

Native Hawaiian families do breastfeed

Breastfeeding is part of our heritage



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#ASAP! #breastfeeding
#bemorePACIFIC

Hānai waiū nō nā po'e 'o Hawai'i.

He mo'omeheu o nā 'ohana i ka hānai waiū 'ana



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

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Aia ke ola loa a me ka lā'au ma kou poli 'ai.
E ho'oikaika 'ia ana aku kou pē kino e ka
lā'au o ka poli 'ai.

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



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Mai maka'u i ka
'ano o kou poli, e
hana ana kou kino i
ka poli 'ai



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Breastfeeding is natural,
but it takes practice.

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'ike hānau ka hānai waiū akā e
ho'oma'ama'a 'oe nō ho'i.

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



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Maika'i nō ho'i ka hānai waiū
'ana no ka lāhui.



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Watch your baby, not the clock!
Babies will let you know
when they want to feed.

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E nānā 'oe i kāu pē, 'a'ole i ka
manawa. E ha'i ka pē i kā lākou
makemake e 'ai ai.

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