

Breastfeeding and Child Nutrition Week

September 28 to October 4, 2025

Breastmilk is the finest food for babies and toddlers and is their very first traditional food. The support of family, community and health professionals is very important to help mother start and continue breastfeeding.

We invite you to organize a special gathering to promote breastfeeding in your community. Organize a **SELFCARE DAY** for breastfeeding mothers, pregnant women and other people interested to discuss and share about this topic in an open space.

Example of activities to do for the selfcare day:

- Offer massage, simple hair care such as hair wash
- Make face masks with safe ingredients during breastfeeding and pregnancy: see page 2 for recipes
- Fun nasak for babies: see page 7–8 for pattern
- Cook breastfeeding friendly meals: see page 3–4 for recipes
- Offer healthy snacks

Ideas of discussion topics around breastfeeding and child nutrition:

- Your best experience or your favorite memory of breastfeeding
- Difficulty you experienced during breastfeeding or while taking care of your baby, and what helped
- People who help (or helped) you with breastfeeding or your parenting, and how they have helped you
- What do you love (or loved) most about breastfeeding
- A testimony of an elder, a mother or a caregiver
- Parents sharing what was their child's first solid food
- Exchange about solid food introduction for babies using the factsheet at page 6
- Simple recipes you can cook with your children at page 5



Pregnancy and Breastfeeding Safe DIY Face Masks Recipes

Honey and Yogurt Mask

Mix ½ cup (125 ml) of yogurt with 1 tablespoon (15 ml) of honey.

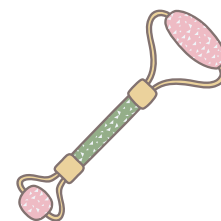
Apply to the face and leave it on for 15 minutes, wash off with lukewarm water.

Oatmeal and Honey Mask

Mix 2 tablespoons (30 ml) of oatmeal, 1 teaspoon (5 ml) of lemon juice and 1 teaspoon (5 ml) of honey.

Mix together and apply to the face.

Leave for 10 minutes and wash off with lukewarm water.



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RÉGIE RÉGIONALE DE LA NUNAVIK REGIONAL
SANTÉ ET DES SERVICES BOARD OF HEALTH
SOCIAUX DU NUNAVIK AND SOCIAL SERVICES

Child Nutrition Week Discussion

Discovering food with your baby



0-6 months

6-12 months

12+ months

Vitamin D

Vitamin D drop everyday, from birth



Mother's milk

In addition to food feeding, you may continue breastfeeding for up two years and beyond.

Feed you baby exclusively with milk for the first six months.

Water

You can now start introducing water.



Soft foods



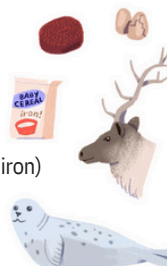
Finger foods



Baby can now start eating solid foods. Starting with puree or chewed food, gradually increase food consistency.

Babies SHOULD be served:

- Iron-rich food every day →
- Vitamin C rich food (to help absorb iron)
- Serve everyday a variety of food



No need to feed puree anymore. Baby can eat like the rest of the family.

You can now start feeding 3.25% cow's milk (max perday: 750ml/25 ounces)



If not breast-fed, choose infant formula with iron until 12 months old.



Babies SHOULD NOT be served:

- Low iron formula
- Cow's milk before 12-month-old
- Juice and other sweet drinks (pops, punches, tea, etc)
- Sweet foods (honey, candies, etc)



Avoid foods that can cause choking

Examples: raw vegetables, grapes, hot dog pieces, candies, small bones etc.



Breastfeeding Beanie Pattern

Breastfeeding Beanie Pattern Happy Hook Crochet



This hat is sized to fit a 0-6 months old baby. Approx 4.5in diameter and 5in height.



Materials Needed:

- Worsted weight yarn. Size G
- Crochet Hook or whatever is needed to obtain gauge
- Tapestry Needle for weaving in ends

Gauge:

- 7 dc= approx 2in/5cm
- 2rows= approx 1.5in/4cm



Pattern: Rnd1: Ch3, dc into 3rd ch from Hook (see photos bellow) continue with 4 more dc into same ch. sl st into top of ch2 to join (6dc)



Rdn2: Ch3 (counts as dc here and throughout) 1dc in next st, 2dc in every st around. sl st into top of ch3 to join (10dc) **Rnd3:** Ch3 2dc in each st around. sl st into top of ch3 to join (20dc)



Nipple is complete

Rnd4: Join new color (lighter color) Ch3, 2dc in each st around. sl st to top of ch3 to join. (40dc)



Rnd5: Ch3 *2dc in next st, 1dc in next* Repeat from*to* around sl st to top of ch3 to join (60dc) **Rnd6-10:** Ch3, 1dc in each st around, sl st to top of ch3 to join. **Rnd11:** Ch2, 1sc in each st around, sl st to top of ch2 to join. Weave in ends.

