

## **Breastfeeding As A Rite of Passage: Resources**

### **Best Start Ontario Downloads:**

K66-A - A Facilitator Guide: Planning a First Nations Workshop for Parents

K47-A – Zhi-gid-minaan Nda-nii-jaan-sag - Parent Workshop on Parent-Child Attachment

J15-E - Open Hearts, Open Minds - Services that are Inclusive of First Nations, Métis and Inuit Families – Report

K04-E - A Sense of Belonging - Supporting Healthy Child Development in Aboriginal Families – Manual

E33-A - Beginning Journey - First Nations Pregnancy Resource - Book

E31-A - The Sacred Journey from Preconception to Parenting for First Nations Families in Ontario - Manual

B05-A - Breastfeeding for the Health and Future of Our Nation - Booklet

<http://www.beststart.org/cgi-bin/commerce.cgi?search=action&category=AB0A&advanced=yes&sortkey=sku&sortorder=descending>

### **Breastfeeding and Its Relationship to Culture**

<https://www.healthyfamiliesbc.ca/home/articles/breastfeeding-and-its-relationship-culture#sthash.XQTT9aSl.dpuf>

### **Breastfeeding: More than a Loving Contact**

<http://www.child-encyclopedia.com/breastfeeding/resources>

### **Close to the Heart: Breastfeeding our Children, Honoring our Values Video:**

[https://www.youtube.com/watch?feature=player\\_embedded&v=ipr0gPoh8Vs](https://www.youtube.com/watch?feature=player_embedded&v=ipr0gPoh8Vs)

**Creator's Gift to Mother:** <https://www.youtube.com/watch?v=rkaxLGI5WBw>

### **Family Connections: A Resource Booklet About Bonding With Your Child for First Nations and Métis Parents in BC**

<http://www.fnha.ca/Documents/familyconnections.pdf>

### **Healthy Beginnings, Supportive Communities, A Strong Future: Métis Maternal-Child Health**

<http://www.naho.ca/midwifery/metis-maternal-health/>

### **Honouring Our Babies: Safe Sleep Cards & Guide**

[http://www.perinatalervicesbc.ca/Documents/Resources/Aboriginal/SafeSleep/HOB\\_SafeSleep\\_FacilitatorsGuide.pdf](http://www.perinatalervicesbc.ca/Documents/Resources/Aboriginal/SafeSleep/HOB_SafeSleep_FacilitatorsGuide.pdf)

### **A Native Community Rekindles the Tradition of Breastfeeding**

<http://www.bcbabyfriendly.ca/firstnations.pdf>

### **Protecting, Promoting and Supporting Breastfeeding. A Practical Workbook for Community Based Programs. 2<sup>nd</sup> edition**

<http://www.breastfeedingcanada.ca/documents/Breastfeeding%20Workbook%202014.pdf>

### **Thursday Tip: Breastfeeding and First Nation Families in Canada**

<http://www.llc.ca/thursday-tip-breastfeeding-and-first-nations-families-canada>

**The Way of the Past is the Way of the Future:** <https://vimeo.com/151045444>