



Public Health Newsletter

August is

National Breastfeeding Awareness Month

Breastfeeding doesn't just provide nutrition, it also provides protection, information and nurturing to both the infant and the mother. **Breastfeeding is a great way to promote bonding and health for infants and mothers.**

Breast milk contains more vitamins than any formula and the antibodies in breast milk help infants to fight illness and diseases for the first six months of their life and promote a strong basis for a healthy future. (See sidebar article on page 4 for more information .)

It is proven that breastfed babies generally develop ahead of formula-fed babies. They talk at a younger age, they score better on tests in school, and they have a higher graduation rate than formula-fed babies.

Studies have also shown that exclusive breastfeeding can decrease risks of attention deficit disorder (ADD) and sudden infant death (SIDS.) Asthma and allergy rates are lower in breastfed babies, too.

The Mille Lacs Band of Ojibwe WIC (Women, Infants and Children) program along with other WIC offices provide assistance, food, and supplies for breastfeeding mothers. In the past, WIC was known for providing infant formulas but **in reality WIC's primary goal is to promote health in the infants, children and mothers.** Breastfeeding is the best way to meet this goal. When breastfeeding is not an option for a mother, formula will still be provided by WIC.

WIC has a lactation specialist to answer questions about breastfeeding and provide help if there are any issues or concerns .

Questions?

Contact: Jackie Jensen, R.N., Lactation Consultant in the Mille Lacs Band of Ojibwe Public Health WIC program at 320-532-7783.

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Breastfeeding is an Ojibwe Tradition

- ◆ The birth of a child was a joyous event, and the extended family had responsibility for the well-being of the child.
- ◆ Precontact Ojibwe had a sophisticated understanding of the role of breastfeeding and how it impacted baby, mother, family and community.
- ◆ When a woman became pregnant, the elders would teach her to care for her infant and herself during and after pregnancy.
- ◆ Babies were nursed immediately after birth and as often as they wanted.
- ◆ Almost immediately after birth, infants were securely wrapped and put into a cradleboard.
- ◆ Cradleboards were placed so that babies could be a part of daily activities and view their surroundings.
- ◆ By doing this, mothers could feed infants frequently according to the infant's needs.
- ◆ Nursing women were given special status, and their important contribution to future generations recognized.
- ◆ The Ojibwe understood the importance of diet for breastfeeding women and encouraged them to eat food that would promote milk supply and replace lost nutrients.
- ◆ Ojibwe babies were weaned when the child decided it was the right time. The Ojibwe recognized that different children had different needs.

**“Breast milk is a gift and
a medicine a mother
gives her child.”**

-Ojibwe Traditional Educator

*This article adapted from Joan Dodgson and Roxanne Struthers (2003):
TRADITIONAL BREASTFEEDING PRACTICES OF THE OJIBWE OF NORTHERN
MINNE SOTA, Health Care for Women International, 24:1, 49-61*



*Photos above copied
from the Native
Languages of the
Americas website at:
[www.native-
languages.org](http://www.native-languages.org)*



Answers to questions about breastfeeding are available **directly from the Mille Lacs Band of Ojibwe WIC program.** (See contact information on bottom of cover page.) Other sources of information include:

World Health Organization (WHO) at:

WWW.who.int/mediacentre/factsheets

Centers for Disease Control (CDC) at:

WWW.cdc.gov/breastfeeding

American Academy of Pediatrics at:

WWW2.aap.org/breastfeeding

U.S. Surgeon General's Office at:

WWW.surgeongeneral.gov/library/calls/breastfeeding

National Breastfeeding Helpline:
1-800-994-9662

New Mothers Need Family and Community Support



New mothers really need and deserve as much help as they can get from their friends and family. Providing help and support in the days and weeks following the birth of a new baby can help a

new mother feel loved and cared for, and help relieve feelings of isolation and even the baby blues.

The days and weeks after the arrival of a baby can be overwhelming for a new mother. For a new mother, trying to care for her family and manage her home while still recovering from the birth of her baby is not easy. She might even hesitate to ask for help.

Here are some ideas of things you can do to help:

1. **Bring Meals** — Not having to worry about getting a meal on the table is a huge burden lifted off a new mother's shoulders.
2. **Freeze Meals** — Another great idea is to provide frozen meals for the family. This way the new mother has something quick and easy to serve and they don't have to resort to fast food.
3. **Watch Her Older Kids** — Offering to watch a new mama's older kids is a huge help. Watch the kids at her house, or bring them over to your house for the afternoon.
4. **Clean Her House** — Help by doing things that aren't too personal or uncomfortable. Wash dishes, clean the kitchen, vacuum or sweep, start a load of laundry or pick up toys.
5. **Stop By, Call or Text** — The first few weeks can feel isolating for a new mom. Stop by, call or text, just to check in.
6. **Grocery Shopping or Errands** — If you're going to the store or running errands, ask if you can pick up a few things for her. Or make a special trip to shop just for her.
7. **Hold the Baby** — offer to hold her baby so she can have some personal time to eat a meal, or take a shower without worrying. You can provide a pair of safe and loving arms so that the mama can take a little time for herself.

What's In Mother's Milk?

Breast milk has the perfect combination of proteins, fats, vitamins and carbohydrates for babies.

- ♦ **Proteins.** The balance of proteins in human milk allows for quick and easy digestion for the baby, and they also help protect from infection.
- ♦ **Fats.** Mother's milk also contains fats that are the main source of calories for baby. They are necessary for development as well as absorption of vitamins.
- ♦ **Vitamins.** Vitamins are vital to the health of the baby. Vitamins in breastmilk are often determined by the vitamins the mother takes in.
- ♦ **Carbohydrates.** Lactose is the main carbohydrate in human milk, and it helps fight disease, helps baby absorb minerals, provides calories, and promotes the growth of healthy bacteria in the stomach.

Moccasin-Making Class Teaches Traditional Skills

Young mothers and others learned moccasin-making skills July 18 at the new Government Affairs building in Wahkon.

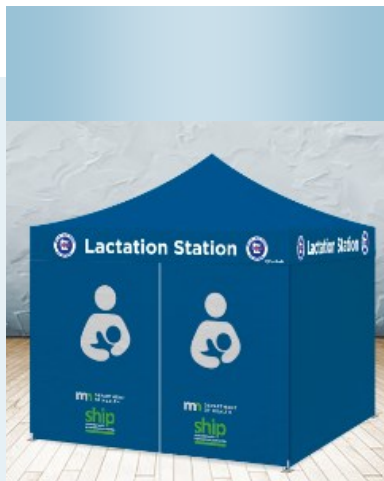
The class was sponsored by the Maternal and Child Health Program and made possible with help from the Wraparound program, ClearWay, the Statewide Health Improvement Partnership (SHIP,) Trisha Moose, and Carol Hernandez.

MCH Coordinator Sarah Andersen welcomed young mothers and other friends with food, drinks, and moccasin kits.

Clarissa Wilson and her daughter Braylynn, Anna Pflepsen, Rachel Boyd-Vogt, Trisha, Carol, and Sarah enjoyed their day together and went home with new moccasins — and new moccasin-making skills.



*Photos above courtesy of Brett Larson and Sarah Andersen.
Information in sidebar, left, adapted from the American Pregnancy
Association website at www.americanpregnancy.org.*



Public Health to Provide Portable “Lactation Station” for Nursing Mothers

The Mille Lacs Band of Ojibwe Public Health Department is planning the purchase of a portable nursing tent for the use of breastfeeding mothers at Band events.

Many times nursing mothers don't attend community gatherings due to the lack of a location to breastfeed their babies.

The tent will offer a convenient, clean, comfortable, private and dignified nursing location at events such as pow wows.

The “Lactation Station” is a collaborative project with SHIP, WIC and MCH. Watch for it sometime soon!

Tips For Breastfeeding Away From Home

- Wear clothes that allow easy access, like tops that pull up from the waist or button down.
- Use a blanket around your shoulders to cover anything you don't want to expose in public.
- Breastfeed your baby in a sling. Slings or other soft infant carriers are especially helpful for traveling. (But be aware that infant slings can be a suffocation danger for babies.)
- Consider buying or making a nursing cover to use when breastfeeding away from home. Or ask a family member or friend to make one for you. There are free patterns online, and the project is simple.
- Use a women's lounge or dressing room in stores if you prefer to breastfeed in a private or quiet space.
- Practice breastfeeding at home with the blanket or other covering if you plan to use them in public so that you and your baby are comfortable that way.

Tips For Handling Criticism About Breastfeeding

- You do not need to respond to anyone who criticizes you for breastfeeding. If you feel uncomfortable, move away from the person criticizing you and look for people who will support you.
- Remember that you are meeting your baby's needs. It isn't possible to stay home all the time, and you should feel free to feed your baby while you are out and about. You should be proud of your commitment!
- Talk to other breastfeeding moms about how they handled criticism. While no one should ever criticize you for feeding your baby, it might help to know what other moms have done in a similar situation.

Information above adapted from U.S. Health and Human Services Office on Women's Health website at www.womenshealth.gov.



Celebrate August!

August 2 — National Ice Cream Sandwich Day

August 4 — Campfire Day

August 6 — Wiggle Your Toes Day

August 8 — Wear Your Mother's Jewelry Day

August 12 — Sewing Machine Day

August 17 — National Thriftshop Day

August 19 — National Honey Bee Day

August 20 — World Mosquito Day

August 25 — Kiss and Make Up Day

August 30 — Toasted Marshmallow Day

August 27 — Just Because Day

August 31 — National Eat Outside Day

A collaboration of the Mille Lacs Band SHIP, DNR, the Mille Lacs Indian Museum and others.

Weekend Woodland Conference



How to Find and Use Wild Plants For Traditional Food and Medicine

Mille Lacs Band of Ojibwe, District 1, Onamia, MN

Saturday, August 25, 2018, 5:00 PM. - Presentation; Question and Answer Session

Sunday, August 26, 2018 - Plant Walk and Hands-On Class (See Schedule Below)

8:00 A.M. Breakfast

9:00 A.M. Plant Walk

12:00 Noon Lunch

12:30 P.M. Class



- **Limited numbers;** Must register.
- **Separate registration** for Saturday and Sunday events.
- Plant walk and class participants **required to attend** Saturday event.

Linda Black Elk (Catawba Nation) is an ethnobotanist specializing in teaching about culturally important plants and their uses as food and medicine. She works as Director of Traditional Medicine at the Mni Wiconi Clinic and Farm, which is a free, integrative healing center that focuses on decolonizing medicine and diet for Indigenous peoples. Through this clinic, Linda works to protect food sovereignty, traditional plant knowledge, and environmental quality as an extension of her long term fight against extractive industries. She has written for numerous publications, and is the author of "Watoto Unyutapi", a field guide to edible wild plants of the Dakota people. Linda is the mother to three Lakota boys and is a lecturer at Sitting Bull College on the Standing Rock Nation. *(Photo, Linda Black Elk, right.)*



For More Information or to Register:

Email: Colleen.McKinney@HHS.millelacsband-nsn.gov

Please Remember to Bring Tobacco/Asemaa to Events For Your Personal Ceremonial Use.

This is an alcohol and drug-free event. Commercial tobacco use in designated areas only.

- **Please register as soon as possible, as numbers are limited.**
- After registration is confirmed, an information sheet will be distributed.
- Supplies and meals will be provided.
- **If registrants are unable to attend they are asked to notify Colleen in order to allow others to take their place.**
Email: Colleen.McKinney@HHS.millelacsband-nsn.gov

Coming up This Month

Contact Us :

Reception Desk

320-532-7776

Fax # 320-532-7524

Sara Keil

Administrative Assistant

320-532-7775

District 1

Jackie Jensen, RN

Home Care Coordinator

320-532-7783

Roger Jahn, RN

320-532-7511

Nicole Narveson, RN

320-532-7457

Crystal Roeschlein, RN

320-532-7776 Ext. 2401

Mya Schroeder, HHA

Carol Kapinos, HHA

320-532-7776 Ext. 2405

Sarah Andersen

MCH Coordinator

320-532-7776 Ext. 2407

Renee Bayerle, HHA

Robert Mitchell

CHR Coordinator

320-532-7815

Mark Bruske

Bryan Carlson

Michael (Mike) Wade Sr.

CHR's 320-532-7815

Joanne Boyd

WIC Clerk 320-532-7821

SHIP Coordinator

320-532-7760

Colleen McKinney

Outreach Coordinator

320-532-7812

Mikayla Schaaf

Comm. Health Educator

320-532-7776 Ext. 2413

District 2

Robert Colton

CHR 218-768-3311

District 3

Fax # 320-385-7057

Donna Sutton

RN, Home Care

320-630-2443

Connie Taylor

Edward St. John Sr.

CHR's 320-385-7056




AUGUST 7, 2018 NATIONAL NIGHT OUT!!

District III First Annual National Night Out!

Come one, come all to the First Annual National Night Out hosted by District III Legislative!! There will be food, fun, friends, and family. Bring your lawn chairs. We look forward to seeing you there ☺

Bring your family! - Adults who bring their families will have a chance to win a Gift Certificate to Grand Cinema!



Hot dogs, Brats,
Beans, Chips and
Refreshments

Snow Cones -
4 Flavors

Sidewalk Chalk -
come show us
your artistic
talents!

Bean Bags

Face Painting!

Splash Pad

MLBO Gift Card
Drawings

MESHAKWAD
COMMUNITY CENTER
38043 Hinckley Road
Hinckley MN 55037

August 7, 2018
5:00pm - 8:00pm