



INDIGENOUS MILK MEDICINE WEEK

AUGUST 8TH-14TH

NATIVE BREASTFEEDING COALITION OF WISCONSIN

INDIGENOUS MILK MEDICINE WEEK

2024 TOOLKIT

HONORING TRADITIONAL MEDICINES



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ABOUT INDIGENOUS MILK MEDICINE WEEK

Why we celebrate Indigenous Milk Medicine Week:

- Educate communities about the importance of Indigenous Milk
- Provide an opportunity to share breastfeeding experiences
- Highlighting its nutritional significance and healing properties
- Emphasizing our traditional practices of First Food for all infants

PROMOTING RESILIENCE AND STRENGTH THROUGH EXPRESSION

Each year our coalition selects a message to express the significance of Indigenous Milk Medicine. It highlights the importance of culture in the work occurring across Tribal Communities in Wisconsin in the area of lactation. By sharing our message, we are strengthening our resilience to help us overcome obstacles. This year the theme selected was "Honoring Traditional Medicines"

ABOUT THE THEME HONORING TRADITIONAL MEDICINES

While Indigenous Milk is the medicine we highlight this week, we note it is one of several traditional medicines vital to Indigenous communities. We honor the traditional medicines of Indigenous milk, sage, cedar, sweetgrass and tobacco. We recognize the healing powers of each medicine in our communities. You can find all of the traditional medicines represented in our artwork.



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ABOUT THE THEME HONORING TRADITIONAL MEDICINES

Indigenous Milk Medicine

- Protection, Healing, Strength and Resilience
- Indigenous Milk Medicine is filled with antibodies that protect baby.
- Breastfeeding provides protective factors to mother's health

Sage

- Protection and Healing
- Sage is burned when smudging, we use it to purify, cleanse, rid spaces of negative feelings or influences and to protect those areas from bad spirits. We use in preparation for ceremonies to cleanse the Mind, Spirit, and space.

Sweetgrass (The Hair of Mother Earth)

- Healing and Spirituality,
- Sweetgrass is a woman's medicine. It brings in good spirits and influences. It can be burned and used in a smudge or be made into a tea.
- Sweetgrass is braided in threes to represent the mind, body and spirit.

Cedar

- Prayer, Healing and Protection
- Cedar can be burned for purification to drive out the negative energy but also to bring in good influences. Our prayers rise on the cedar smoke and are carried to the Creator. Cedar can also be hung in homes or doorways to absorb negative energy and allow positive energy to enter.
- For birthing persons, it is used to cleanse them before giving birth.

Tobacco

- Healing, Prayer and Thanks
- It is often used in prayer, when the tobacco is burned it carries your prayers from the physical world to the spirit world. Tobacco is always given as a thanks.

Number Six

- Promotes healing
- Named in honor of it being the sixth medicine given to us by the Creator.
- It is commonly used to treat colds and is often made into a tea.



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#IMMW24

#HonoringTraditionalMedicines

This toolkit includes messages to reflect the theme of IMM Week. Feel free to use these images on your social media or other applications during the week.



HONORING TRADITIONAL MEDICINES
NATIVE BREASTFEEDING COALITION OF WISCONSIN

Indigenous Milk Medicine
Provides protection, Healing, Strength and Resilience
Indigenous Milk Medicine is filled with antibodies that protect baby.
It provides protective factors for women who breastfeed.



HONORING TRADITIONAL MEDICINES
NATIVE BREASTFEEDING COALITION OF WISCONSIN

Sage
Used for Protection and Healing
Sage is burned when smudging. We use it to purify, cleanse, rid spaces of negative feelings or influences and to protect those areas from bad spirits.



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HONORING TRADITIONAL MEDICINES

NATIVE BREASTFEEDING COALITION OF WISCONSIN

Sweetgrass (The Hair of Mother Earth)

Used for healing and spirituality

Sweetgrass brings in good spirits and influences. It can be burned and used in a smudge or be made into a tea. Sweetgrass is braided in threes to represent the mind, body and spirit.



HONORING TRADITIONAL MEDICINES

NATIVE BREASTFEEDING COALITION OF WISCONSIN

Cedar

Used in Prayer and for healing and protection

Cedar can be burned for purification to drive out the negative energy but also to bring in good influences. Our prayers rise on the cedar smoke and are carried to the Creator. Cedar can also be hung in homes or doorways to absorb negative energy and allow positive energy to enter.



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#HonoringTraditionalMedicines



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HONORING TRADITIONAL MEDICINES

NATIVE BREASTFEEDING COALITION OF WISCONSIN

Tobacco

Used for healing, Prayer and thanks

It is often used in prayer, when the tobacco is burned it carries your prayers from the physical world to the spirit world. Tobacco is always given as a thanks.



HONORING TRADITIONAL MEDICINES

NATIVE BREASTFEEDING COALITION OF WISCONSIN

Number 6 or Wild Bergamot

Promotes Healing

The name is in honor of it being the sixth medicine given to us by the Creator. It is commonly used to treat colds and is often made into a tea.





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ACTIVITIES TO CONSIDER FOR THE WEEK:

Post an up-to-date list of local lactation resources on your social media or website. Create a paper copy to share in face-to-face interactions.

Set up a display/booth at your organization with breastfeeding education materials and resources.

"Acts of Kindness" Challenge: Ask community members to complete tasks for breastfeeding families. Log and turn in for small prizes.

Post benefits of breastfeeding and list of benefits that Indigenous milk provides.

Ask for breastfeeding success stories related to mom's or baby's health.

Ask an Elder for their story about breastfeeding.

Ask breastfeeding families to provide helpful suggestions and/or words of encouragement to post on social media or create a display for a lobby or booth.

Post on social media the benefits of skin to skin.

Create a post that highlights the importance of the partner/dad and dad/partner's role in skin to skin.

Host a latch event or walk to celebrate the importance of Indigenous Milk.



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CONTACT US:

Email: nativebfcoalition@glitc.org

Facebook: Native Breastfeeding Coalition of Wisconsin

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(@nativebfcoalitionwi)**

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