

INDIGENOUS MILK IS MEDICINE DISCUSSION GUIDE



Cancer Facts

Breast cancer is the most commonly diagnosed cancer for Indigenous women (1).

Breast cancer is diagnosed at a later stage for Indigenous women than for non-Hispanic white women (1).

Breastfeeding decreases the risk of breast and ovarian cancer for the parent (2).

Discussion Questions

Listed below are questions that will help guide discussion upon viewing the Indigenous Milk is Medicine documentary.

Conversations communities can hold

The following questions are for a wide range of community gatherings or to be used in small discussion groups, 1:1 conversations, and/or individual reflection.

1. What do you think of breastfeeding and chestfeeding as an Indigenous practice?
2. What did this documentary mean to you?
3. What conversations were you able to/were you encouraged to have as a result of this documentary?
4. How has this impacted you? What would you like to learn more about?
5. What practices/experiences of breastfeeding and chestfeeding resonated with you?
6. How does breastfeeding and chestfeeding promote food sovereignty and actively work to reclaim cultural ties?
7. What traditional practices did you learn were supported by research/what research practices did you learn have been traditionally practiced by Indigenous communities?

Conversations health care teams can hold

The following questions are to be used in health care settings or settings in which health & wellness support is being offered.

Amongst themselves

1. Based on this documentary, what are some conversations or talking points you will have on breastfeeding and chestfeeding with patients moving forward?
2. How does this documentary support the work you do?
3. What work have you already been doing/resources are you currently using that would support people breastfeeding and chestfeeding their children?

With patients

1. What struggles with breastfeeding and chestfeeding are you concerned about or do you want support with?
2. What private, clean, and comfortable spaces are accessible to you for breastfeeding and chestfeeding?
3. What support circles/groups are accessible to you?
4. What Indigenous-informed resources can be provided?

1. American Cancer Society. Cancer Facts & Figures 2022
2. CDC Recommendations and Benefits: Breastfeeding

Additional Resources

Here are Indigenous-led and/or focused resources that can be shared or referenced in discussion

[Center for Indigenous Midwifery](#)

[Indigenous Milk Medicine Collective](#)

[Indigenous Breastfeeding Counselor Training by](#)

[Camie Goldhammer and Kim Moore-Salas](#)

[Indigenous Motherhood](#)

[Family and Child Education \(FACE\): Indigenous Breastfeeding](#)

