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Breastfeeding Support

Lactation Services

306-786-0886

Early Visiting Program

306-786-0625

Facebook Group

Yorkton & Area -
Breastfeeding Support
Group

Want more information?

www.thebcs.ca

www.infactcanada.ca

www.kellymom.com

www.breastfeedinginc.ca

Who are we?

The Baby Friendly Initiative Working Group is comprised of members from different departments in the Sunrise Health Region (SHR) and the Yorkton Tribal Council (YTC). The group works on projects to promote, protect, and support breastfeeding in following with The Baby Friendly Initiative's 10 Steps. The Baby Friendly Initiative is a joint project with the World Health Organization (WHO) and the United Nations International Children's Emergency Fund (UNICEF) launched in 1991. For more information and where we stand as a country in this initiative, please go to www.breastfeedingcommitteeofcanada.ca.

To date, our group has done promotional work on skin to skin care and you will see our posters from this project up in health care facilities within SHR and YTC First Nation Communities. We have created life size cut outs of women breastfeeding their children which have been placed in highly visible public places to raise awareness and support for breastfeeding in public. Twenty-three businesses in Yorkton are recognized as Baby Friendly, which means they support breastfeeding in their businesses! We are in the process of setting up The Yorkton Milk Drop, in partnership with Calgary's Milk Bank, which is a human milk depot where moms wanting to donate their excess breast milk can to help sick babies across Canada that may require this precious resource for survival. We attend local public events to display our projects and educate people about The Baby Friendly Initiative. Keep your eyes open for us as we keep working on new projects.

World Breastfeeding Week



World Breastfeeding Week (WBW) was started in 1992 by the World Alliance for Breastfeeding Action (WABA) to protect, promote and support breastfeeding worldwide. WBW is celebrated every year from August 1-7 in over 176 countries. In Canada, we celebrate the event each year during the first week of October. WABA selects a theme each year in order to raise awareness on the chosen theme and to call action from the global community.

The theme for this year's WBW is "**Breastfeeding and Work: Let's Make it Work!**" The goal of the WBW campaign is to support women to combine work and child-rearing, particularly breastfeeding. The Yorkton Regional Health Center and Yorkton Public Health have a breastfeeding space for both the general public and staff to use.

For more information on WBW or to find strategies to support women in the workplace visit www.worldbreastfeedingweek.org.



Breastfeeding Matters Support Group

Yorkton - 1st Thursday of the month

10:30 am
Yorkton Family Resource Center

Canora - 2nd Thursday of the month

1:30 pm
Canora Public Library

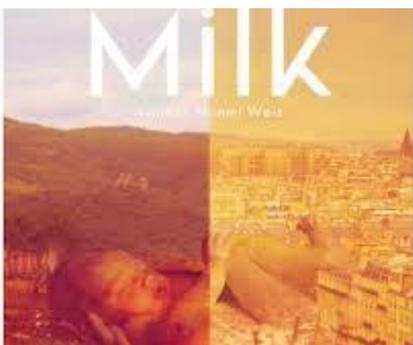
Langenburg - 3rd Thursday of the month

10:30 am
Esterhazy Public Library or
Langenburg Daycare

If you have questions about the group or where it will be located please go to our facebook page - Yorkton & Area- Breastfeeding Support Group



@SunriseRegion



Local World Breastfeeding Week Events

The Baby Friendly Initiative committee along with their Working Group invite you to come out and celebrate World Breastfeeding Week in Canada, October 1-7, 2015. Many exciting events are taking place in the area including:

- Friday, October 2nd, 2015 at 7:00 pm – Get your tickets to attend the film event featuring “MILK” presented by the Yorkton & Area Parents for the Milk Drop, The Yorkton Film Festival and Sunrise Health Region at the Godfrey Dean Cultural Centre. There will be wine and refreshments and lots of great door prizes with all proceeds going to The Yorkton Milk Drop. Tickets are \$5. Call 306-786-0886 for tickets. Get your tickets soon as space is limited.
- Saturday, October 3rd, 2015 at 10:30 am – Unveiling of the new breastfeeding space at the Gallagher Centre followed by annual Quintessence Challenge. Latch on at 11 am. Contact 306-786-0625 to register. For more details about what the Quintessence Challenge is all about, go to <http://www/babyfriendly.ca/challenge-home.aspx>
- Monday, October 5th, 2015 at 2:30 pm – Join us for cake in the Yorkton Regional Health Center cafeteria to celebrate WBW in Canada.
- Be sure to keep an eye out for display boards at Yorkton Public Health. The display boards will feature information about breastfeeding and The Yorkton Milk Drop.

If you have any questions about any of the WBW events, please call Tracy at 306-786-0604.



You are invited!

In celebration of Canada's Breastfeeding Week, The Yorkton & Area Parents For The Milk Drop, the Yorkton Film Festival and Sunrise Health Region invite you to attend the showing of “Milk”, a documentary exploring globally the different feeding and birthing practices and what impact they have.

Date: Friday, October 2nd

Time: 7:00 pm

Place: Godfrey Dean Cultural Centre

This event is open to the public. Tickets are \$5.00 at the door, includes non-alcoholic refreshments and hors d'oeuvres.

For more information or to purchase tickets, please call 306-786-0886.

