



**For more information, contact the
Union of Ontario Indians FASD
Program office nearest you:**

Union of Ontario Indians, Nipissing First Nation:
Toll-free: 1-877-702-5200 or (705) 497-9127

Union of Ontario Indians, Fort William First Nation:
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Union of Ontario Indians, Curve Lake First Nation:
(705) 657-9383

www.anishinabek.ca

**Supported by the Ministry of Children
and Youth Services.**

Concerns About Breastfeeding

Sore Nipples

Because this part of your body is not usually exposed, nipples need lots of air and light to toughen.

- For the first few days, expose your nipples to air after each feeding
- Allow some breastmilk to dry on your nipples; it has lubricating and anti-infective properties

Not Enough Milk

Many mothers worry that their baby is not getting enough milk. In most cases your baby is getting enough milk! You produce enough milk if:

- Your baby has 6-8 wet diapers a day
- Your baby is happy
- Your baby has steady weight gain

Going Back To Work or School?

Don't feel you have to lose this unique experience as soon as you return to work/school.

It is best if you can be home for at least 6 weeks. It takes that long for your milk to become well established.

As your baby gets older, you can pump milk from your breast and leave it with your caregiver to feed the baby later on.

Some mothers have facilities at their place of work/school or nearby, so they can breastfeed during their breaks.

Breastfeeding: The Price is Right

To feed your baby for 6 months:

Formula

Powdered \$1002.24

Liquid Concentrate..... \$1383.35

Ready To Use \$2923.65

Breastmilk

Extra Food Costs..... \$272.70

(To cover the costs of extra food that mom may need to eat in order to meet the nutritional needs of both her and baby.)



NONASOWIN
Breastfeeding is Good Medicine



Breastmilk: A Gift From The Creator

Breastmilk is one of the Creator's gifts.
It is ideal for both you and your baby.

Breastmilk

- Is the most nutritious food for your baby
- Protects baby from allergies and infections
- Is always clean, fresh, and at the right temperature
- Is the only food your baby needs for the first 6 months of life

Breastfeeding

- Saves time, work and money
- Promotes a special closeness between you and your baby
- Uses up fat you stored during pregnancy



Tips For Successful Breastfeeding

Be patient. It can take a couple of weeks for your milk production to be established and for you to adjust.

Get plenty of rest. Try to nap when baby naps and accept help with housework from family and friends.

Eat well. Breastfeeding mothers need to eat healthy foods from all four food groups.

Have plenty to drink. Have a glass of water, milk or juice every time the baby nurses. Tea, coffee and pop do not provide you

with enough fluids because they have caffeine.

Talk to others. Personal contact with other nursing mothers is important for confident breastfeeding.

Some women experience a feeling of awkwardness, soreness and tiredness during the first weeks of breastfeeding.

Once the process is established, breastfeeding is a very rewarding experience and gives your baby a healthy start!

What To Eat While Breastfeeding

Healthy eating during breastfeeding is important. You need to eat enough healthy food to meet your need for nutrients and to satisfy your hunger.

Every Day Choose At least:

Bannock, Bread & Grains	5 servings
Vegetables, Fruit & Berries	5 servings
Milk & Calcium Foods	3 servings
Meat, Fish, Birds & Alternates	2 servings

Traditional foods are part of a healthy diet... Choose them often.

A healthy diet will prevent the mother's stores from being depleted to produce milk that has adequate nutrition.

Are there any foods I should not eat?

Some foods with strong flavours may make the milk taste differently but this will not hurt the baby. If the mother eats these often the baby will get used to them.

What else should I avoid?

Cigarette Smoke – whether mom smokes or is around smokers, cigarette smoke will change the texture of breast milk. The baby will receive less nutrients and all of the toxins passed through the breastmilk.

Alcohol – can travel through the breastmilk to the baby. This can affect the baby's healthy development. The safest choice is no alcohol.