

# FILIPINO FAMILIES DO BREASTFEED

**Breastfeeding is part of our heritage**



#AANHPIbreastfeeding #ASAP! #breastfeeding #bemorePACIFIC

# ANG MGA PAMILYANG PILIPINO AY NAGPAPASUSO.

**Ang pagpapasuso ay bahagi ng  
ating kultura.**



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

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**Nagpapasuso tayo dahil ang gatas ng tao ay nakakatulong upang pangalaagaan ang ating mga anak laban sa mga sakit o karamdaman.**

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



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**Anuman ang iyong kulay at pangangatawan - maaari kang magkaroon ng maraming gatas.**

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

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**Ang pagpapasuso ay gawaing  
natural, ngunit nangangailangan ng  
pagsasanay.**

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

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**Nagpapasuso tayo dahil nakabubuti rin ito  
sa atin!**

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

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**Bantayan ang bata at hindi ang orasan! Ang mga galaw ng bata ang magsasabi kung gusto nilang dumedede o sumuso.**

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