

**Samoan families do  
breastfeed**

**Breastfeeding is part of  
our heritage**



[#AANHPIbreastfeeding](#)  
[#ASAP!](#) [#breastfeeding](#)  
[#bemorePACIFIC](#)

O aiga Samoa e  
faasusu a latou Pepe

O le faasusuina o Pepe e  
o latou Tina, o se tu ma  
aga e masani ai Samoa



#AANHPIbreastfeeding  
#ASAP! #breastfeeding  
#bemorePACIFIC



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

#AANHPIbreastfeeding  
#ASAP! #breastfeeding  
#bemorePACIFIC





**E tatau ona faasusuina Pepe aua o  
le sua susu o le Tina e fesoasoani  
tele ina ia soifua maloloina Pepe ma  
aua ai nei maua I faamai.**

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



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



#AANHPIbreastfeeding  
#ASAP! #breastfeeding  
#bemorePACIFIC

**E mafai ona maua le tele o le  
sucasusu e so'o se Tina.**

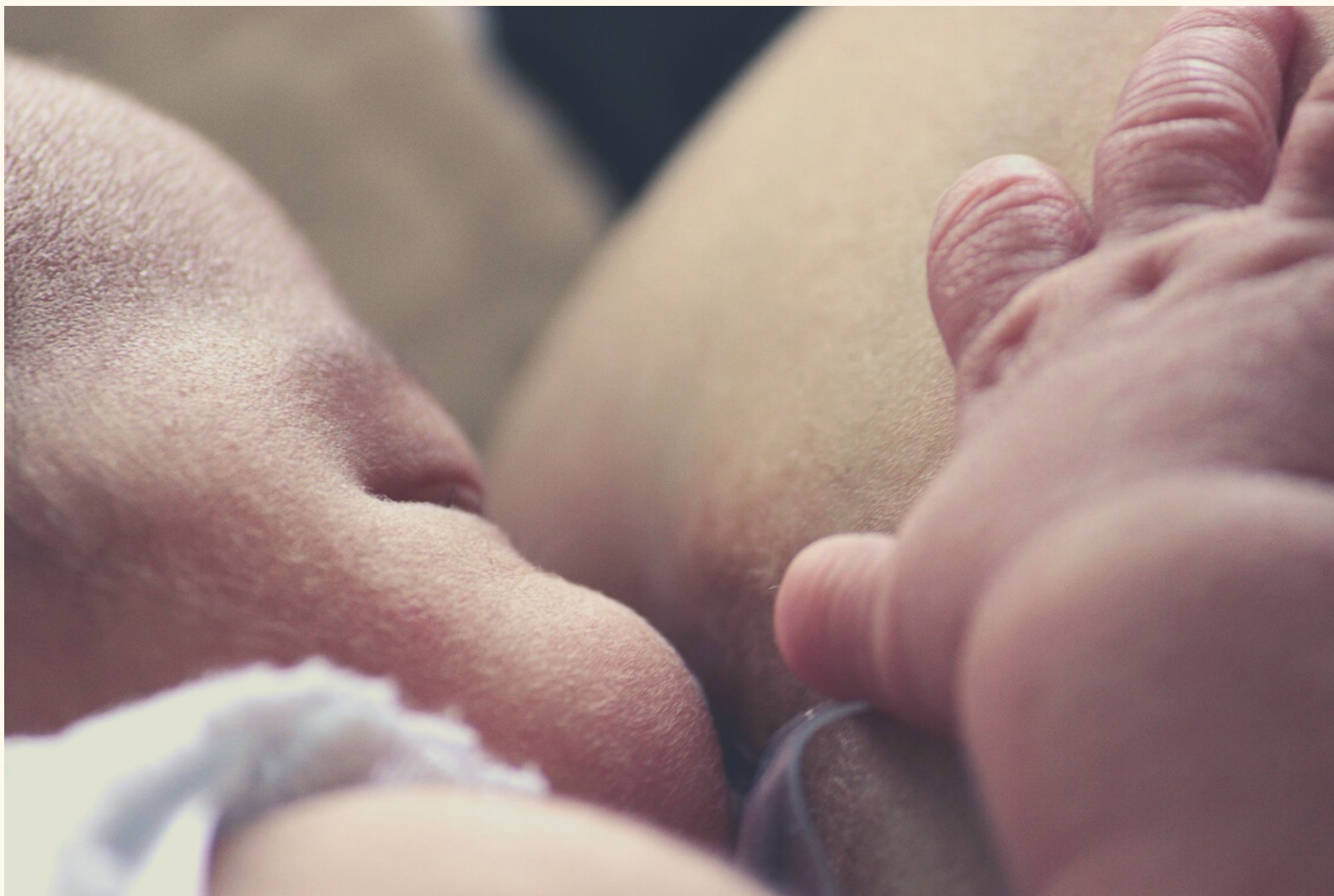


#AANHPIbreastfeeding  
#ASAP! #breastfeeding  
#bemorePACIFIC



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

#AANHPIbreastfeeding  
#ASAP! #breastfeeding  
#bemorePACIFIC



**○ le faasusuina o Pepe o se  
gaoioiga faale-natura, e  
masani ai ae tatau ona fai fai  
pea ina ia e gafataulimaina.**

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







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

#AANHPIbreastfeeding  
#ASAP! #breastfeeding  
#bemorePACIFIC





**E ala ona faasusu Pepe ona  
e lenei foi mo Tina, faapea  
foi isi tagata o le aiga!**

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





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



#AANHPIbreastfeeding  
#ASAP! #breastfeeding  
#bemorePACIFIC



**Mataitu lau Pepe, ae le o le  
uati! E faailoa mai lava e le  
Pepe ua fai ai.**

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

