LEARNING FROM MOTHERS, GRANDMOTHERS, & GREAT GRANDMOTHERS ABOUT BREASTFEEDING

RICH MILK
forms part of the babies' IDENTITY AND CONNECTION to traditional foods:

geese, moose, fish, caribou.

BREASTFEEDING IS A TRADITIONAL PRACTICE

Infants need love and support from mothers, grandmothers, fathers and health care providers. Feeding infants BUILDS RELATIONSHIPS OF TRUST.

Breastfeeding is a positive nurturing and bonding time for baby and mom.

"MAYBE THEY JUST NEED A GRANDMA to say you know I used to go through what you're going through. You're going to be okay. Affirm for them what they have done."

GRANDMOTHERS LOVE TO PASS ON THEIR STORIES

of breastfeeding and mothering to the next generation.

Grandmothers have a diversity of perspectives – Dene, Inuvialuit, and Metis.

BREASTMILK WAS A PART OF SURVIVAL

When breastmilk was not available, families used broth of the fish and animals to feed the babies.

Traditional knowledge is kept alive through INTERGENERATIONAL RELATIONSHIPS and SUPPORTED BY COMMUNITY BEYOND THE FAMILY.

PARTNERS CAN SUPPORT moms by helping with baby care, playing and caring for their other children, and helping moms to rest and stay nourished.

Mothers need more support from health care providers throughout their breastfeeding and parenting journeys. Health care providers need ongoing education to be able to provide consistent support.

YOUNG MOTHERS NEED THE SUPPORT AND STORIES OF ELDERS AND CAREGIVERS

to reinforce their confidence in beliefs and practices.

Executive Summary by Pertice Moffitt Phd RN, June 2018