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Best Start Resource Centre

## WEBINARS

# Breastfeeding for the Health and Future of Our Nation

3 opportunities to attend this webinar

Tuesday March 24 (5:00 pm – 6:30 pm)

OR

Thursday March 26 (12:00 noon – 1:30 pm)

OR

Monday March 30 (12:00 noon – 1:30 pm)

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Click [here](#) to register for the webinar on Tuesday **March 24** (5:00 pm – 6:30 pm)

Click [here](#) to register for the webinar on Thursday **March 26** (12:00 noon – 1:30 pm)

Click [here](#) to register for the webinar on Monday **March 30** (12:00 noon – 1:30 pm)

### Webinar Description :

This webinar will help service providers support Aboriginal women with the art of breastfeeding .

The following points will be discussed:

- Information about Aboriginal traditions around breastfeeding.
- How the teachings of the medicine wheel support the teachings about breastfeeding.
- Information about why breastfeeding is important.
- Practical tips on how to get started and continue to breastfeed.
- Answers to common questions about breastfeeding.
- Information and resources that your clients may find helpful.

Participants are encouraged to consult the resource [Breast Feeding for the Health and Future of Our Nation](#) before participating in the webinar.

**Requirements:**

A telephone line and high-speed internet are required to participate in the webinar. A toll-free number will be provided. Connection details will be provided 2 days prior to the webinar.

**Registration Fee:**

The webinar is free to all participants.

**Speaker:**

Stephanie MacDonald, Lactation Consultant  
Community Breast Feeding Coordinator  
Birthing Centre  
Six Nations

**For inquiries about registration, contact:**

Roshni Juttun: [r.juttun@healthnexus.ca](mailto:r.juttun@healthnexus.ca) or 1-800-397-9567 ext. 2336; or 416-408-2249 ext. 2336

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