

# Tth'aih gaviidàndai' nohthan lèe?

## Juudìn vats'at ginohkhih:

- Nakhwakaiik'it gwizhìt Sriigwandaii Eenjit K'anahtii Niliì
- Sriigwandaii Zheh
- NWT zhìt Canada gwizhìt tr'ìinjòò tr'ìinin k'òò t'ìinch'uu nilii kat gah gwitr'it t'agwah'ii nilii kat: 867-777-8052 akòots'at 867-920-3237
- Gwahanh, Amàa' ts'at Bèebii Kat (Sriitsookaiik'it gwizhìt khehlòk tr'ìinin tsal guk'anahtii nilii kat) 867-669-7888
- Bèebii amàa' goontf'ànòhchih danh guuzhik ookhwiniì geenjit gwit'agwiin'eh nakhwàh gòonlih jì', aii Kwànchù' gwich'ì' eenjit Ts'anuu nilii vats'at ginohkhih.

# Kwànchù' gòò màa' gwintf'atr'ahchih

Jidii gahohkhwindaih eenjit gòò jii kat ts'at

## Tth'aih geenjit gaviidàndai' nohthan jì', iitsii ganadhindaii kak:

### Northwest Territories FASD web site:

[www.hlthss.gov.nt.ca/english/services/fetal\\_alcohol\\_spectrum\\_disorder/default.htm](http://www.hlthss.gov.nt.ca/english/services/fetal_alcohol_spectrum_disorder/default.htm)

### Other Web sites:

NWT Breastfeeding website:

[www.breastfeedingnwt.ca](http://www.breastfeedingnwt.ca)

<http://www.ncbi.nlm.nih.gov/pmc/>

[www.ykacl.ca](http://www.ykacl.ca)

# Kwànchù' gòò màa' gwintf'atr'ahchih

Jidii gahohkhwindaih eenjit gòò jii kat ts'at

## ginohkhih:

FASD Gwitr'it Specialist nilii

867-920-3319



NWT gwizhìt izhii ginjik vat'atr'ijahch'uu zhìt ynohthan jì', jii Department gwizhìt nihts'at tr'ìiginjii geenjit gwidehk'it gòò'au goots'at ginohkhiì 867-920-3367 gwits'at zrah. If you would like information in other NWT official languages, please contact the Department's Communications Unit at 867-920-3367.

**kwànchù' ihlak leetyah beer  
ihlak nilii, kwànchù' niint'aii t'at  
chuutyah zhìt ihlak nilii, gòò jak  
chù' chuutyah zhìt teenjir nilii.**

Sriigwandaii, Nehsrijähch'uu K'atr'inahtii Eenjit Gogwitr'it Dehk'it  
Eliguu Nànkak Geenjit K'àdagwidaadhàt  
P.O. Box 1320, CST6  
Sriitsookaiik'it, NT Canada X1A 2L9  
Tf'yah zhìt: 867-920-3319  
Dineht'eh Gwijiikheh: 867-920-6242



Northwest Territories Health and Social Services



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[www.hlthss.gov.nt.ca](http://www.hlthss.gov.nt.ca)

# Jidii tthak li' dagwidlii nilii

(kwanchu' hah gwit'agwijn'eh gonlih ji')

# Adik'anootih

## Jidii tthak gidoot'aih

### Gwahanh ma' gwats'an ahtsii dai' guuzhik edinii, iinch'its'at damachu' tat kwanchu' niinl'aii)

Beebii vagdonlii t'ee tth'aih dichiighaii zrit diik'iidhat.

Akoo t'aginu zrit gwahanh tr'iinin k'oo t'iinch'uu danh guuzhik edinii kxanh ts'at aii tr'iinin vichiighaii tat iizuu gwahtsii.

Akoo t'aginu zrit gwahanh kat ma' gwats'an ahtsih dai' guuzhik edinii, aii tr'iinin a'aa goo dhichih gwiinzii gonlih kwaa.\*

Akoo t'aginu zrit gwahanh kat juudin edinii amaachu' leii ahtsih kwaa.\*

Amaa' tr'iinin goots'an ahtsii kat chan nihtat

### Amaachu' gwats'an ohtsih ji' gwahanh ts'at tr'iinin eenjit nizii...izhii shih gwiya'an nizrii dagonch'uu.

loo ch'at'agwiiniindhan niint'ait gwik'it gwahtsii. Nihtatr'adaazhin ts'at nihtat shoh gonlih.

Amaachu' gwats'an ohtsih ji' t'at Beebii ts'ik gwich'i' eenjit nizrii.

Juudin amaachu' gwats'an ahtsii kat chan ts'ik vagoontrii lat giheedi' yaa kwaa.

Gwahanh kat juudin digibeebii ma' goots'an ahtsii, aii jidii dhook'ih 'an nagoodlit. Soogaii ts'ik goo digidrii' hah ts'ik iizuu gwahtsii guugaa kwah.\*\*

### Ma' tr'iinin goots'an ohtsih ji' duuyeh kwanchu' oonhnjii geenjit nizrii.

\* (Mennella, JA (2001, April). Regulation of milk intake after exposure to alcohol in mothers' milk. Alcohol Clin Exp Res., 25(4), pp.590-593.

\*\* Schwarz, E. et al. (2009). Duration of Lactation and Risk Factors for Maternal Cardiovascular Disease. Obstetrics & Gynecology 113 (5), pp. 974-982.

### Chakola Banana Smoothie

Chuutyah ihlak aak'ii t'ok chu' ihlak

Chuutyah ihlak yogurt

Banana neekaii tanh, jidii tsal ninoht'ih

Caramel goo k'iichu' hah dhandaii nohtsii

Nihtat ninohtlee jidii drinh nilii k'it

Leetyah gwiniiltsi' zhit ninohjaa. Jidii hah vakak ninochih ts'at chakola chu' hah ninohjaa. Dinjii neekaii eenjit nizrii.

### Cinnamon Chakola Dhah

Tyah neekaii aak'ii t'ok chu' hah

Tablespoon neekaii didinya'ai' kokoh hah

Teaspoon neekaii soogaii hah

Teaspoon teenjir cinnamon hah

Tyah tsal zhit aak'ii t'ok chu' hah ne'niidhaa, iitsii dhah kak aak'ii t'ok chu' teezraa gwats'at (tadinaadlat kwah).

Kokoh, cinnamon ts'at soogaii gwatat ninoht'it. Tseenjaa hah nihtat ninohtlee.

Chuutyah zhit ninohjaa. Vakak marshmallow tsal ninoht'it. Dinjii neekaii eenjit nizrii.



# Vagwaandaii

### Virgin Caesar

Chuutyah drinh kak lisel hah ninoht'it.

Chuutyah ihlak ts'at teenjir gah clamato chu' hah

Tabasco chu' hah daa'il tik

Teaspoon teenjir lime chu' hah

Tthak ts'at nihtat ninohjaa.

Chuutyah drinh zhit ninoht'it ts'at celery hah vizhit ninochih. Vah srugonch'uu!

Dinjii neekaii eenjit nizrii.

Gwaa'an dinjii kat juk gwichih jii shih tthak agiin'al.

### Fruitie Spritzer

Chuutyah 3/4 jak naatthoh chu' hah

Chuutyah 1.1/3 7up hah goo Sprite hah

Chuutyah 1/4 jak zheii hah (jak zheii, nat'at, ts'ee nakal', nakal', etc.)

Jak naatthoh nihtatr'iinjaa iitsii tyah kak nits'oots'at gwidinoot'oh. Tthak ts'at blender zhit nihtat ninohjaa. Lyuu tsal kak ninohjaa.

Dinjii neekaii eenjit nizrii.