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.





Share and Try These Breastfeeding Friendly Recipes

Overnight Oats

Ingredients

- 1/2 cup (125 ml) of quick-cooking oats
- 1/2 cup (125 ml) of milk
- 1 pinch of cinnamon
- 3 tbsp. (45 ml) of yogurt
- 1/2 cup (125 ml) of berries of your choice
- Maple syrup or honey (optional)



Preparation

- 1. In a small bowl or an airtight container, combine the oats, milk and cinnamon.
- 2. Cover and refrigerate for 30 minutes or overnight.
- 3. Just before serving, stir in the yogurt and berries and drizzle with maple syrup or honey if desired.



Share and Try These Breastfeeding Friendly Recipes

Ptarmigan Soup

Ingredients

- 1 ptarmigan, cut into large pieces, or 2 cups of cut up goose
- 2 tbsp. (30 ml) of butter
- 1 large onion, chopped
- 3 carrots, chopped
- 2 celery sticks, chopped
- 12 cups of water
- Salt and pepper, to taste
- 2 tsp. (10 ml) of dried thyme (spice)
- 5 cups of potatoes, cut into thumb-sized pieces

Dumplings:

- 1 cup (250 ml) of flour
- 1/2 tsp. (5 ml) salt
- 1 tbsp. (15 ml) of baking powder
- 1/2 cup (125 ml) of cold water

Preparation

- 1. In a large pot, cook on medium-high heat the ptarmigan/goose pieces in butter until golden brown on all sides. Remove the meat and set aside.
- 2.In the same pot, fry the onion, carrots and celery, adding more butter if needed. Add the water, meat, salt, pepper and thyme. Reduce heat and simmer until the meat is tender.
- 3. Add the potatoes and cook for another 20 minutes.
- 4. To make the dumplings, mix the flour, salt and baking powder in a bowl. Gradually add the cold water.
- 5. Using a spoon, drop the dumpling mixture into the broth one spoonful at a time. Cook for about 10 minutes. Keep covered no peeking while the dumplings are cooking!





Easy and Simple Recipe to Make with your Children

Parfait

Ingredients for 4 parfaits:

1 cup (250 ml) fresh or frozen strawberries

or cloudberries

1 cup (250 ml) fresh or frozen blueberries

or blackberries

2 cups (500 ml) cereal (bran flakes style

or similar)

2 cups (500 ml) vanilla or fruit yogurt



Preparation:

- 1. Wash fresh fruits. If using frozen fruits, let them thaw at room temperature or put them few minutes in the microwave.
- 2. If using strawberries, slice them. Setting aside 4 whole strawberries to garnish the parfaits.
- 3. Place a layer of sliced strawberries or cloudberries at the bottom of each cup. Add a layer of cereal, then a layer of yogurt. Add a layer of blueberries or blackberries, another layer of cereal and another layer of yogurt. (There should be a total of 6 layers.).
- 4. Place a whole strawberry or a cloudberry on top of each parfait.
- 5. Keep refrigerated until ready to eat.
- 6. Enjoy!









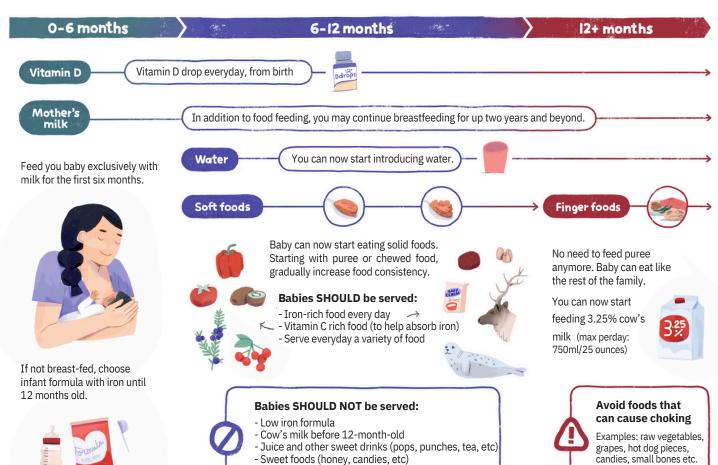




Child Nutrition Week Discussion









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.



