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.

NW INTERTRIBAL BREASTFEEDING COALITION



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, pricate breastfeeding space to feed, pump and sotre 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

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FACING

Breastfeeding

CHALLENGES WITH GENERATIONS OF SUPPORT

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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 <u>beginning prenatally</u> to form your family's plan for breastfeeding.

Ways to support your partner in breastfeeding.

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

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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 heath:

- 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.

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