

AANHPI Breastfeeding Week: Telling our stories. Elevating our voices.

- Breastfeeding is a way to honor and reclaim our traditions.
- Our cultural foods and practices can support a healthy mom and baby.
- Extended family members can support breastfeeding.
- Support is available to meet your breastfeeding goals.



*Vietnamese families do breastfeed.
Breastfeeding is part of our heritage.*



#AANHPIbreastfeeding #ASAP! #breastfeeding #bemorePACIFIC

Hãy mạnh dạn chia sẻ câu chuyện của bạn. Hãy cất cao tiếng nói của chúng ta.



Nuôi con bằng sữa mẹ là truyền thống của
người Việt Nam chúng ta

- Nuôi con bằng sữa mẹ là một niềm vinh dự của truyền thống văn hóa Việt Nam.
- Món ăn và phong tục truyền thống của người Việt Nam có thể hỗ trợ sức khỏe của người mẹ và em bé.
- Các thành viên trong gia đình có thể hỗ trợ việc nuôi con bằng sữa mẹ.
- Bạn luôn có sự hỗ trợ để đạt được mục tiêu nuôi con bằng sữa mẹ.



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



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- Những em bé được nuôi bằng sữa mẹ có xu hướng khỏe mạnh hơn.
- Sữa mẹ có các chất kháng thể giúp tăng cường hệ miễn dịch của bé
- Sữa tự bơm của chính bạn hoặc sữa được quyên tặng đều mang lại lợi ích cho sức khỏe của bé.



Sữa mẹ giúp bảo vệ con của bạn chống lại bệnh tật.



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Đây là cách để bạn có thể bắt đầu tạo ra nguồn sữa cho chính mình:

- Cho con bú hoặc tự bơm/vắt sữa thường xuyên.
- Ôm bé da tiếp da trên ngực của bạn.
- Nếu bạn có bất cứ thắc mắc nào, hãy tìm đến sự trợ giúp của chuyên gia tư vấn về việc cho con bú.



Bất kể thân hình, vóc dáng hoặc màu da của bạn ra sao, bạn đều có thể tạo ra thật nhiều sữa.



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- Sữa non là nhu cầu rất cần thiết cho em bé trong những ngày đầu đời.
- Em bé bắt đầu hay khóc vào ngày thứ 2 sau khi ra đời là một điều bình thường vì đây là lúc trẻ sơ sinh bắt đầu trở nên biết nhận thức hơn .
- Bạn đừng nản chí khi nuôi bé trong những ngày đầu đời của bé.
- Một khi bạn học được cách cho con bú và em bé biết cách bú sữa thì việc nuôi con bằng sữa mẹ sẽ trở nên nhanh chóng và dễ dàng hơn cho bạn.



Mặc dù nuôi
con bằng sữa
mẹ là bản
năng tự
nhiên ,bạn vẫn
cần phải luyện
tập và thực
hành.



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- Cho con bú giúp bạn phục hồi nhanh hơn sau khi sinh nở.
- Nuôi con bằng sữa mẹ tạo nên sự gắn bó giữa mẹ và bé.
- Nuôi con bằng sữa mẹ giúp người mẹ ít có nguy cơ mắc bệnh tiểu đường, một số loại bệnh ung thư và bệnh tim.



Việc nuôi con bằng sữa mẹ cũng tốt cho chính bản thân người mẹ!



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Babies cry for many reasons, and not always because of hunger.

Hunger cues include:

- Putting hands near mouth.
- Bending their arms and legs.
- Making sucking noises.
- Puckering lips.
- Searching for the nipple (rooting).

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



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Quan sát và theo dõi bé chứ không quan sát đồng hồ, bé sẽ cho bạn biết khi nào bé muốn bú.

Trẻ sơ sinh khóc vì nhiều lý do khác nhau chứ không phải lúc nào cũng vì đói.

Các dấu hiệu trẻ sơ sinh đói bụng gồm:

- Đưa tay gần miệng
- Giơ tay và chân lên
- Tạo ra âm thanh như lúc bú
- Môi mím lại.
- Tìm kiếm vú mẹ



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Korean families do breastfeed.

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우리의 이야기 전하기. 우리의 목소리 높이기.

- 모유수유를 통해 우리의 고유한 전통을 되찾고 지켜나갈 수 있습니다.
- 우리의 전통음식과 (산후조리에 관한) 관습들은 엄마와 아이의 건강에 유익합니다.
- 대가족 구성원들이 모유수유를 도와줄 수 있습니다.
- (저희가) 당신의 모유수유 목표를 달성하는 데에 도움을 드릴 수 있습니다.



한국 가정에서는 모유수유를 해 왔습니다

모유수유는 우리의 (문화적) 유산의 한 부분입니다



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- 모유수유를 하는 아기들이 더 건강하게 자라는 편입니다..
- 모유에는 당신의 아기의 면역체계를 강화시킬 수 있는 항체들이 들어 있습니다.
- 당신의 모유 혹은 기증받은 모유를 통해 건강상의 여러가지 이점을 얻을 수 있습니다.



모유는 여러가지 질병으로부터 아기를 보호하는 데에 도움이 됩니다.



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우리의 이야기 전하기. 우리의 목소리 높이기.



**당신의 피부색, 키나 몸무게와 상관없이 누구
나 충분한 모유를 만들 수 있습니다.**

모유를 잘 나오게 하는 방법은 다음과 같습니다:

- 모유수유나 유축을 자주 하십시오.
- 당신의 품에 피부가 서로 맞닿을 수 있도록 안아주세요.
- 질문이 있는 경우, 수유 전문가의 도움을 받으십시오.



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우리의 이야기 전하기. 우리의 목소리 높이기.



- 생후 첫 몇일간 당신의 아기는 초유만 먹으면 됩니다.
- 아기가 경계심이 많아지면서 2일째 되는 날 당신의 아기가 우는 것은 정상입니다.
- 초반에 (모유수유가 어려워도) 실망하지 (좌절하지) 마십시오.
- 당신과 아기가 (모유수유에) 익숙해지고 나면, (모유수유를 통해) 시간과 에너지(체력)를 아낄 수 있습니다.

모유수유는 자연스러운 과정이지만 연습이 필요합니다.



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- 모유수유는 당신이 출산 후에 더 빠르게 회복하는 데에 도움이 됩니다.
- 모유수유를 통해 엄마와 아기가 유대관계를 형성할 수 있습니다.
- 모유수유를 하는 부모들은 당뇨병, 특정한 종류의 암 질환, 그리고 심장병에 걸릴 확률이 낮습니다.



**우리가 모유수유를 하는 이유는 그것이 엄마에게
도 좋기 때문입니다.**



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아기가 우는 데에는 여러가지 이유가 있으며, 아기가 운다고 해서 항상 배가 고플 것은 아닙니다. 아기가 배가 고플 때는 다음과 같은 신호들을 보냅니다.

- 손을 입 가까이로 가져갑니다.
- 팔과 다리를 구부립니다.
- 짹짹거리는 소리를 냅니다.
- 입술을 오무립니다.
- 젖꼭지를 찾습니다.



**시계대신 당신의 아기를 살펴보세요!
아기가 배가 고플면 당신에게 알려줄 것입니다.**



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हमारी कहानियाँ सुना रहे हैं | हमारी आवाज उठा रहे हैं

- स्तनपान हमारी परंपराओं का सम्मान करने और उन्हें पुनः प्राप्त करने का एक तरीका है।
- एक स्वस्थ माँ और बच्चे के लिए हमारे भारतीय सांस्कृतिक खाना और अभ्यास ज़रूरी है।
- परिवार के विस्तारित सदस्य स्तनपान का समर्थन कर सकते हैं।
- आपके स्तनपान लक्ष्यों को पूरा करने के लिए सहायता उपलब्ध है।



भारतीय परिवार स्तनपान करते हैं।

स्तनपान हमारी विरासत का हिस्सा है।

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- जिन बच्चों को स्तनपान कराया जाता है, वे स्वस्थ बच्चे होते हैं।
- मानव दूध में एंटीबॉडी होते हैं जो आपके बच्चे की प्रतिरक्षा प्रणाली (बिमरिओ से लड़ने की क्षमता) को बढ़ावा देने में मदद करते हैं।
- आपका अपना पंप किया हुआ दूध या दान किया गया दूध भी स्वास्थ्य लाभ प्रदान करता है।

हम स्तनपान कराते हैं क्योंकि मानव दूध हमारे बच्चों को बीमारियों से बचाने में मदद करता है।



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यहां बताया गया है कि आप अपने दूध की आपूर्ति कैसे बढ़ा सकते हैं:

- बार बार स्तनपान कराएं या अपने दूध को हाथ या पम्प से निकालिये।
- अपने बच्चे की त्वचा को अपनी छाती से लगाए रखे।
- यदि आपके कोई प्रश्न हैं, तो स्तनपान कराने वाले पेशेवर से मदद लें।

कोई फर्क नहीं पड़ता
कि आपका आकार,
माप या रंग क्या है -
आप बहुत सारा दूध
बना सकते हैं।



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- पहले दिनों में बच्चे को कोलोस्ट्रम ही चाहिए होता है।
- आपके बच्चे का दूसरे दिन रोना सामान्य है क्योंकि वे अधिक सतर्क हो जाते हैं।
- शुरुआती दिनों में निराश न हों।
- एक बार जब आप और बच्चा सीख जाते हैं, तो इससे समय और ऊर्जा (एनर्जी) की बचत होती है।

स्तनपान स्वाभाविक है, लेकिन इसके लिए अभ्यास की आवश्यकता होती है।



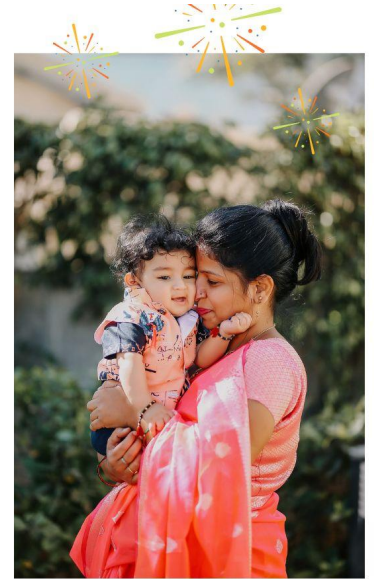
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- स्तनपान आपको प्रसव और डिलिवरी से तेजी से ठीक होने में मदद करता है
- यह आपके बच्चे के साथ संबंध को प्रोत्साहित करता है।
- स्तनपान कराने वाले माता (अभिभावक) में मधुमेह (डायबिटीज), कुछ प्रकार के कैंसर और हृदय रोग होने की संभावना कम होती है।

हम स्तनपान
करते हैं क्योंकि
यह हमारे लिए भी
अच्छा है



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- Searching for the nipple (rooting).

अपने बच्चे को देखो, घड़ी को नहीं!
बच्चे आपको बताएंगे कि वे कब खाना चाहते हैं।



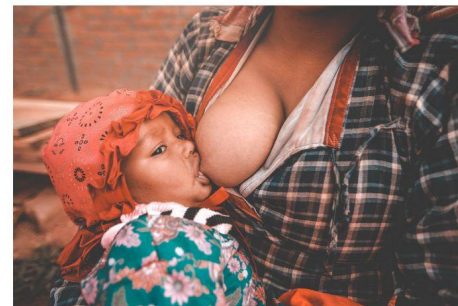
#AANHPIbreastfeeding #ASAP! #breastfeeding #bemorePACIFIC

हमारी कहानियाँ सुना रहे हैं | हमारी आवाज उठा रहे हैं

बच्चे कई कारणों से रोते हैं, और हमेशा भूख के कारण से नहीं भूक की संकेत में शामिल हैं:

- मुँह में हाथ डालना
- बाँहों और पैरो को झुकाना और हिलाना
- स्तनपान की आवाज़ करना
- होंठो को खोलना
- निप्पल या चूची को खोजना

अपने बच्चे को देखो, घड़ी को नहीं!
बच्चे आपको बताएंगे कि वे कब खाना चाहते हैं।



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AANHPI Breastfeeding Week: Telling our stories. Elevating our voices.

- Breastfeeding is a way to honor and reclaim our traditions.
- Our cultural foods and practices can support a healthy mom and baby.
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FILIPINO FAMILIES DO BREASTFEED

Breastfeeding is part of our heritage



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Pagkukuwento ng aming mga istorya. Pagtataas ng aming mga boses.

- Ang pagpapasuso ay isang paraan ng pagbibigay halaga at pagpapatuloy sa ating kaugalian.
- Ang ating nakaugaliang mga pagkain at gawi ay makakasuporta sa pagkakaroon ng malusog na ina at anak.
- Ang mga kapamilya at mga kaibigan ay makakasuporta sa pagpapalaganap ng breastfeeding o pagpapasuso.
- Maraming makapagbibigay ng suporta o tulong upang maabot ang inyong hangaring magpasuso.

**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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Pagkukuwento ng aming mga istorya. Pagtataas ng aming mga boses.

- Ang mga batang pinasuso o lumaki sa gatas ng magulang ay kalimitang lumalaking higit na malusog.
- Ang gatas ng tao ay may taglay na anti-bodies o mga bagay sa loob ng katawan ng tao na panlaban sa sakit at nagpapalakas ng resistensiya ng sanggol.
- Ang sariling gatas mo na napalabas sa tulong ng mamadera (breast pump) at gayon din ang gatas na nagmula sa ibang tao ay nakatutulong din sa kalusugan ng sanggol.



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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Pagkukuwento ng aming mga istorya. Pagtataas ng aming mga boses.

Narito ang mga paraan upang magkaroon ng maraming gatas:

- Dalasan ang pagpapasuso o pagpapalabas ng gatas mo sa pamamagitan ng mamadera.
- Hawakan ang sanggol nang malapit sa dibdib. Siguraduhin na nakadikit ang balat mo sa balat ng sanggol.
- Sumangguni sa isang dalubhasa sa breastfeeding o pagpapasuso kung may iba pang katanungan.



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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Pagkukuwento ng aming mga istorya. Pagtataas ng aming mga boses.

- Ang colostrum (sustansiyang taglay ng gatas ng isang magulang na lumalabas sa mga unang araw pagkatapos makapanganak) ang tanging kailangan ng sanggol sa mga unang araw nito.
- Normal lang na umiyak ang sanggol sa unang dalawang araw habang unti-unti siyang nagiging alerto at nasasanay.
- Huwag mawawalan ng pag-asa sa mga unang araw.
- Kapag nasanay ka at gayon din ang sanggol, makakatipid kayo ng oras at lakas.



Ang pagpapasuso ay gawaing natural, ngunit nangangailangan ng pagsasanay.

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Pagkukuwento ng aming mga istorya. Pagtataas ng aming mga boses.

- Ang pagpapasuso ay nakakatulong sa mas madaling paggaling at paglakas pagkatapos manganak.
- Ang pagpapasuso ay humihikayat na maging malapit ang loob ng magulang sa anak.
- Ang mga magulang na nagpapasuso ay higit na ligtas sa diabetes, ilang uri ng kanser, at sakit sa puso.



Nagpapasuso tayo dahil nakabubuti rin ito sa atin!

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AANHPI Breastfeeding Week: Telling our stories. Elevating our voices.

Babies cry for many reasons, and not always because of hunger.

Hunger cues include:

- Putting hands near mouth.
- Bending their arms and legs.
- Making sucking noises.
- Puckering lips.
- Searching for the nipple (rooting).



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

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Pagkukuwento ng aming mga istorya. Pagtataas ng aming mga boses.

Ang mga sanggol ay umiiyak sa maraming kadahilanan, at hindi laging dahil sa gutom.

Mga palatandaan na nagugutom ang sanggol:

- Paglalagay ng kamay sa tabi ng bibig.
- Pagbabaluktot o pagtupi ng braso at mga binti.
- Paggawa ng malakas na tunog na parang sumisipsip.
- Pagkikiskis ng ibaba at itaas ng mga labi.
- Pagkapa o paghahanap sa utong (nipple).



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

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JAPANESE FAMILIES DO BREASTFEED

Breastfeeding is part of our heritage



#AANHPIbreastfeeding #ASAP!
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私達の経験談、私達の声をもっと遠くまで伝えよう。

- 母乳育児は私達の伝統を尊重し継承する、一つの手段とも言えます。
- 私達の食文化や風習は、健康的なお母さんと赤ちゃんを育てます。
- 家族だけでなく、親戚でも母乳育児のお手伝いをすることができます。
- あなたの目的に応じたお手伝いをさせていただきます。

日本の多くの家族は母乳育児をしています。

それは私たちの文化遺産とも言えるでしょう。



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#breastfeeding #bemorePACIFIC*

私達の経験談、私達の声をもっと遠くまで伝えよう。

- 母乳で育った赤ちゃんはより健康的に育つ傾向にあります。
- 母乳には抗体が含まれるので赤ちゃんの免疫が上がります。
- 自身の母乳だけでなくドナーの母乳からも同じ効果が得られます。

母乳は赤ちゃんを病気から守ります。



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AANHPI Breastfeeding Week: Telling our stories. Elevating our voices.

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

Here's how you can build your milk supply:

- *Breastfeed or express your milk frequently.*
- *Hold your baby skin to skin on your chest.*
- *Seek help from a lactation professional if you have any questions.*



私達の経験談、私達の声をもっと遠くまで伝えよう。

容姿、身長体重や人種は、母乳量とは関係ありません。

母乳が出るようにする方法

- まめに授乳するか搾乳して下さい。
- 裸の赤ちゃんをお母さんの胸に肌が直接触れるように抱いて下さい。
- 質問があれば授乳専門医にお尋ね下さい。



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- *Don't get discouraged in the early days.*
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*Breastfeeding
is natural,
but it takes
practice.*



*#AANHPIbreastfeeding #ASAP!
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私達の経験談、私達の声をもっと遠くまで伝えよう。

- 産まれてから数日間は初乳のみの期間です。
- 赤ちゃんは、生後2日目になると周囲を警戒し、よく泣き始めます。
- 最初からあきらめないようにしましょう。
- あなたも赤ちゃんも慣れるにつれて、時間と労力も減少するでしょう。

母乳を出すということは体の自然な現象ですが、すぐにできるようになるものではありません。



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- *Breastfeeding helps you recover faster from labor and delivery.*
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*We breastfeed because it's
good for us, too!*



私達の経験談、私達の声をもっと遠くまで伝えよう。

母乳育児は、母親にも利点があります。

- お産からの早期回復に役立ちます。
- 赤ちゃんとの絆が深まります。
- 母乳育児経験者は糖尿病やある種の癌または心臓病にかかりにくいようです。



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#breastfeeding #bemorePACIFIC

AANHPI Breastfeeding Week: Telling our stories. Elevating our voices.

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

*Babies cry for many reasons, and not always
because of hunger.*

Hunger cues include:

- *Putting hands near mouth.*
- *Bending their arms and legs.*
- *Making sucking noises.*
- *Puckering lips.*
- *Searching for the nipple (rooting).*



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私達の経験談、私達の声をもっと遠くまで伝えよう。

赤ちゃんが泣くのは様々な理由があります。空腹だけではありません。

赤ちゃんが空腹を知らせる動作：

- 手を口の近くにあてる
- 腕と足を曲げる
- 吸引音をたてる
- 口をすぼめる
- 乳首を探る

時計ではなく赤ちゃんを見てあげてください。
授乳が必要な時に赤ちゃん自身が知らせてくれるからです。



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E Ha'i kākou i ko kākou mau mo'olelo. E hāpai ana i ko kākou mau leo.

- Hanohano 'ia aku nā kūpuna e kā kākou hānai waiū 'ana
- Hiki nō ke kāko'o i ke ola o ka Māmā a me kāna pē me ka mea 'ai pono a me kā kākou mo'omeheu
- E kipa 'ia mai ka 'ohana e kākou e kāko'o i ka hānai waiū 'ana a ka lāhui
- Inā makemake 'oe e hānai waiū, hiki ke loa'a ke kāko'o 'ana



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#bemorePACIFIC

E Ha'i kākou i ko kākou mau mo'olelo. E hāpai ana i ko kākou mau leo.

- 'Oi aku ka poli 'ai ma mua o ka waiū kahiki no nā keiki
- Aia ke ola loa a me ka lā'au ma kou poli 'ai. E ho'oikaika 'ia ana aku ko kāu pē kino e ka lā'au o ka poli 'ai.
- Aia ke ola loa ma ka waiū i pikipiki 'ia a me ka waiū i hā'awi 'ia.



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E Ha'i kākou i ko kākou mau mo'olelo. E hāpai ana i ko kākou mau leo.

E a'ō mai kākou i ke kūkulu 'ana i kāu lako poli 'ai

- E hānai waiū i kāu pē a i 'ole e uwī waiū pinepine
- E hi'i mai 'oe i kāu pē he 'ili a he 'ili ma kou umauma
- E 'imi i ke kōkua mai ka mea hānai waiū inā he mau nīnau kāu.

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



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E Ha'i kākou i ko kākou mau mo'olelo. E hāpai ana i ko kākou mau leo.

- Ma hope kāu hānau 'ana, pu'u 'ia ka hānai waiū mua loa wale nō e kāu pē.
- Pololei ka uē 'ana o kāu pē ma ka lā 'elua no ka mea e ho'onui kā lākou maka'ala.
- Mai pauaho i nā lā muai o ka hānai waiū 'ana
- Ma hope o ke a'o pū 'ana mai a 'olua, he manawa hou a he mana hou nou.



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E Ha'i kākou i ko kākou mau mo'olelo. E hāpai ana i ko kākou mau leo.

- Ola i ka hānai waiū 'ana ma hope o ka hānau.
- Ho'opaipai 'ia ka pilina e ka hānai waiū 'ana no ka pē a me ka Māmā.
- Hō'emi 'ia ka mimiko, he mau ma'i a'ai a me ka 'ōma'imai e ka hānai waiū 'ana.

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



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E Ha'i kākou i ko kākou mau mo'olelo. E hāpai ana i ko kākou mau leo.

Uē nā pē no nā kumu like 'ole. 'A'ole wale nō no ka pololi o ka pē

'E nānā 'oukou kēia hō'ailona:

- Kau 'ia nā lima kokoke i ka waha
- Pelu 'ia nā lima a me nā wāwae
- Ke kani o ka mūkī 'ana
- Pu'u 'ia ka waha
- Ka 'imi 'ana i ka maka waiū



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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CHINESE
FAMILIES DO
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- 母乳餵養是尊重和恢復原我們傳統的一種方式。
- 我們文化傳統的食物和習慣能支持健康的媽媽和寶寶。
- 家庭中各成員都能支持母乳餵養。
- 我們可以幫助您達成您餵哺母乳的目標。



中國家庭會 母乳餵養

母乳餵養是我們傳統承接的一部分

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- 母乳餵養的寶寶往往會比較健康.
- 母乳含有抗體有助於增強寶寶的免疫系統.
- 您自己泵出來的母乳或捐贈的人乳都提供健康上的利益.



我們餵哺母乳是因為母乳有助於保護我們的
寶寶免受疾病侵害。

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- 以下是增加母乳的方法：
- 頻密餵哺或泵出母乳。
- 將寶寶抱緊貼在您胸前讓您和寶寶有肌膚接觸。
- 如果您有任何問題，向母乳育嬰專家求助。



無論您是哪種體型、大小或膚色，您都可以造出大量母乳。

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- 初乳是寶寶出生頭幾天所需的全部營養。
- 寶寶在出生的第二天會哭鬧更多是正常的，因為他們變得比較清醒。
- 開始的時候不要氣餒。
- 一旦您和寶寶學會了餵哺母乳，它可以節省時間和精力。



母乳餵養是自然的行為，但需要練習。



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- 分娩生產後餵哺母乳可以幫助您復原得比較快。
- 母乳餵養促進您與您的寶寶建立關係。
- 餵母乳的媽媽患糖尿病、某類的癌症和心臟病的可能性較小。



我們餵哺母乳是因為它對我們有好處！

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- Bending their arms and legs.
- Making sucking noises.
- Puckering lips.
- Searching for the nipple (rooting).



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

#AANHPIBREASTFEEDING #ASAP! #BREASTFEEDING
#BEMOREPACIFIC

AANHPI Breastfeeding Week: Telling our stories. Elevating our voices.

寶寶哭鬧的原因有很多，並不總是因為餓。

肚子餓的信號包括：

- 把手放在嘴邊。
- 他們的手臂和腿會彎曲。
- 發出吸吮的聲音。
- 噘起嘴唇。
- 尋找乳頭(翻尋動作)。



注意您的寶寶，而不是依靠時鐘！
寶寶想要吃奶時會告訴您。

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CHINESE
FAMILIES DO
BREASTFEED

Breastfeeding is
part of our
heritage

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- 母乳喂养是尊重和恢原我们传统的一种方式.
- 我们文化传统的食物和习惯能支持健康的妈妈和宝宝.
- 家庭中各成员都能支持母乳喂养.
- 我们可以帮助您达成您喂哺母乳的目标.



中国家庭会 母乳喂养

母乳喂养是我们传统
承接的一部分

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- Babies who are breastfed tend to be healthier babies.
- Human milk has antibodies which help boost your baby's immune system.
- Your own pumped milk or donor milk also offer health benefits.



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

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- 母乳喂养的宝宝往往会比较健康.
- 母乳含有抗体有助于增强宝宝的免疫系统.
- 您自己泵出来的母乳或捐赠的人乳都提供健康上的好处.



我们喂哺母乳是因为母乳有助于保护我们的
宝宝免受疾病侵害.

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Here's how you can build your milk supply:

- Breastfeed or express your milk frequently.
- Hold your baby skin to skin on your chest.
- Seek help from a lactation professional if you have any questions.



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

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以下是增加母乳的方法：

- 频密喂哺或泵出母乳。
- 将宝宝抱紧贴在您胸前让您和宝宝有肌肤接触。
- 如果您有任何问题，向母乳育婴专家求助。



无论您是哪种体型、大小或肤色，您都可以造出大量母乳。

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- Colostrum is all your baby needs in the first days.
- It's normal for your baby to cry on day 2 as they become more alert.
- Don't get discouraged in the early days.
- Once you and baby learn, it saves time and energy.



Breastfeeding
is natural,
but it takes
practice.



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AANHPI Breastfeeding Week: Telling our stories. Elevating our voices.

- 初乳是宝宝出生头几天所需的全部营养.
- 宝宝在出生的第二天会哭闹更多是正常的，因为他们变得比较清醒.
- 开始的时候不要气馁.
- 一旦您和宝宝学会了喂哺母乳，它可以节省时间和精力.



母乳喂养是自然的行为，但需要练习.



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- Breastfeeding helps you recover faster from labor and delivery.
- It encourages bonding with your baby.
- Parents who breastfeed are less likely to develop diabetes, certain types of cancer, and heart disease.



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

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- 分娩生产后喂哺母乳可以帮助您复原得比较快。
- 母乳喂养促进您与您的宝宝建立关系。
- 喂母乳的妈妈患糖尿病、某些的癌症和心脏病的可能性较小。



我们喂哺母乳是因为它对我们有好处！

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Babies cry for many reasons, and not always because of hunger.

Hunger cues include:

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- Bending their arms and legs.
- Making sucking noises.
- Puckering lips.
- Searching for the nipple (rooting).



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

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宝宝哭闹的原因有很多，并不总是因为饿。
肚子饿的信号包括：

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- 他们的手臂和腿会弯曲。
- 发出吸吮的声音。
- 撅起嘴唇。
- 寻找乳头 (翻寻动作)。



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- O le faasusuina o Pepe, o se auala e toe amanaia ai a tatou tu ma aga-l-fanua
- O a tatou taumafa ma gaselega masani, e fesoasoani ina ia malosi le Tina ma le Pepe.
- O le faasusuina o Pepe, e tatau ona fesoasoani I ai isi tagata uma o le aiga.
- E avanoa fesoasoani mo oe ina ia mafai ona faasusuina Pepe.



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- Pepe e faasusuina I le suasusu o Tina e malolosi I latou.
- O le suasusu o le Tina e le aafia i ni siama ma e fesoasoani tele ina ia malosi ma maloloina itutino uma o le Pepe.
- O lou suasusu po'o suasusu e foai mai e se isi e sili, atu ona maloloina.



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.

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O ni auala nei e mafai ai ona faatupulaia ia tele le suasusu:

- Faasusu Pepe i lou lava susu i aso uma ae mafai foi ona tatau lou suasusu e fafaga ai Pepe ao e fai galuega.
- Faapipii le Pepe ai oe I lou fatafata.
- Saili se fesoasoani po’o in fautuaga pe a fai e iai nisi itu e te fia malamalama ai mai i a latou e I ai le poto masani I le faasusuina o Pepe.

E mafai ona maua le tele o le
suasusu e so’o se Tina.



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- O sua susu tupuna muamua o failele, e mana'omia e pepe a'o mu'amu'a.
- O le tagi o le Pepe i le aso lona lua o se taulaga masani ona ua amata na ia lagona suiga.
- Aua e te musu gofie i le tau amatamata ma uluai aso.
- E amata loa ona lua masani ma Pepe, o le a tele se fesoasoani I le faasaoina o le taimi ma lou malosi.



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



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