheet prepared by Best Start/Health Nexus. Information on how often to breastfeed, baby's tummy size, wet diapers, soiled diapers, etc. (was already included in Belinda's kit)</p>	<p>FREE</p>	<p>Contact Health Nexus to obtain copies.</p>
<p><i>Canada's Food Guide for First Nations, Inuit and Métis</i></p>	<p>Adaptation of the Canada Food Guide to take traditional foods into account. In Inuktitut, Ojibwe, Plains and Woods Cree</p>	<p>FREE</p>	<p>From Health Canada  <a href="http://www.hc-publication-sc.gc.ca/paccb-dgapcc/cmcd-dcmc/webpubs.nsf/Web1/3426?OpenDocument&amp;lang=eng&amp;">http://www.hc-publication-sc.gc.ca/paccb-dgapcc/cmcd-dcmc/webpubs.nsf/Web1/3426?OpenDocument&amp;lang=eng&amp;</a></p>

Title/Name of Item	Description	Cost	Info on how to get this item
<p><i>Information Sheet on local breastfeeding support and resources</i></p> <p>This will include mainstream resources, plus the following Aboriginal specific information:</p> <ul style="list-style-type: none"> <li>• <b>Tungasuvvingat Inuit; – Offer Breastfeeding Support</b> 297 Savard Avenue, Ottawa, ON K1L 7S1 P: (613) 749-4500 General Info <b>Ext.22</b> F: (613) 749-8713</li> <li>• <b>Pre-Post-Natal Program (Canadian Pre-Post-Natal Program)</b> Tungasuvvingat Inuit’s program offers support for pregnant parents and new parents for children up to 18 months old. A healthy lunch suitable for expectant mothers and young children is provided. Discussion topics include the different stages of pregnancy and infant development. Discussions are parent - driven and we invite guest speakers, such as nurses, Ottawa Public Health representatives, diabetes workers and community elders.</li> <li>• <b>Odawa Friendship Centre- Wendiiosta Horn-Allmand -Healthy Babies Healthy Children Coordinator</b> 250 City Centre Avenue Ottawa, Ontario K1R 6K7 Phone: (613) 722-3811 ext 237 Fax: (613) 722-4667 Email: <a href="mailto:healthybabiesodawa.on.ca">healthybabiesodawa.on.ca</a></li> <li>• <b>Wabano Centre for Aboriginal Health – Belinda Larente Perinatal/Family Wellness Coordinator</b> 299 Montreal Road Ottawa, Ontario K1L 6B8 Phone: (613) 748-0657 ext 237 Fax: (613) 748-9364 Email: <a href="mailto:blarente@wabano.com">blarente@wabano.com</a></li> </ul>	<p>Sourced from City of Ottawa</p>	<p>FREE</p>	<p>PDF from Belinda</p>

Title/Name of Item	Description	Cost	Info on how to get this item
<p><i>10 Great Reasons to Breastfeed</i> booklet</p> 	<p>PHAC brochure</p>	<p>FREE</p>	<p><a href="http://www.hc-publication-sc.gc.ca/paccb-dgapcc/cmcd-dcmc/webpubs.nsf/Web1/140476?OpenDocument&amp;lang=eng&amp;">http://www.hc-publication-sc.gc.ca/paccb-dgapcc/cmcd-dcmc/webpubs.nsf/Web1/140476?OpenDocument&amp;lang=eng&amp;</a></p>
<p><i>10 Valuable Tips for Successful Breastfeeding</i> booklet</p> 	<p>PHAC publication</p>	<p>FREE</p>	<p><a href="http://www.hc-publication-sc.gc.ca/paccb-dgapcc/cmcd-dcmc/webpubs.nsf/Web1/140476?OpenDocument&amp;lang=eng&amp;">http://www.hc-publication-sc.gc.ca/paccb-dgapcc/cmcd-dcmc/webpubs.nsf/Web1/140476?OpenDocument&amp;lang=eng&amp;</a></p>

<b>Title/Name of Item</b>	<b>Description</b>	<b>Cost</b>	<b>Info on how to get this item</b>
Breast pads	Provide a small box or Ziploc bag of breast pads	\$10 for package of 50 or 60	Purchase at WalMart, Shoppers or similar store
Nipple Cream	Provide one container of nipple cream.	\$10	Consider looking for a supplier willing to provide free samples.
Vitamin D	Provide a small bottle of Vitamin D drops.	\$10	Purchase from Walmart, Shoppers, or look for a supplier willing to provide free samples
<i>Breastfeeding My Baby</i> resource	City of Ottawa resource guide.	FREE	Contact City of Ottawa public health.
Breast Milk Bottle	Provide a bottle	\$15	Purchase at Walmart or similar store
Breast Milk Bags	Provide a small number of bags in a Ziploc bag	\$8 for package of 25	Purchase at Walmart, or similar store

