



OSHKI-WENJACK

OSHKI-PIMACHE-O-WIN  
THE WENJACK EDUCATION INSTITUTE

## Indigenous Birthworker–Lactation Support Micro-credential Course

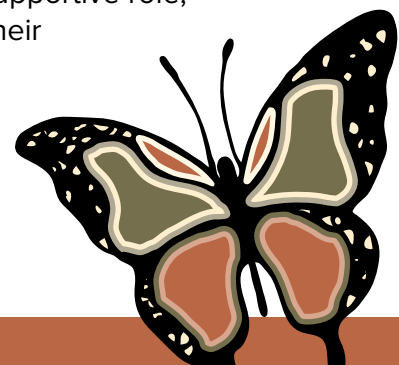


*Oshki-Wenjack acknowledges the importance of the culture and traditions of Indigenous communities in Nishnawbe Aski Nation and around the world. Course offerings at Oshki-Wenjack encourage integration of the cultural traditions and practices within each learner's own respective community.*

### **45 hours, online self-paced + community-based activities**

Breastfeeding (nursing) is one of the best choices a parent can make for their child. Although breastfeeding is as natural a process, it is not always easy or without challenges. An Indigenous Lactation Support worker is an unregulated support person that can help parents start breastfeeding and help to overcome any challenges or obstacles that may occur. An Indigenous Lactation Support Worker will learn how the body makes breast milk, 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 includes Anishinaabemowin (Ojibwe) language training that aligns with the content to assist in communicating with the parent and family.



# Indigenous Birthworker–Lactation Support Micro-credential Course

## Curriculum Highlights:

- Mental health, trauma informed care, and the benefits of breastfeeding
- Barriers to lactation and how to overcome them
- How the body produces breast milk 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 textbooks 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: [ontario.ca/page/osap-ontario-student-assistance-program](https://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 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.

## Additional Indigenous Birthworker Micro-credential Courses Available at Oshki-Wenjack:

- Indigenous Birthworker–Pregnancy
- Indigenous Birthworker–Labour
- Indigenous Birthworker–Postpartum



## Are You Looking for a New Pathway?

Oshki-Wenjack provides college, university and trades 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 variety of additional student supports. 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](mailto:recruitment@oshki.ca)

[oshki-wenjack.ca/programs/indigenous-birthworker-lactation-support-micro-credential-course/](https://oshki-wenjack.ca/programs/indigenous-birthworker-lactation-support-micro-credential-course/)

