



## Alberta Breastfeeding Committee's Statement on Racism

Racism is unacceptable in all forms. Alberta Breastfeeding Committee denounces systemic racism in all institutions across society. ABC recognizes the strong link to health and well-being of those impacted by systemic racism. ABC supports equality, and the promotion of equitable health outcomes for all Albertans starting with an infant's first food being breast milk.

Alberta Breastfeeding Committee (ABC) supports all families in Alberta on their journey through lactation. ABC provides resources to protect, promote, and support breastfeeding in Alberta as the cultural and the biological norm for feeding infants and children. The World Health Organization, Canadian Pediatric Association and most health authorities recognize breastfeeding as an important public health initiative.

Our vision and mission are inseparably tied to the rights of all persons to security, health and freedom and a commitment to diversity and equity infuses our work and decision-making.

Alberta Breastfeeding Committees definition of diversity includes diversity by position, gender, race, creed, age, sexual orientation, national origin, disability, family status, gender identity, formal education, life experience, religion, communication styles, geographic location, and work-related skill sets and experience.

### **It is important not just to talk but to act**

#### **Going Forward:**

Equity work begins with a personal learning journey. It is important that each person checks in with their own views and biases. The information and **resources** on this page can assist individuals and groups on their own equity journeys.

ABC resolves to address historic burdens as well as to remove present-day barriers to equal opportunities.

We pledge to:

- Identify and eliminate systemic discriminatory policies and practices and transforming structures towards access, justice, self-determination, redistribution, and sharing of power and resources
- Adopt an inclusive approach that maximizes the engagement of the communities impacted
- Add our voice or support to other like-minded organizations

The equity journey is a constant work in progress, and as such, our definition and work will continue to evolve as we learn and grow.

## Resources

### 1. Canadian Human Rights Commission

<https://www.chrc-ccdp.gc.ca/eng/content/statement-anti-black-racism-canada-time-face-truth>

### 2. Canadian Nurses Association

<https://www.cna-aiic.ca/en/policy-advocacy/indigenous->

*Aboriginal Health Nursing and Aboriginal Health: Charting Policy Direction for Nursing in Canada*  
[https://www.cna-aiic.ca/~media/cna/page-content/pdf-en/aboriginal-health-nursing-and-aboriginal-health\\_charting-policy-direction-for-nursing-in-canada.pdf?la=en&hash=59F4641D59EBDE29D9CC573CAF19FA8706647625](https://www.cna-aiic.ca/~media/cna/page-content/pdf-en/aboriginal-health-nursing-and-aboriginal-health_charting-policy-direction-for-nursing-in-canada.pdf?la=en&hash=59F4641D59EBDE29D9CC573CAF19FA8706647625)

*Cultural Competence and Cultural Safety in Nursing Education: A Framework for First Nations, Inuit and Métis Nursing*  
[https://www.cna-aiic.ca/~media/cna/page-content/pdf-en/first\\_nations\\_framework\\_e.pdf](https://www.cna-aiic.ca/~media/cna/page-content/pdf-en/first_nations_framework_e.pdf)

*United Nations Declaration on the Rights of Indigenous Peoples*  
[https://www.un.org/development/desa/indigenouspeoples/wp-content/uploads/sites/19/2018/11/UNDRIP\\_E\\_web.pdf](https://www.un.org/development/desa/indigenouspeoples/wp-content/uploads/sites/19/2018/11/UNDRIP_E_web.pdf)

### 3. Ingenious Videos

The Creator's Gift to Mothers [Video]. [place unknown]: Shibogama First Nations Council; 2016. Available from: <https://youtu.be/rkaxLGI5WBwps://www.youtube.com/>

Close to the Heart: Breastfeeding our Children, honoring our values [Video]. [place unknown]: native breastfeeding; 2013. Available from: <https://www.youtube.com/watch?v=ipr0gPoh8Vs>

The Baby-Friendly Initiative: Strengthening Indigenous Families and Communities [Video]. Toronto (ON): BFI Strategy for Ontario; 2017. Available from: <https://breastfeedingresourcesontario.ca/resource/baby-friendly-initiative-strengthening-indigenous-families-and-communities>

The Way of the Past is the Way of the Future: Promoting Breastfeeding Among First Nations Communities [Video]. [place unknown]: Anishnawbe Mushkiki; 2015. Co-published with CONFLIX. Available from: <https://breastfeedingresourcesontario.ca/resource/way-past-way-future-promoting-breastfeeding-among-first-nations-communities>

### 4. Praeclarus Press

Free to Breastfeed <https://praeclaruspress.com/wp-content/uploads/2013/08/v1-Free-to-Breastfeed-handout.pdf>

### 5. Best Start

<https://resources.beststart.org/product-category/re>

W31-E Webinar: Infant and Early Mental Health in an Indigenous Context **sources/indigenous-prenatal-health/** <https://resources.beststart.org/product/w31e-infant-mental-health-indigenous-context-en/>

Planning for Change, Facilitator Guide: Workshop for First Nations Women about FASD Prevention and Skills for Change (2019)

<https://resources.beststart.org/product/f19a-first-nations-women-fasd-prevention-booklet/>

Breastfeeding Wellness Tip Sheet

Tip Sheet in English for families: Indigenous perspective on Breastfeeding. (2019)

<https://resources.beststart.org/product/b49e-breastfeeding-wellness-tipsheet/>

Best Start Resource Centre. Breastfeeding for the health and future of our nation. A booklet for Indigenous families [Internet]. Toronto (ON): Best Start Resource Centre; 2017. Available from:

<https://resources.beststart.org/wp-content/uploads/2018/12/B05-A-1.pdf>

## 6. Other Resources

Allan, B. & Smylie, J. (2015). First Peoples, second class treatment: The role of racism in the health and well-being of Indigenous peoples in Canada. Toronto, ON: the Wellesley Institute.

<https://www.wellesleyinstitute.com/wp-content/uploads/2015/02/Summary-First-Peoples-Second-Class-Treatment-Final.pdf>

Freeman, A. "First Food" Justice: Racial Disparities in Infant Feeding as Food Oppression. 83 Fordham L. Rev. 3053 2014-2015.

Harrison, L. (2019). "Milk Money: Race, Gender, and Breast Milk "Donation"," Signs: Journal of Women in Culture and Society 44, no. 2 (Winter 2019): 281-306.

Reitmanova, S., Gustafson, D., Ahmed, R. (2015). Immigrants Can Be Deadly. Critical Discourse of the Racialization of Immigrant Health in the Canadian Press and Public Health Policies. *Canadian Journal of Communication Vol 40* (2015) 471–48.

## 7. Infant Mortality Rates

<https://www.cdc.gov/reproductivehealth/maternalinfanthealth/infantmortality.htm>

## 8. Native Breastfeeding Week

<https://www.facebook.com/NativeBreastfeedingWeek/>

## 9. Black Breastfeeding Week

<https://blackbreastfeedingweek.org/#event-description>