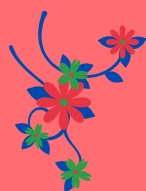


# Hmong families do breastfeed

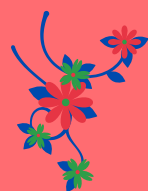
Breastfeeding is part  
of our heritage



#AANHPIbreastfeeding #ASAP! #breastfeeding #bemorePACIFIC

**Peb Hmoob yeej pub niam mis.**

Pub niam mis yog ib  
yam ntawm peb cov  
cuab yeej cuab tam.



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**We breastfeed  
because human milk  
helps protect our  
babies against  
diseases.**



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**Peb pub niam mis  
vim hais tias niam  
mis pab tus  
menyuam mos tiv  
thaiv kev mob  
nkeeg.**



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**No matter your shape, size, or color -  
you can make plenty of milk**



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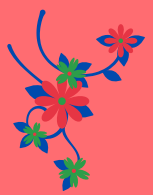
**Txawm tias koj lub mis loj thiab me los koj  
lub cev yeej ua tau mis niam.**



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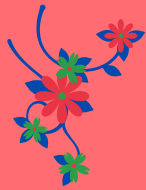
**Breastfeeding is  
natural, but it  
takes practice.**



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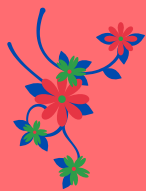
**Txoj kev pus niam  
mis tsis yooj yim,  
koj yuav tsum siv  
sijhawm xyau.**



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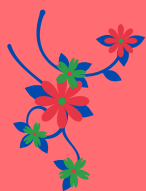


**We breastfeed  
because it's  
good for us,  
too!**



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**Peb pub niam  
mis vim hais  
tias nws yog ib  
qhov zoo rau  
peb thiab!**

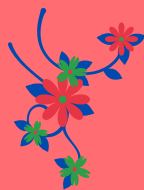


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**Watch your baby, not the clock!**

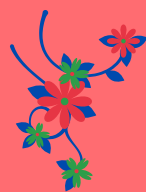
**Babies will let you know when they want to feed.**



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**Saib koj tus menyuam moo, tsis txhob saib  
lub moo! Koj tus menyuam mos yeej paub  
qhia koj thaum nws tshaib plab.**



**#AANHPIbreastfeeding #ASAP! #breastfeeding #bemorePACIFIC**