

Ideas for Activities - Breastfeeding and Child Nutrition Week

Radio Messages and Phone-in Show

-Talk about breastfeeding and child nutrition on the radio (see suggestions for radio messages and quiz). Invite mothers, elders, midwives & nurses to share positive experiences about breastfeeding or about the first times babies had solid food.

Parents' Sharing Circle

- Organize an inclusive activity for pregnant women and new parents and invite experienced mothers, nurses, midwives and elders. Invite parents to a gathering to share about breastfeeding and infant feeding experiences, useful tips and challenges.

Fathers' Sharing Circle

- Organize an activity to highlight fathers' parenting roles to allow fathers to share their caregiving experience and support to their partner during pregnancy and breastfeeding.

Cooking Activity

- Invite parents and children to prepare simple healthy recipes from the NRBHSS website (Illustrated Recipes, Recipes from Healthy Menus for Pregnant Women and the Whole Family!, Nunavimmiut Cookbook, etc.)

Educational Activity for Children

- Organize an activity related to healthy food for children at daycare or school.

Photo Contest

- Organize a photo contest on Facebook of babies discovering solid, traditional food for the first time or of parents with their baby.



Information Booth

- Organize an information booth at the store or other public places (daycare, community centre, family house, local clinic) on breastfeeding and healthy eating for children.

Outdoor Activity

- Set up an activity for parents and children to share a healthy meal and be physically active on the land.

Community Feast

- Organize a community gathering and share country food. Invite elders to share stories about breastfeeding, the food traditionally fed to toddlers and traditional ways of harvesting food from the land.

Social Media

- Invite your community to participate in the Breastfeeding and Child Nutrition Week activities by posting the poster on social media.

Ideas for Permanent Initiatives to Develop in Your Community or Region

- Create a Facebook breastfeeding support group.
- Create a group for parents in each community that can gather monthly, appoint breast-feeding mentors, offer prenatal information sessions, etc.



Don't hesitate to offer healthy snacks and beverages to participants in the activities you organize