



OSHKI-WENJACK

OSHKI-PIMACHE-O-WIN
THE WENJACK EDUCATION INSTITUTE

Indigenous Lactation Support Micro-credential Course



45-hours of online self-paced content



Oshki-Wenjack acknowledges the importance of the culture and traditions of Indigenous communities in Nishnawbe Aski Nation and around the world. Course offerings at Oshki-Wenjack encourage integration of the cultural traditions and practices within each learner's own respective community.

What is the Indigenous Lactation Support Micro-credential course?

Breastfeeding (nursing) is one of the best choices a parent can make for their child. Although breastfeeding is as natural a process as you can get, it is not always easy or without challenges and obstacles. An Indigenous Lactation Support worker is an unregulated support person within community that can help nursing parents to start breastfeeding off in a good way, and/or to overcome any challenges or obstacles that may occur, especially in the beginning stages of breastfeeding following birth. An Indigenous Lactation Support Worker will come to understand how the body makes breastmilk, how to establish and maintain a good milk supply, and how to identify and correct common breastfeeding issues. An Indigenous Lactation Support Worker acts in a supportive role, helping to correct and identify potential issues, and referring nursing parents and their babies to the appropriate healthcare provider for diagnoses and advanced care when necessary.

The Indigenous Lactation Support Micro-Credential course consists of 45 hours of self-paced content delivered entirely online and is designed to prepare participants to take on the role of Lactation Support Worker in their community. This course includes Anishinaabemowin (Ojibwe) language training that aligns with the content to assist in communicating with the parent and family.

Ask Today!



Indigenous Lactation Support

Indigenous Lactation Support: Curriculum Highlights

- Mental health, trauma informed care, and the benefits of breastfeeding
- Barriers to lactation and how to overcome them
- How the body produces breastmilk and how to latch and position the baby
- The impact of birthing practices on lactation
- Postnatal and discharge care instructions to help exclusive breastfeeding
- How to perform a lactation assessment
- Milk supply challenges, breast/chest and nipple conditions, and medical reasons for supplementation
- Anishinaabemowin (Ojibwe) phrases and terminology relevant to the field
- The World Health Organization's Ten steps to successful breastfeeding.

Requirements

Participants must purchase the required textbook for this course.

Course Hours

The Indigenous Lactation Support micro-credential course consists of 45 hours of online asynchronous (self-paced) course material.

OSAP Eligible Micro-Credential

Apply at: <https://www.ontario.ca/page/osap-ontario-student-assistance-program>



What Does an Indigenous Lactation Support Worker Do?

The positive mental and physical health outcomes of breastfeeding are countless, but not every parent or person understands the benefits of breastfeeding or has the knowledge and support to breastfeed successfully. The Indigenous Lactation Support Worker acts as a first line of contact for breastfeeding parents within their home community to inform, guide, assist, support, and advocate for the parent and baby alike. Many breastfeeding issues occur as a result of poor latching, positioning, or lactation management, many of which can be identified and remedied by an Indigenous Lactation Support Worker. As a part of their training, the Indigenous Lactation Support Worker will be prompted to reach out to community members and reflect on traditional practices to honour and support Indigenous ways. An Indigenous Lactation Support Worker also has a basic understanding of more advanced lactation and breastfeeding issues to help refer parents and their infants to the appropriate healthcare provider when necessary.

Other Indigenous Birthworker

Micro-Credential

Courses at Oshki-Wenjack

Indigenous Birthworker—
Pregnancy
Indigenous Birthworker—
Labour
Indigenous Birthworker—
Postpartum



Are You Looking for a New Pathway?

Oshki-Wenjack provides college, university, trades and micro-credential programs to Nishnawbe Aski Nation and other learners in a safe, inclusive, supportive and culturally enriched learning environment. Most programs blend some in-person learning in Thunder Bay with more online learning in your home community. Personalized supports help improve student learning – and student success.

The Oshki-Wenjack campus is located in Thunder Bay, Ontario. The campus includes a cultural room, kitchen amenities, a computer lab and a student lounge. It is centrally located in the downtown south core Fort William Business District and is close to bus transportation.

For information, please contact our Recruitment Office:

Toll Free: 1-866-636-7454 | Phone: 1-807-626-1880 | recruitment@oshki.ca

