



# Nourri- Source Montreal

Information Session

*For Aspiring Breastfeeding Support Volunteers*

*Winter 2021 – Updated Summer 2023*

# Volunteering with Nourri-Source

Nourri-Source Montreal Region  
Breastfeeding Support Volunteer  
Peer Support



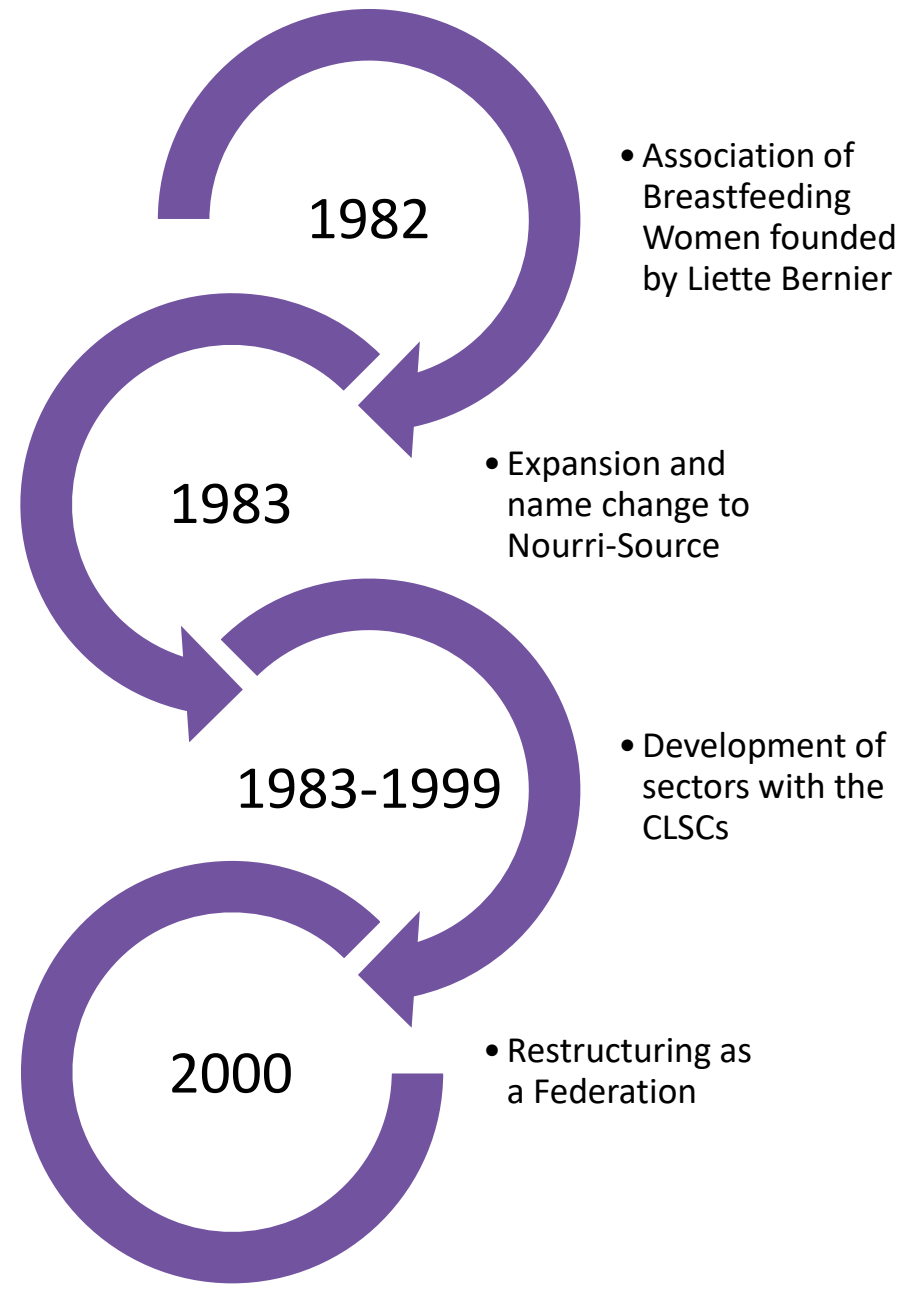
# History in a nutshell

Nourri-Source Montréal



**Nourri-Source was « born » in 1982...**

**Liette Bernier, founder of Nourri-Source**



As of  
2023...

SECTEURS DE NOURRI-SOURCE MONTRÉAL

CIUSSS de l'Ouest-de-l'Île-de-Montréal

- Secteur Ouest de l'île (ODI)
- Secteur Dorval-Lachine-Lasalle (DLL)

CIUSSS du Nord-de-l'Île-de-Montréal

- Secteur Nord-de-l'île (NDI)
- Secteur Villeray-Petite-Patrie (VPP)

CIUSSS du Centre-Sud-de-l'Île-de-Montréal

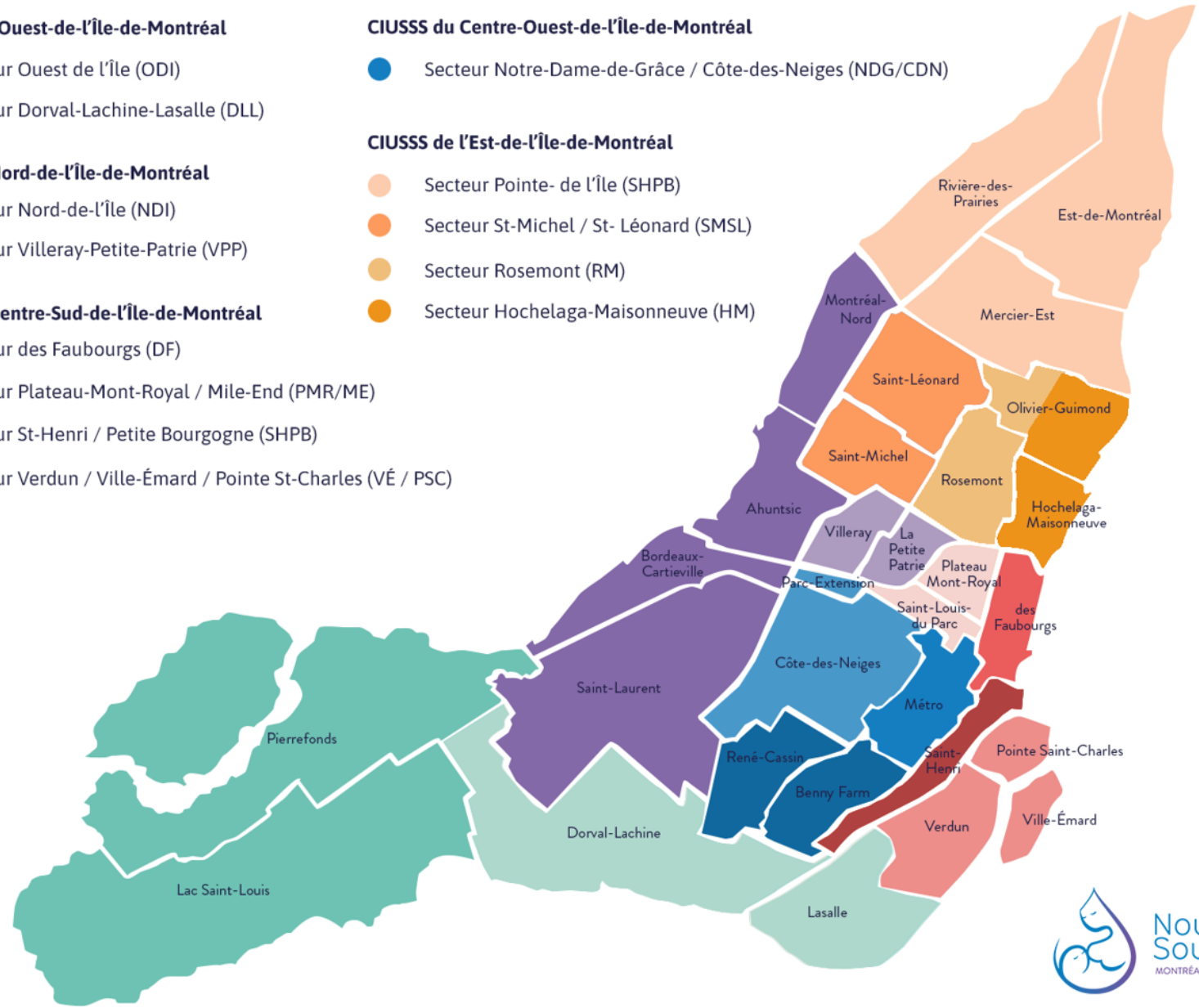
- Secteur des Faubourgs (DF)
- Secteur Plateau-Mont-Royal / Mile-End (PMR/ME)
- Secteur St-Henri / Petite Bourgogne (SHPB)
- Secteur Verdun / Ville-Émard / Pointe St-Charles (VÉ / PSC)

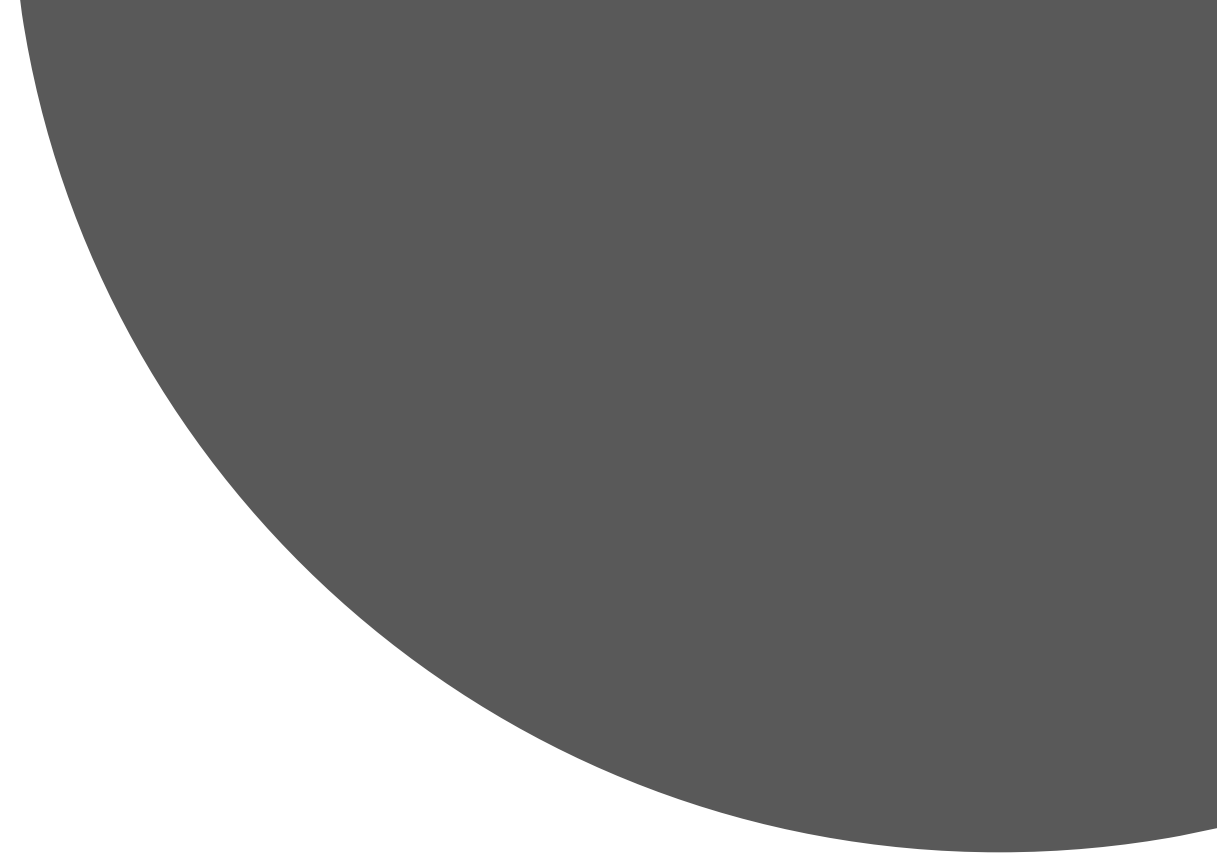
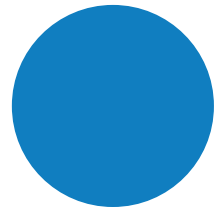
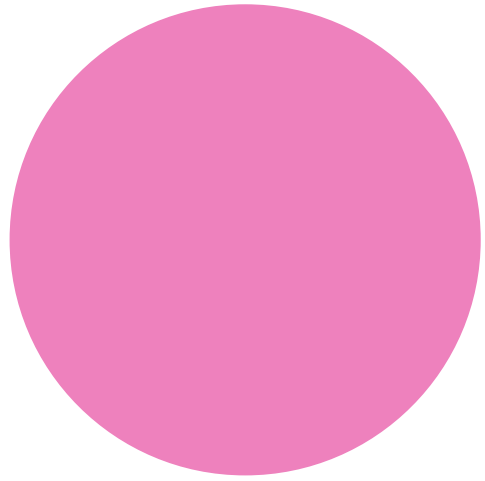
CIUSSS du Centre-Ouest-de-l'Île-de-Montréal

- Secteur Notre-Dame-de-Grâce / Côte-des-Neiges (NDG/CDN)

CIUSSS de l'Est-de-l'Île-de-Montréal

- Secteur Pointe- de l'Île (SHPB)
- Secteur St-Michel / St- Léonard (SMSL)
- Secteur Rosemont (RM)
- Secteur Hochelaga-Maisonneuve (HM)





N o u r r i - S o u r c e  
M o n t r e a l  
R e g i o n



Nourri-  
Source  
MONTRÉAL

# Nourri-Source Montreal's Mission

Nourri-Source Montreal's mission is to develop a **supportive community and environment** so that mothers who wish to breastfeed, and their families, can have a **positive breastfeeding experience**.



# Our mission is achieved by:

- **Normalizing** breastfeeding in public spaces through the creation of The Route du Lait project
- **Supporting mothers** via a free pairing service with Breastfeeding Support Volunteers;
- **Promoting and distributing** informative material, customized training and reliable tools;
- **Creating a sense of belonging** through the Breastfeeding Support Volunteers' contribution to a support network that helps mothers to overcome isolation in the postnatal period.





OUR  
VISION

Nourri-Source Montreal plays a role in normalizing breastfeeding and facilitates the exchange of breastfeeding knowledge between parents.



# Our values

## RESPECT

Be considerate and listen to others, establishing a relationship as equals and not making judgments about the personal choices they make.

Recognize that each person is in the best position to make their own choices.

## OPENNESS

Explore new possibilities and ways of doing things, try to understand the other person and their personal situation, as well as encourage discussion and the sharing of ideas.

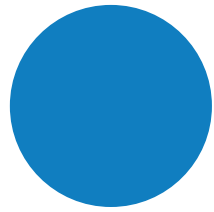
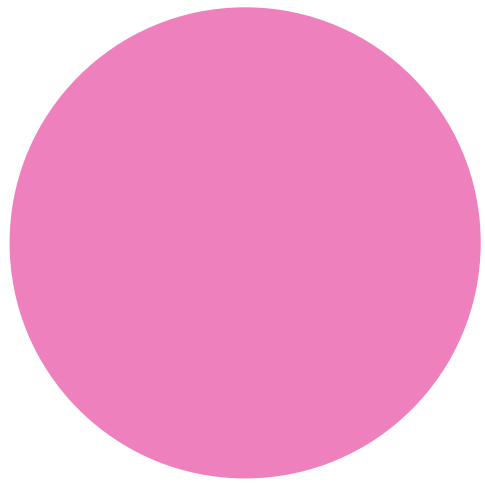
## AUTONOMY

Foster the ability to act voluntarily and independently.

Encourage the empowerment of women.

## SOLIDARITY

Foster a relationship between individuals who support each other.



B r e a s t f e e d i n g  
S u p p o r t  
V o l u n t e e r



Nourri-  
Source  
MONTRÉAL

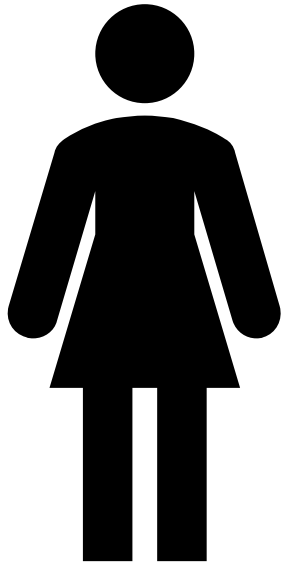
# What is a Breastfeeding Support Volunteer?

- **A parent volunteer who provides breastfeeding support to their peers**
- At least 6-months breastfeeding experience
- Desire to help families or to give back
- Interest in expanding their knowledge and understanding of breastfeeding

## The Role

- Promote breastfeeding
- Support
- Listen
- Inform
- Accompany / Guide
- Encourage
- Refer

# Here is what a volunteer can do



- Peer support via phone or electronic means
- Breastfeeding Drop-Ins
- Prenatal Classes
- Contributing to the management of the sector
- Participation in projects and special events

# Code of Ethics

for Nourri-Source's  
Breastfeeding Support Volunteers

gratuit jumelage  
service soutien  
soutien vision  
service relation Route  
entraide engagement  
positive partage entourage  
outils lieux femmes idées RESPECT librement  
public allaitement adaptées  
valeur maternel égal allaiter AUTONOMIE  
fiables marraines Route  
gratuit choix mère SOLIDARITÉ  
réseau expérience  
communauté adaptées  
normalisation favoriser  
contenus Explorer empoussancement



TOWARDS THE  
ORGANIZATION/SECTOR



TOWARDS THE PARENTS



COMMITMENT  
TOWARDS THE  
ORGANIZATION

- ✓ Understand and respect the Regional office's breastfeeding support mission, as well as the common philosophy and Code of Ethics of the Nourri-Source network;
- ✓ Convey a positive image of the organization, including on social networks;
- ✓ Not to simultaneously volunteer in another breastfeeding support group;
- ✓ Keep your breastfeeding knowledge up-to-date;
- ✓ Attend the Annual General Meeting.



COMMITMENT  
TOWARDS THE  
SECTOR

- ✓ Attend sector meetings
- ✓ Work collaboratively to ensure the effective functioning of the sector
- ✓ If possible, take on a management function
- ✓ Commit to actively volunteering for a minimum of 12 months



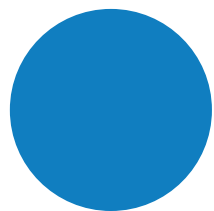
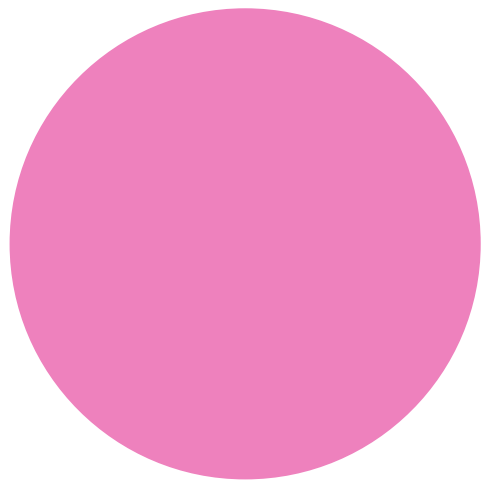
COMMITMENT  
TOWARDS THE  
FAMILIES

- ✓ Demonstrate respectful and professional behaviour at all times;
- ✓ Provide services that respect the values, beliefs and choices of the parents;
- ✓ Carry out the role of Breastfeeding Support Volunteer within the limits of the role's mandate;
- ✓ Advise your « filleules » when speaking on your own behalf.



COMMITMENT  
TOWARDS THE  
FAMILIES

- ✓ Any form of solicitation of the parents for commercial, financial or personal purposes is prohibited;
- ✓ Preserve the confidentiality of any information about the parent or that could identify them;
- ✓ Mettre à profit tous ses efforts pour assurer la qualité des services offerts.



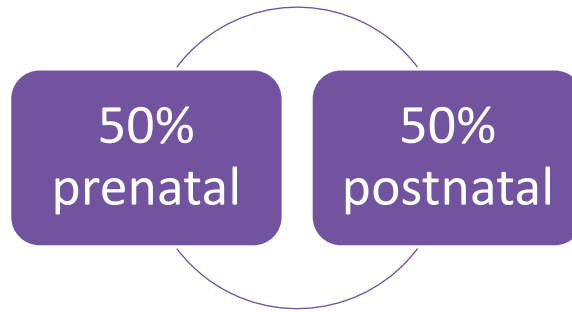
Peer  
Support



Nourri-  
Source  
MONTRÉAL



# Pairing « Filleules »



- Method of distribution (dispatching) is specific to each sector
- Type and number of pairings is determined **by the Breastfeeding Support Volunteer**
  - Without imposition
  - According to availability



# Benefits of getting involved with **Nourri-Source Montreal**

- Involvement according to your availability
- Volunteer work that is easy to juggle with being a parent
- Possibility of taking on leadership roles
- Opportunity to acquire breastfeeding education
- Member of an organization recognized in Quebec as a leader in breastfeeding support
- Being part of a network of exceptional individuals like you!

# Next steps...

Email with link to the portal to fill out the aspiring volunteer form

Active commitment to be a volunteer for a minimum period of one year

Adherence to the Code of Ethics and mission of Nourri-Source Montreal

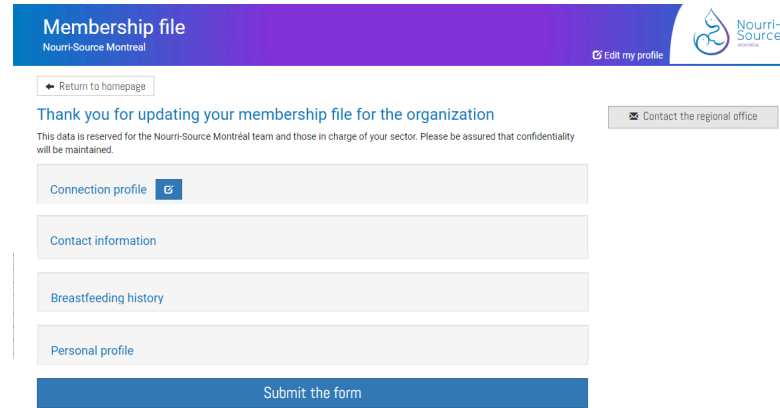
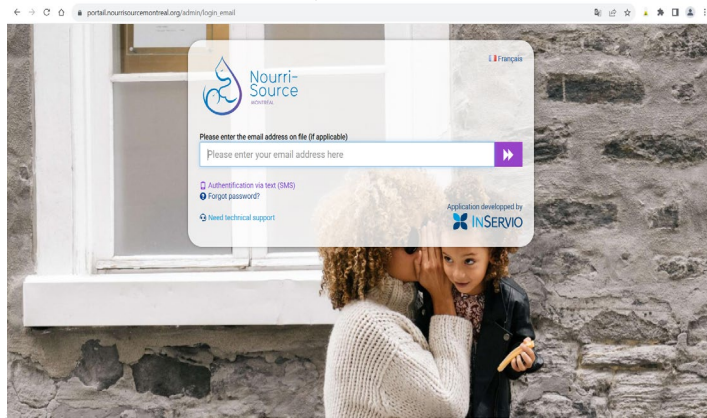
Introductory Training for Breastfeeding Support Volunteers

- Attendance at all four (4) online blocks of training (12 hrs)
- Watching video clips (1.5 hrs)
- Reading the « Petit Nourri-Source »

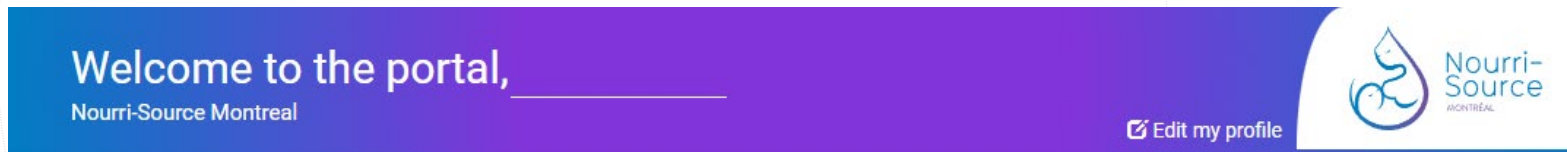
Involvement in the sector and in the Nourri-Source Montreal community

# Volunteer Portal

<https://portail.nourrisourcemontreal.org>



This is your aspiring volunteer profile, which will become your volunteer profile. You need to update it once a year in order to renew your commitment.



- Home page
- Trainings
- Documentation centre

## The Breastfeeding Documentation Center

### On your home page

- The latest news from Nourri-Source
- News from your sector
- Contact information for your sector leadership

The **Trainings** tab – with our continuing education offerings in person, online, or asynchronous.

[More information](#)

**Breast/Rubber Nipple Confusion - 3. Alternatives For Avoiding Confusion**  
Fédération Nourri-Source

Whether it is because you have to be away or because your baby has a medical condition that requires additional measures, it's better to avoid giving milk in a bottle. No anti-confusion exists.

[Detailed file](#) [Image](#)

**THE FLOOR  
IS YOURS!**





**Thank you!**

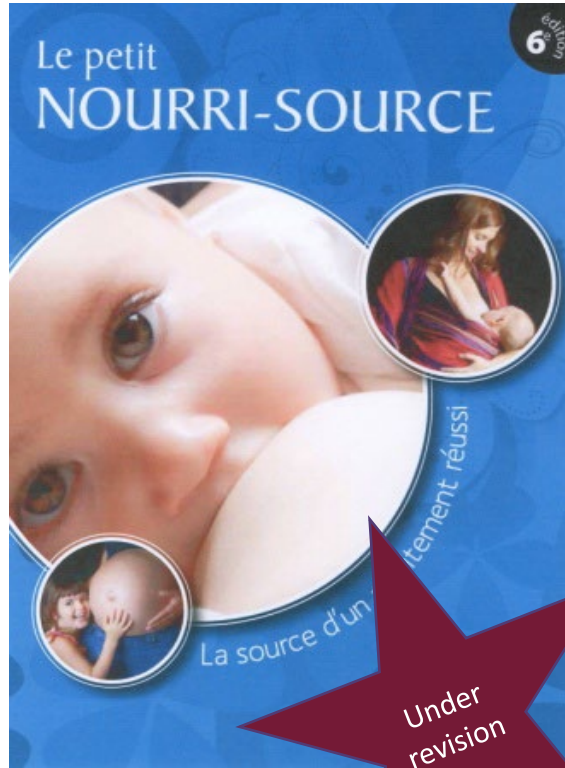




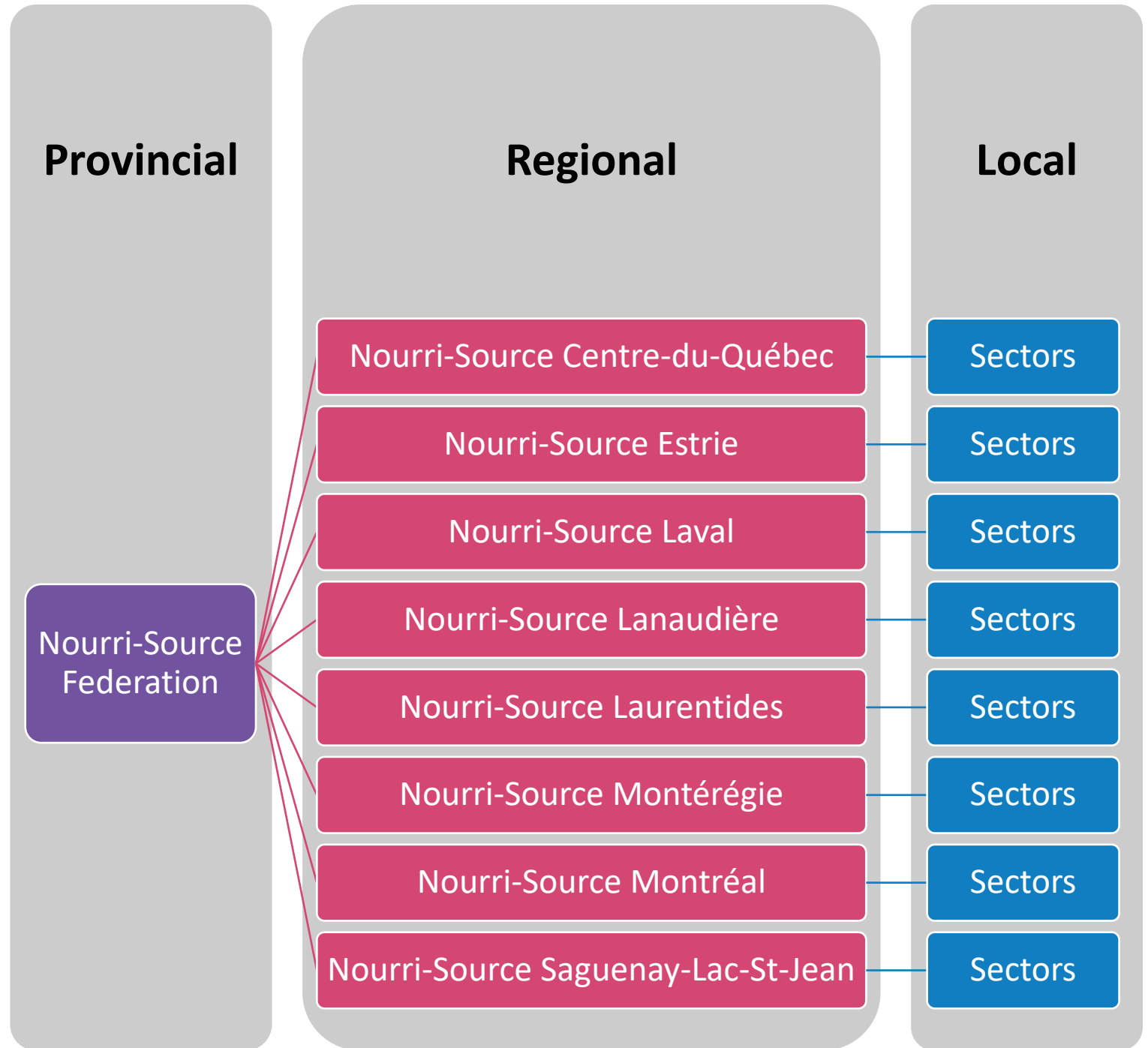
• More Slides

Depending on the questions

# Network's Structure



Under revision



# Nourri-Source network's common philosophy

## RESPECT

Welcoming and accompanying women and their families while respecting their choices and their pace.

Thorough and professional in each of our actions and commitments, whether it be with a « Filleule », between the regional offices or within a Board of Directors.

## OPENNESS

Show openness, flexibility and empathy in any intervention, to promote informed and non-judgmental decision-making.

Adopt an inclusive approach that respects the diversity of families models, cultural beliefs and women's choices.

## SUPPORT

Commitment to fostering camaraderie and a sense of belonging to a community.

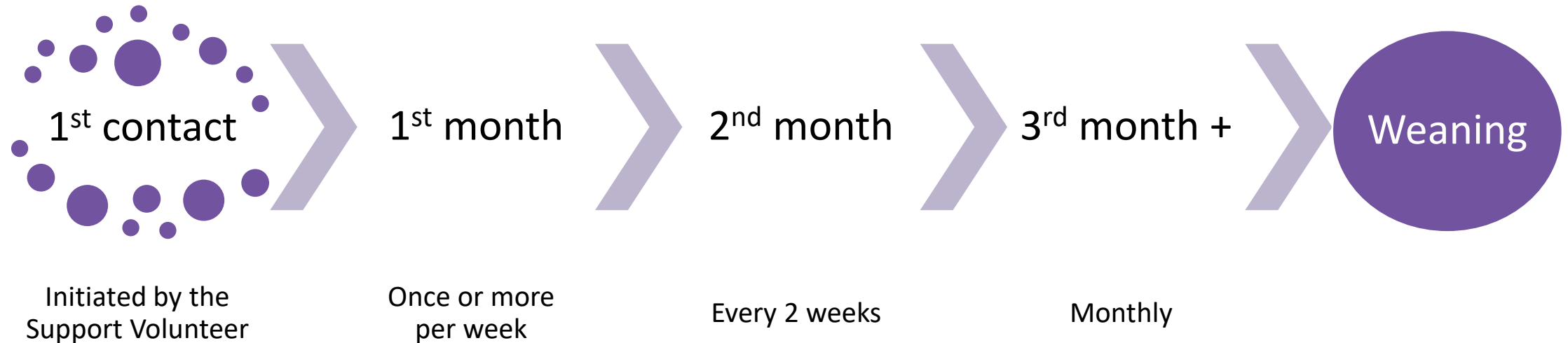
Facilitate peer support, exchange and collaboration between all members of the network.

## FULFILLMENT

Empower women to take action so that they may have a fulfilling breastfeeding experience.

Commitment to maintaining a friendly atmosphere and positive environment throughout the network, from the point of view of all volunteers' and staff's personal well-being.

# Peer Support by Phone or Electronic means



« Filleule »

Mother or mother-to-be who requests a service

Pairing with a support volunteer in their area (dispatching)

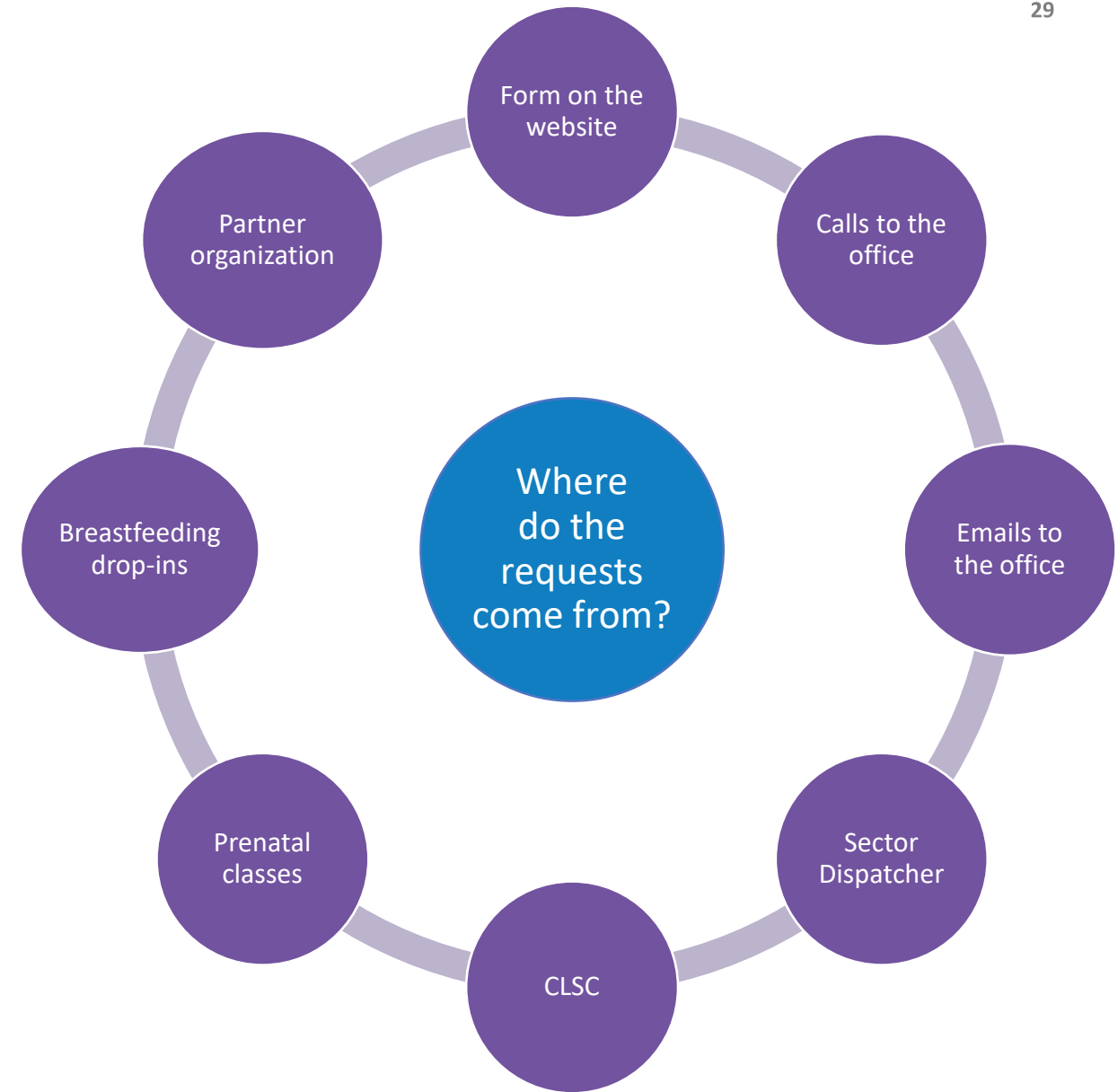
The frequency and timing of follow-ups varies depending on the mother's needs and wishes

# Pairing « Filleules »

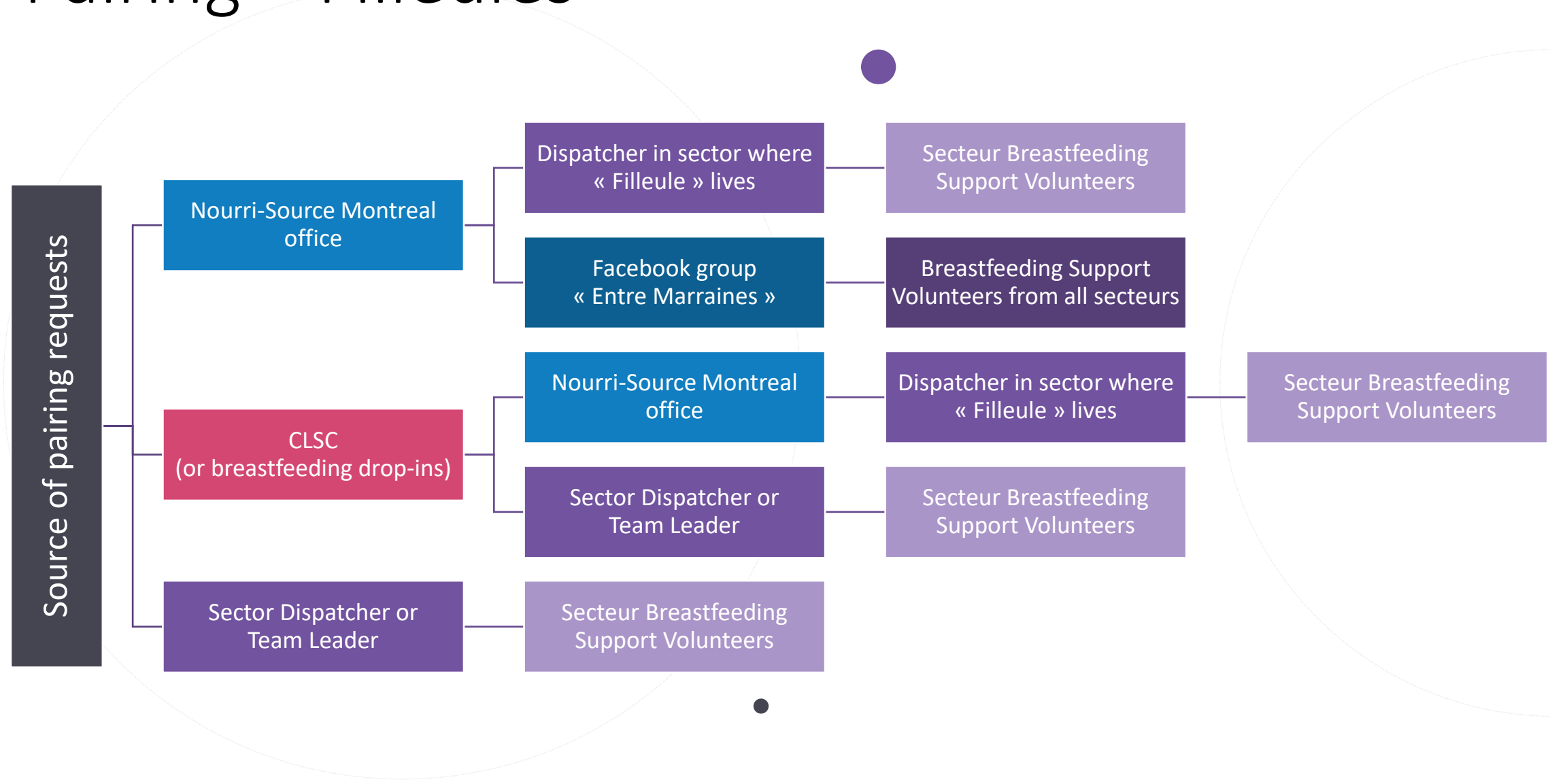
Do you have time to take on a « Filleule »?

Offer from your sector Dispatcher

Outstanding requests on the Facebook group « Entre mairaines »



# Pairing « Filleules »



# Activities and services in the sectors

- Distribution of « filleules » (pairing)
- Breastfeeding follow-ups (peer support)
- Recruitment of new volunteers
- Sector meetings
- Sector representation at the Annual General Meeting
- Maintain and transfer sector records

**Mandatory**

- Participation at the CLSC's prenatal classes
- Participation at breastfeeding drop-ins
- Sector representation at the intersectoral meeting
- Fundraising activities
- Outreach activities

**Optional**

# Volunteers' Toolbox

- ★ • Book [Le Petit Nourri-Source](#) (PNS) – under revision
- Virtual library
- **NOURRISOURCEMONTREAL.ORG**
  - Co-Parenting section (in French only)
  - « Guide des ressources en allaitement »
  - Route du lait
  - ...
- Ongoing training



**GUIDE DES  
RESSOURCES**  
*en allaitement*

# Resources

- Sector Team Leaders and fellow volunteers
- Liaison Healthcare Professional (HCP)
- Employees at Nourri-Source Montreal
- **Facebook group « NS Mtl – entre marraines »**

NS Mtl - entre marraines

 Groupe Privé



Interagit en tant que Nourri-Source...

À propos

**Discussion**

Annonces

Membres

Vidéos

Photos



Poursuite des Haltes Virtuelles

Ateliers thématiques formation continue

Du 11 juin au 10 septembre

Nourri-Source MONTRÉAL

Programmation estivale

Cours prénataux en ligne