

Abstract Title: Infant Feeding Stories and Wisdom from First Nations Communities: An Experience in Developing a Resource Inclusive of the Intended Audience

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Purpose: Introduction of solid food to infants has potential effects on lifelong health. Many resources prescribing best practices are available but it is observed they are often not followed in Saskatchewan First Nations. We aimed to provide Saskatchewan First Nation communities with a culturally appropriate resource to promote best practices for infant feeding using storytelling as a tool to promote values, self-esteem, and benefits associated with positive baby feeding practices.

Process/Summary of Content: Stories were gathered from five Saskatchewan First Nations and two individual elder visits. Stories were chosen to represent prevalent themes to honor women's experiences and to support best practice guidelines. The Canada Prenatal Nutrition Program (CPNP) Saskatchewan Working Group was provided a draft to evaluate. *Starting Your Baby on a Healthy Path* was printed and distributed in 2015.

Systematic Approach Used: Developing the resource was a qualitative process. Focus groups were arranged to have input from northern, central, and southern communities. A rudimentary framework was developed with best practices in mind. Open ended questions were asked with limited response from facilitators. Sessions were recorded to ensure accurate quotes. As data was reviewed common themes were identified. The framework was expanded to be inclusive of the themes. To complete the resource, information was added to ensure best practices were highlighted.

Recommendation/Conclusions: There is great value in gathering and sharing the knowledge and wisdom from Indigenous communities. Feedback obtained following distribution indicates the resource is beneficial as a teaching aid and in facilitating discussion. Having more First Nations based resources that weave together real life experiences and best practice guidelines could provide influential education. Such resources have potential to strengthen the dialogue between women and health professionals when it comes to challenges in implementing best practices.