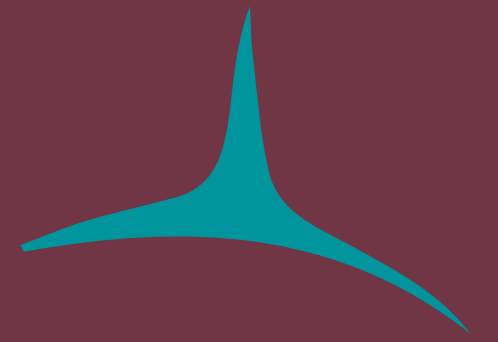


Breastmilk

THE TRADITIONAL
FIRST FOOD

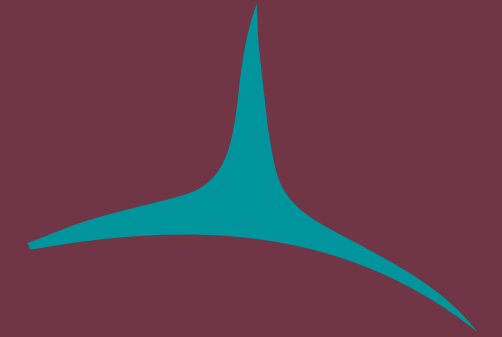


Tribal Food Sovereignty includes Breastfeeding. Breastfeeding reflects traditional and cultural feeding practices for babies and young children. Breastfeeding helps form positive health outcomes for the whole family.





OUR
Workplace
SUPPORTS MOMS
BREASTFEEDING



Indigenous nations and organizations have supported breastfeeding moms by committing to:

- 🌀 Develop workplaces policies that support breastfeeding
- 🌀 Create dedicated, clean, private breastfeeding space to feed, pump and store milk.
- 🌀 Provide reasonable breaks with enough time to pump or feed

For example, workplace policies or ways to support breastfeeding moms in the workplace— check out our breastfeeding resources and supported policy [here XXXXXXXX](#)





FACING

Breastfeeding

CHALLENGES
WITH GENERATIONS
OF SUPPORT



Breastfeeding is a healthy choice when feeding your baby but is not always challenge free. Some moms may feel overwhelmed and need to overcome physical challenges presented by breast health or baby's ability to feed. Support can cross generations and help remove any stigma or worry about not finding immediate success with breastfeeding.



**PARTNERS CAN SUPPORT
AND PLAN FOR**

Breastfeeding



Life may change when one becomes a breastfeeding mom. Spouses and partners can support that transition for the whole family beginning prenatally to form your family's plan for breastfeeding.

Ways to support your partner in breastfeeding.

- 🕒 Create a family plan in breastfeeding
- 🕒 Support household duties
- 🕒 Prepare siblings for baby's arrival
- 🕒 Holding Baby
- 🕒 Preparing meals and nourishment
- 🕒 Emotional and mental Support
- 🕒 waking up in the night
- 🕒 Assisting your partner in public spaces



Breastmilk

**IS A HEALTHY FOOD
FOR BABIES AND YOUNG CHILDREN**

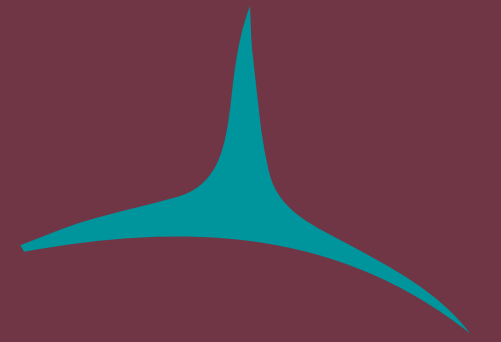


Mom's breastmilk is the best source of nutrition for new baby.
It provides valuable contributions to mothers and young child health:

- Protects a child from disease and infection
- Provides a child comfort and security
- Allows children to 'naturally wean' when they are ready, there is no specific timetable. - do what works best for you and your baby.

Breastmilk

**BABY'S FOOD
AVAILABLE
ANYWHERE,
ANYTIME.**



Breastfeeding is a
convenient, nutritious
and affordable way
to feed your baby or
young child on the go.

