·ᑲᔭᐣᐠ ᐁ ᐃᔑᔑᒥᐟ ᒧᔓᔭᐣᑭᑲᓂᐠ

ᓴᒪᑕᐱ ᓇ·ᐊ᐀ˣ ᑲ·ᐃᓇ ᐊᔑᑭᑕᐦᑯᔑᓂˣ ᐅᒪ ᐃᔑᔑᒥᐡ ᑭᒋᒋᔑᐡ

- ✔ ᑭᒋ ᓄ·ᑲᐠ ᐊᐣᑕᒥ·ᑲᐣ
- ✔ ᑕᔑᓀ ᑭᒋ ᑭ ᐊᔭᔭᒋᐣ·ᑲᓀᔑᐠ
- ✔ ᑭᒋ ᓄᑯᓯᐟ ᒥᑲᐦ ᓀᐣᑕ ᒥᑐᐡ ᑭᒋ ᓄ·ᑲᐠ
- ✔ ᑭᒋ ᐱᒥᒋᑎᐠ ᒥᐣᑎ·ᑲᐣ
- ✔ ᒥ·ᑲᔭᐤ ᑭᒋ ·ᑲᔭᐣᐠ ᐁᑲ ᒋᐱᑭᑎᐠ
- ✔ ᐅᑎᑎᒪᓇ ᑭᒋ ᓴᒥᑎᓂᓂᑭ ᑲᐣᑭᑲᓂᐠ
- ✔ ·ᐊᐳᔭᐣ ᐊ·ᑲᓇᐤ ᐅ·ᐊᑲᓂᐠ

ᒐᑲ·ᐊᔑᐦ ᑭᔑᑲᐤ ᑲ ᐃᐦ·ᑲ ᓂᑕ·ᐃᑭᐟ ᑲᐣᑭᑲᓂᐠ ᐁ ᐊ·ᑲᑎᓇᐟ ᑲᑭᓇᐤᐁ ᒧᔓᔭᐣᑭ ᑲᓀᔦᐠ ᑲᓇ·ᐊᐸᐡ ᐅᐦᑭᔑᑯᐠˣ ᑲᓇ·ᐊᐸᐡ ᐯᔭ·ᐊᐣ ᑭᒋ ᐃᔑᓇᑯᓯᐟ ᐅᐦᑭᔑᑯᐠˣ ·ᑲᔭᐣᐠ ᑭᒋ ᓀᓀᐟˣᓀᐣᑕ ᑭᒋ ᑭᐣᑫᓂᑕᐠ ᐁ ᓴᒥᓇᐟˣ

ᐁᑲ ᑭᒋ ᓇᓂᓴᓀᓂᑕᑯᓯᐟ ᒉ·ᑲ᐀ ᐁ ᓂᐸᐟ, ᑭᓴᐣᐱᐣ ·ᐃᓂᐸᔭᓀ, ᐁᑲ ᒪᑲ ᐊ·ᐁᓂᑲᐣ ᑫ ᓇᑲᑕ·ᐊᐸᒥᐣᐠ ᓀᐣᑕ ᐱᑯ ᑭ ᒋᒋᔑᒪ, ᐅᓂᐯ·ᐃᓂᐠ ᐸᑭᑎᐣ ᑭᒋ ᐊᔑᑭᒋᔑᐠˣ

ᑲ·ᐃᓇ ·ᐃᐣ·ᑫᐱᐦ, ᒧᓇ ᑲ ᑭᐣᑫᓂᑌᐣ ·ᐃ ᒥᓂ·ᑫᑌˣ

ᓀᓂᔭᓇ ᑲ ᑭ ᐸᑭᑎᓈᐟ: Ontario

·ᐃᒋᐃ·ᐁ·ᐃᓇ ᓀᐣᑕ ᐊᑐᐣᑫ·ᐃᓇ

ᓄᓴᓇᐊ·ᐊᓱ·ᐃᐣ ·ᐃᒋᐃ·ᐁ·ᐃᐣ ᑭᑎᑕ·ᐃᓂᐠ:

- ᓂ·ᓴᔦᐠ ᐃᔑᑭᔑ·ᐁ·ᐃᐣ ᑲᐢᐱᐢᑐᐢ·ᐃᐠ ᐅᐣ ᑌᓇᐅ ᐊᐣᑭᐠ ᓄᓴᓇᐊ·ᐊᓱ·ᐃ ·ᐃᒋᐃ·ᐁ ·ᐃᐣ ᐅᒋ, ᐅᑕ ᐃᑕᐱ: www.ontariobreastfeeds.ca

ᑭᔭᐱ᐀ ·ᐃ ᑭᐣᑫᓂᑕᒪᓀ:

- ᓄᓴᓇᐊ·ᐊᓱ·ᐃᐣ www.beststart.org/resources/breastfeeding
- ᒋᒋᐡ ᐁ ᐊᓴᒥᐟ www.beststart.org/resources/nutrition

ᑌᓚᐳᓂᐠ ᐃᔑ ᐊᔭ·ᐃᐣ ᐅᐣᑌᓇᐅᐠ 24
ᑭᓂ·ᑲᓂᐡᑲᐟ ᑕᑐ ᑭᔑᑲᐤ/7 ᑭᔑᑲᐤ ᑕᑐ
ᑕ·ᐊᐣᑌᐤ
1-866-797-0000
ᐁᑲ ᑲᐅᓯᑌᒋᐠ ᐅᒋ: **1-800-797-0007**
ᓇᑕ·ᐁᓂᐡ ᓄᓴᓇᐊ·ᐊᓱ·ᐃᐣ ᐣᑐᑯᓄᐣ
ᐃᐣ·ᑫᐤ ᐃᑌᓂᑕ·ᑲᑫ:

ᑫᑭ ·ᐃᒋᐃᐣᑭᐠ ᑭᑎᑕ·ᐃᓂᐠ:

ᑲ ᑭ ᐸᑭᑎᓈᐠ ᑭᒋ ᑭᐣᑭᓄ·ᐊᑕᓯᓇᐊᒧᐟ:
ᓯᐢᑯ ᒪᐣᑯᑲ ᐊᐣᑭᐠ ᐃᔑ ᐊᔭ·ᐃᐣ ᐊᐸᑎᓯ·ᐃᐣ

ᑭᐢᑫᓂᑕᑯᑕ·ᐃᐣ...

ᒋᒋᐡ ᐅᑎᔑᓂᑲᓯ·ᐃᐣ: ____________________

ᒋᒋᐡ ᐅᓂᑭᐃ·ᑲ: ____________________

ᐁ ᑕᑐᑯᓇᑭᓯᐟ ᑲᓂᑕ·ᐃᑭᐟ: __________ ᐁ ᐃᐢᐸᓂᐟ ᐱᓯᒧᑲᐣ ᑲᓂᑕ·ᐃᑭᐟ: ______

ᐁᐢᐱᑎᓂ·ᑲᑎᐟ ᑲᓂᑕ·ᐃᑭᐟ: __________ ᑲ ᐃᐢᑯᓯᐟ ᑲᓂᑕ·ᐃᑭᐟ: __________

ᐣᑐᑯᓄᐣᐟᑲ ᑭᐡᑲᐯᔑᑫᐟ: ____________________

ᑕᐣᑕ ᑲ ᐃᔑ ᓂᑕ·ᐃᑭᐟ: ____________________

BABY-FRIENDLY
INITIATIVE STRATEGY
ONTARIO

ᓇᑲᒋᐃᐧᐁᐧᐃᐣ

ᑭᐢᑌᓂᑕᐧᑲᐣ ᑭᒋ ᓇᑲᒋᐃᑎᓱᔭᐣ ᓃᐢᑕ ᓇᑲᒋᐊᐟ ᑭᒋᒋᓯᑦ᙮ ᒪᐡᑯᐨ ᑲᐧᐃ ᐧᐃᒋᐃᑯᓯᐣ᙮ ᒪᒥᑐ ᓃᓂᑕ ᐅᐅ:

ᓂᓇ

✔ ᑭᐢᑫᓂᑌᐣ ᐁ ᑌᐱ ᐊᐧᓃᐱᔭᐣ᙮

✔ ᑭᐢᑫᓂᑌᐣ ᐅᒋᑕᐤ ᐱᑯ ᐁ ᐃᑭᐠ ᐁ ᒪᑐᔭᐣ ᓃᐢᑕ ᐱᑯ ᐁ ᐧᐃᒪᑐᔭᐣ ᓂᓇ ᑕᐧᐊᐡᑌᐤ ᑲ ᐃᐡᐧᑲ ᐃᑕᐟ ᒋᒋᐡ᙮

✔ ᑭᐢᑫᓂᑌᐣ ᑫᐃᓯ ᓇᑕᐧᐊᐸᑕᒪᐣ ᐧᐃᒋᐃᐧᐁᐧᐃᐣ ᐃᐢᐱ ᐃᑌᓂᑕᒪᓄ

ᒋᒋᐡ

✔ ᐊᓭᔾ ᐣᑕᑎ ᓇᐃᐣ ᐁ ᐊᓭᒪᐠ ᐣᒋᒋᓯᑦ

✔ ᐣᑕᑎ ᑭᐢᑫᓂᒪᐤ ᐁ ᐧᐃ ᒥᒋᓱᐟ ᓃᐢᑕ ᑲᓭᒪᐤ

✔ ᑭᐢᑫᐣᑌᐣ ᑕᓯᓄ ᐁ ᐧᐃ ᒥᒋᓱᐟ ᐣᒋᒋᓯᑦ

✔ ᐣᑕᑎᓇᐃᐣ ᐁ ᓄᓭᓂᐊᐠ ᓃᐢᑕᐱᑯ ᐁ ᐊᐧᑲᑎᓇᐠ ᓇᐢᑭᑲᓂᐠ ᐁ ᓴ ᒪᑲᓄᓯᓇᐠ ᒣᐧᑲᐨ ᐁ ᐅᑎᓇᒧᐟ ᐅᒥᑯ ᓃᐢᑕ ᐱᑯ ᐁ ᒋᐢᑕᐅᐟ

✔ ᑭᐢᑫᐣᑌᐣ ᑫ ᐃᓯ ᓇᑕᐧᐊᐸᑕᒪᐣ ᐧᐃᒋᐃᐧᐁᐧᐃᐣ ᐃᐢᐱ ᐧᐃ ᑲᐧᑫᒋᑫᒧᔭᓄ ᑫᐧᑲᐣ ᓄᓭᓂᐊᐧᐊᓱᐧᐃᐣ ᐅᒋ

ᑫ ᐅᒋ ᑭᐢᑫᓂᑕᒪᐣ ᐁ ᐧᐃᒥᓂᐧᑫᐟ ᒋᒋᐡ: ᑕᑕᐧᐊᑎᐤ, ᓇᓂᐸᐧᐃᐤ, ᒪᒪᑎᓄᐧᐁᓯᐣ

ᑫ ᐅᒋ ᑭᐢᑫᓂᑕᒪᐣ ᐧᑲᔭᐢᐠ ᐁ ᒥᓂᐧᑫᐟ

ᐁ ᑕᑐ ᑭᓯᑲᐧᐁᓱᐟ	1	2	3	4	5	6	7	8
ᐁ ᓄᓭᓂᐟ	8 ᓃᐢᑕ ᐱᑯ ᐊᐧᐊᓱᑌ ᐯᔭᐠ ᑭᓯᑲᐤ᙮ ᐧᑲᔭᐢᐠ ᓄᓄᒣᐤ, ᐯᑲᐨ, ᐁ ᐅᑕᒪᐟ, ᓇᑭᓇᑫ ᑯᒋᐸᓂᒋᑫᐤ							
ᑲ ᐃᐢᐱᒐᐠ ᒪᑕᐞ ᑕᐱᐡᑯᐨ	ᑲ ᐱᓭᓯᐠ ᒥᓂᐡ ᑲᒥᐧᑲ		ᐸᑲᐣ ᐧᐊᐪᓇᐟ ᑲ ᐃᒋᑲᑌᐠ		ᑲ ᐱᓭᓯᐠ ᐅᓇᐣᐨ ᒥᓂᐡ ᐊᑊᓇᐧᑲᐟ ᑲ ᐃᒋᑲᑌᐠ		ᐧᐊᐧᐃᐠ ᐧᐊᔦᐡ ᐃᐢᐱᒐᐤ	
ᑲ ᐃᓯᓇᑯᓱᐟ ᐊᓱᔭᐣ ᐁ ᑭᒥᓱᐟ	ᐧᐊᔦᐡ 1-2 ᐁ ᒪᑲᑌᐧᐊᐠ ᓃᐢᑕ ᐱᑯ ᐁ ᒪᑲᑌᐧᐃ ᐅᓭᐧᐊᐡᐧᑲᐠ		ᐊᐧᐊᓱᑌ 3 ᐁ ᒪᑲᑌᐧᐃ ᐅᓴᐧᐊᐠ, ᐁ ᐅᓭᐧᐊᐡᐧᑲᐠ, ᓃᐢᑕ ᐱᑯ ᐁ ᐅᓴᐧᐊᐠ		ᐊᐧᐊᓱᑌ 3 ᐁ ᒥᓱᑕᐧᐊᐠ ᓇᐧᐊᐨ ᐁ ᓴᐧᐊᐠ ᓃᐢᑕ ᐱᑯ ᐁ ᒪᑲᑌᐧᐃ ᐅᓴᐧᐊᐠ			
ᐁ ᓂᐱᐧᐃᐟ ᐊᓱᔭᐣ	ᑲᓇᑫ 1 ᓂᐱᐧᐃᐤ	ᑲᓇᑫ 2 ᓂᐱᐧᐃᐧᐊᐠ	ᑲᓇᑫ 3 ᓂᐱᐧᐃᐧᐊᐠ	ᑲᓇᑫ 4 ᓂᐱᐧᐃᐧᐊᐠ	ᑲᓇᑫ 6 ᒥᐢᑕᐃ ᓂᐱᐧᐃᐧᐊᐠ			
ᑲ ᐃᐢᐱᑎᓇᐧᑲᑌᐟ	ᒥᒉᐟ ᒋᒋᓯᐠ ᓇᓯᐸᓂᐧᐊᐠ 3 ᑭᓯᑲᐤ ᑲ ᐃᐡᐧᑲ ᓂᑕᐧᐃᑭᒋᐠ᙮ ᑭᐡᐧᑲ 4 ᑭᓯᑲᐤ ᓂᓯᑲᐨ ᐊᑎ ᑯᓱᐧᑲᑎᐤ᙮							
ᑯᑕᑭᔭ ᑲ ᐧᐃᑕᒪᑫᒪᑲᑭ	ᑭᐱᐱᓯᑦ ᑭᓯᐧᐁᐤ ᐁ ᒪᑐᐟ, ᑭ ᓯᓭᐧᐃ ᐊᔭᒋᐤ ᓃᐢᑕ ᐧᐃᐸᐨ ᑯᐢᑯᓱᐤ							

ᐧᐃᐸᐨ ᑕᒪᑯᐣ ᓃᐢᑕ ᓇᑭᓇᑫ ᑭᒍᒍᓯᑦ

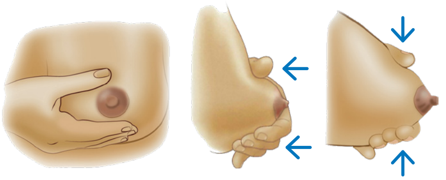
ᑫᐧᑲᐣ ᐅᒋ:

✔ ᐧᐃᒋᐃᐧᐁᒪᑲᐣ ᐁᑲ ᓴᑭ ᐧᐃᐢᑕᓴᒪᒋᐊᐟ ᐁ ᑭᐡᐳᓄᐟ ᑭᒍᒍᓯᑦ

✔ ᐧᐃᒋᐃᑯᐤ ᑭᒋᒋᓯᑦ ᐧᑲᔭᐢᐠ ᑭᒋ ᓴᑭᒪᐟ

✔ ᒥᐢᑕᐃ ᓇᐧᐊᐨ ᑕᑭᒥᓂᐧᑫᐤ ᒍᒍᓯᓇᐳᓂᐤ ᑭᒋᒋᓯᑦ

✔ ᐧᐃᒋᐃᐧᐁᒪᑲᐣ ᑭᒋ ᒥᒐᑲᒥᐠ ᒍᒍᓯᓇᐳᐞ



ᑕᐣᑌ ᑐᒋᑲᑌᐠ:

1. ᑲᓯᒋᒉ
2. ᐯᑲᐨ ᒪᒪᑯᐣ ᑭᒍᒍᓯᑦ
3. ᐸᓯᐨ ᑲ ᐃᓯ ᐅᓴᐧᐃᓴᐟ ᒍᒍᒐᐡ ᐃᓯ ᑕᑯᐣ ᑭᒋ ᒋᐳᐸᓂᐟ ᒍᒍᐡ
4. ᑲᐢᑭᑲᓂᐠ ᐃᓯ ᒪᑯᐣ᙮ ᒪᑯᐣ ᑭᒋ ᐅᒋᑲᐧᐃᐟ᙮
5. ᐊᓱᐧᐊᑕ ᒍᒍᓯᓇᐳᐞ ᑫᒥᓇᐊᐟ ᑭᒋᒋᓯᑦ ᓃᐢᑕ ᐱᑯ ᓇᐃᑲ ᐸᑎᒪ ᓇᑫ ᑭᒋ ᐊᐸᑕᐠ
6. ᑕᐱ ᑐᑕ (ᑲᐢᑭᑲᓂᐠ ᐃᐡᐱᐡ, ᒪᑯᐣ, ᑭᐱᒋ) ᐊᔭᒋᐱᐡ ᑭᒍᒍᓯᑦ
7. ᐧᑲᓂ ᐯᔭᐧᑲᐣ ᑐᑕᐤ ᑯᑕᐠ ᑭᒍᒍᓯᑦ