

Activities for Health Care Providers

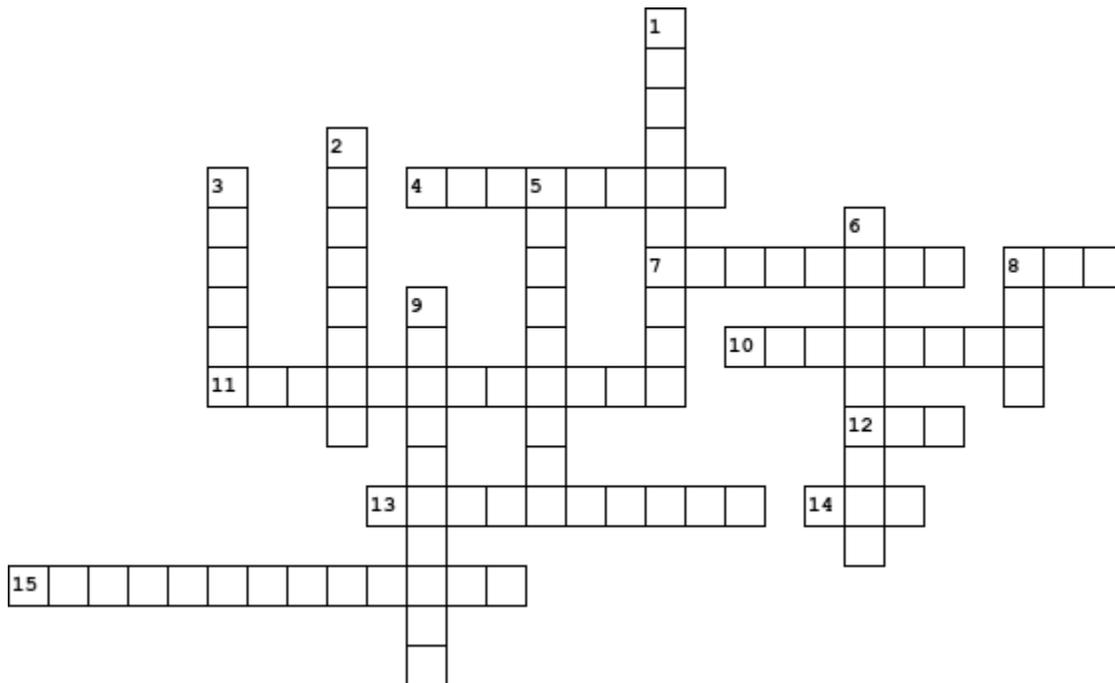
Involving health care providers in National Breastfeeding Week activities is an excellent way to increase awareness about breastfeeding and the need for everyone to work together to protect, promote and support breastfeeding and informed infant feeding decisions.

Here are some ideas to get started:

- Create a National Breastfeeding Week display for your workplace.
- Post a daily message at your workplace related to the protection, promotion and support of breastfeeding.
- Make a special treat such as cupcakes or cookies with a breastfeeding related theme.
- Hold a contest at your workplace where staff can complete an activity, submit their response, and correct responses are eligible to win a prize. Some prepared activities can be found at the end of this section of the toolkit.
- Encourage staff to do a random act of kindness related to breastfeeding and the team that has the most random acts by the end of the week wins a prize. Examples: Prepare a healthy snack for a breastfeeding neighbour, acknowledge a public facility that has posted a sign indicating that breastfeeding is welcome, do a breastfeeding walk/run and donate the proceeds to a shelter for pregnant and parenting youth.
- Explore the factors at your workplace that support employees returning to work and continuing to breastfeed. Launch an open discussion with your manager/supervisor if you identify any hindrances that could be reduced or eliminated.

Promote Support Health
Protect
Aware
Engage Informed Empower
Breastfeeding

NBW 2023 Crossword Puzzle



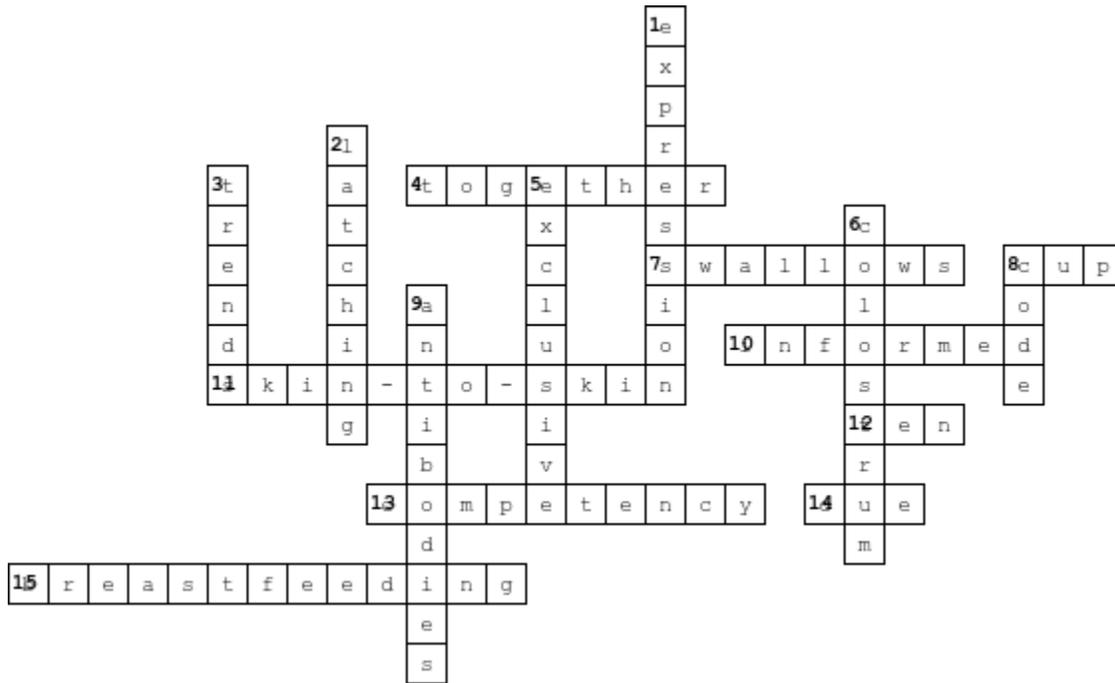
Across

4. Where mother and baby should be
7. One sign of milk transfer
8. Method of feeding a supplement
10. All decisions should be made this way
11. Where baby should be at birth
12. Number of Steps to Successful Breastfeeding
13. Knowledge, attitude and skills
14. Sign baby is hungry
15. Infant pain management technique

Down

1. Removal of milk from the breast
2. Topic in international protocol for prenatal discussions
3. One reason to collect breastfeeding surveillance information
5. When baby receives nothing but human milk
6. First milk
8. Reason free samples of formula shouldn't be given
9. A special component of breastmilk

NBW 2023 Crossword Answer Sheet



Across

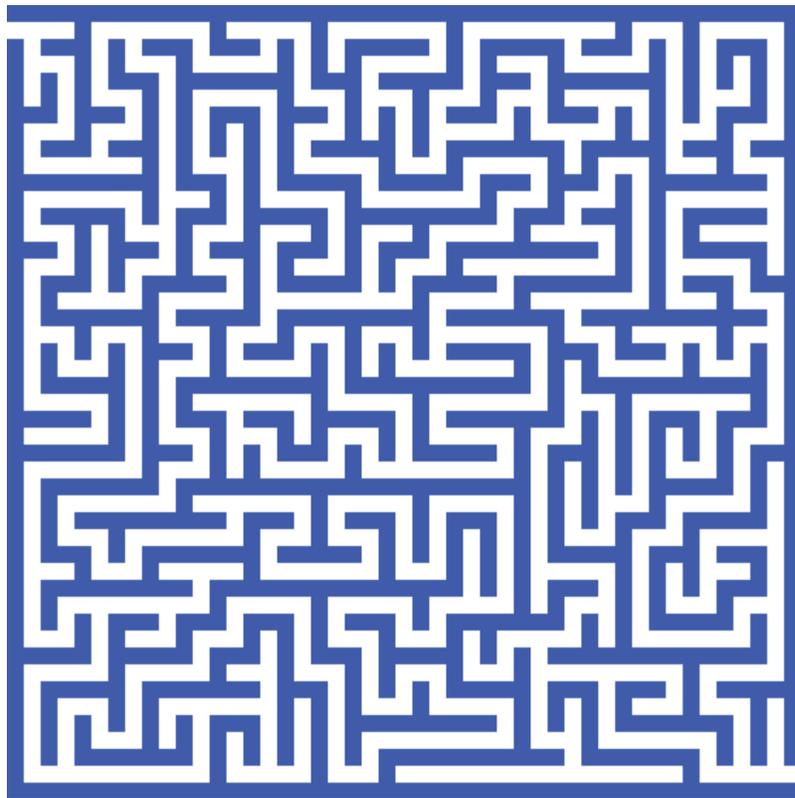
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National Breastfeeding Week 2023 Maze

Can you follow this facility's journey to BFI designation?



NBW 2023 Word Search

Enabling Breastfeeding: Working Together to Make a Difference

C	O	N	T	B	H	R	E	R	K	B	A	K	R	L	E	K	T	E	E
L	O	O	S	R	E	B	A	S	T	A	L	I	O	R	M	A	O	X	D
O	R	D	E	E	A	P	R	C	R	I	T	H	A	O	P	R	G	T	U
L	A	T	E	C	L	O	K	E	E	S	N	C	M	P	O	E	E	R	C
R	J	L	O	K	T	D	Y	P	S	U	P	P	O	R	T	Y	L	U	A
D	T	M	N	L	H	E	C	P	O	K	Z	Y	P	B	A	B	A	M	T
E	N	O	G	A	M	X	I	A	U	P	E	E	M	O	T	H	M	E	E
E	C	T	O	G	E	T	H	E	R	M	O	Y	O	B	L	K	I	L	A
F	E	H	A	Y	O	C	R	E	C	Z	B	R	T	D	U	I	L	Y	R
M	R	E	T	P	R	D	T	Y	E	M	P	O	W	E	R	I	C	L	U
Y	A	R	R	A	I	A	H	A	S	K	F	Y	T	E	T	R	L	Y	E
B	P	A	E	Y	R	X	T	M	L	U	D	T	E	F	X	D	C	W	E
A	E	R	M	B	U	H	O	I	N	M	N	I	S	T	R	Z	O	E	X
B	F	I	E	S	T	C	M	R	O	E	K	U	M	S	K	E	L	R	P
O	P	L	T	O	A	T	B	M	R	D	E	N	E	A	L	R	O	J	R
H	E	B	M	A	S	A	K	A	T	R	N	I	R	E	I	E	S	R	E
C	O	C	D	A	I	L	P	D	B	H	E	T	E	R	T	T	T	E	S
R	E	S	E	A	R	C	H	N	J	G	A	N	T	B	N	O	R	S	S
X	O	R	T	R	A	K	I	S	O	P	F	O	E	L	O	T	U	E	O
M	B	A	K	L	I	M	T	T	I	M	A	C	D	X	C	A	M	A	T

Empower
Baby
Resources
Breastfeed
Parent
Express
Celebrate

Care
Health
Policy
Continuity
Mother
Colostrum
Research

Support
Educate
Together
Code
Breastmilk
Latch
BFI

Answer Sheet

Enabling Breastfeeding: Working Together to Make a Difference

C	O	N	T	B	H	R	E	R	K	B	A	K	R	L	E	K	T	E	E
L	O	S	R	E	B	A	S	T	A	L	I	O	R	M	A	O	X	D	
O	R	D	E	E	A	P	R	C	R	I	T	H	A	O	P	R	G	T	U
L	A	T	E	C	L	O	K	E	E	S	N	C	M	P	O	E	E	R	C
R	J	L	O	K	T	D	Y	P	S	U	P	P	O	R	T	Y	L	U	A
D	T	M	N	L	H	E	C	P	O	K	Z	Y	P	B	A	B	A	M	T
E	N	O	G	A	M	X	I	A	U	P	E	E	M	O	T	H	M	E	E
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F	E	H	A	Y	O	C	R	E	C	Z	B	R	T	D	U	I	L	Y	R
M	R	E	T	P	R	D	T	Y	E	M	P	O	W	E	R	I	C	L	U
Y	A	R	R	A	I	A	H	A	S	K	F	Y	T	E	T	R	L	Y	E
B	P	A	E	Y	R	X	T	M	L	U	D	T	E	F	X	D	C	W	E
A	E	R	M	B	U	H	O	I	N	M	N	I	S	T	R	Z	O	E	X
B	F	I	E	S	T	C	M	R	O	E	K	U	M	S	K	E	L	R	P
O	P	L	T	O	A	T	B	M	R	D	E	N	E	A	L	R	O	J	R
H	E	B	M	A	S	A	K	A	T	R	N	I	R	E	I	E	S	R	E
C	O	C	D	A	I	L	P	D	B	H	E	T	E	R	T	T	T	E	S
R	E	S	E	A	R	C	H	N	J	G	A	N	T	B	N	O	R	S	S
X	O	R	T	R	A	K	I	S	O	P	F	O	E	L	O	T	U	E	O
M	B	A	K	L	I	M	T	T	I	M	A	C	D	X	C	A	M	A	T