





### Diné Families' throughout the Four Corner Region (NM, UT, AZ, CO)



## SERVICES WE OFFER:

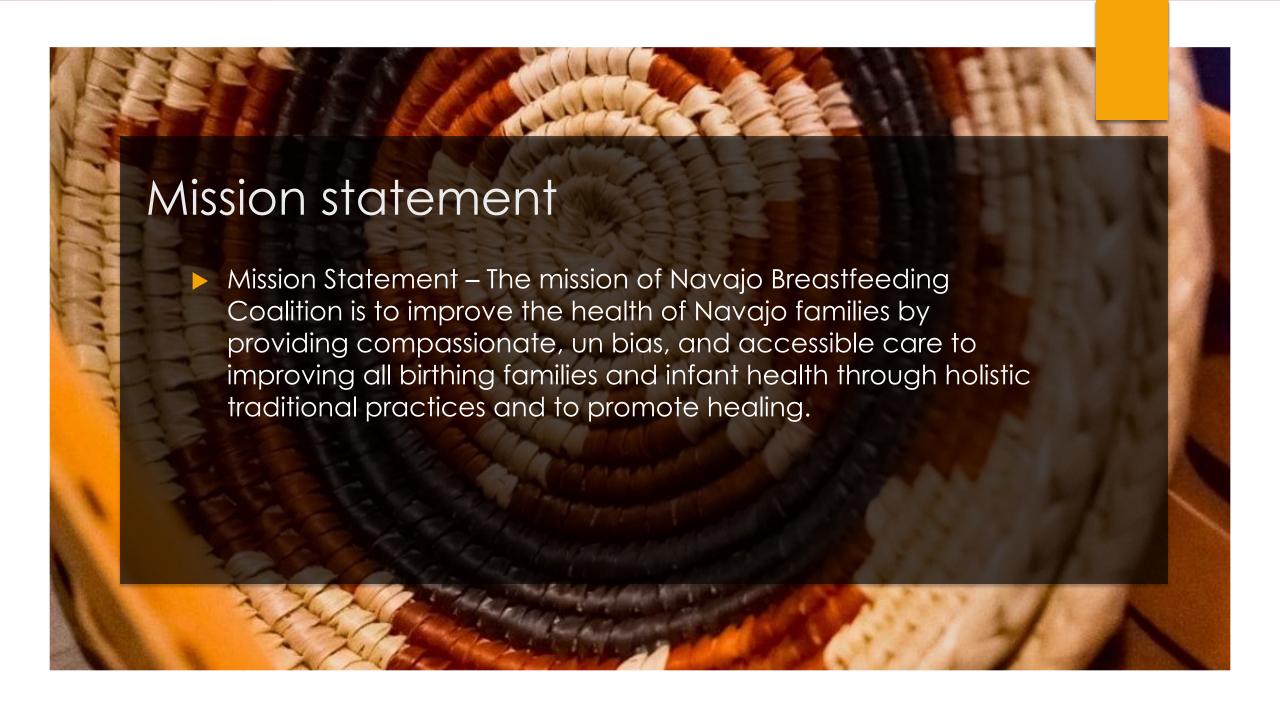
- + In-Person / Virtual Breastfeeding & Lactation Consultation
- + Breast Pump Coverage at little to no cost
- + Cultural & Spiritual First Sacred Foods Advisory
- + Diné Birth Support Services (Full Spectrum)
- + Ceremonial, Traditional Medicine, and Medical Referrals
- + 'Returning to Work' Infant Feeding Consultations
- + 'First Sacred Food' Breastfeeding Presentations

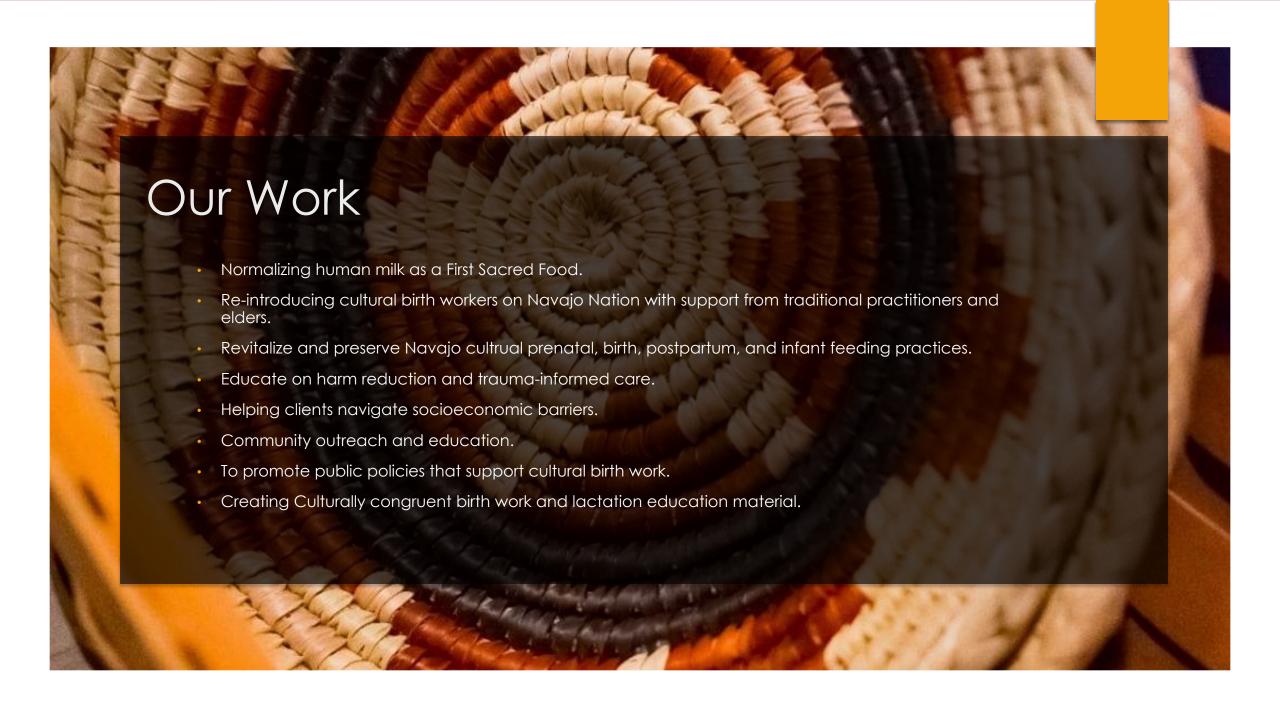
Reach out to us:

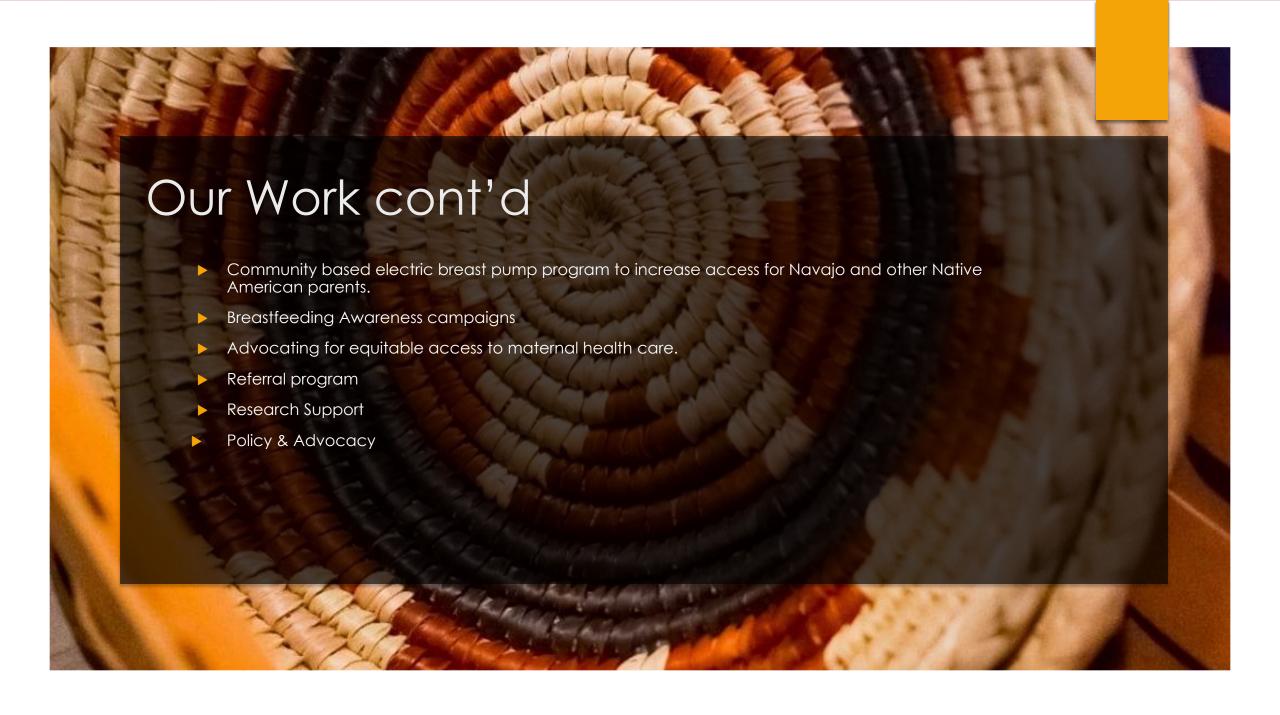
dinenationbreastfeeding@gmail.com https://linktr.ee/navajoBFcoalition



Scan Here







# CELEBRATION

THURS, APR 18 | FORT DEFIANCE, AZ

BEE HOŁDZIL FIGHTING SCOUTS EVENT CENTER

















Join us for a special launch of our project "Hozhó Through Body Feeding'



We will be dedicating this virtual launch to share Navajo cultural specific lactation and body feeding education and support!







Date: Friday, February 23th, 2024 Time: 5-7 PM (MDT)

via Zoom



HOW TO KNOW YOUR BABY IS LATCHING CORRECTLY: 'AWÉÉ' HAZHÓ'Ó AŁT'O' SILJJ'GO DÍÍ BINAHJJ' BEE BÉÉHÓZIN DOOLEEŁ.

p Latch) Good Latch	(Shallow Latch) Bad Latch
ónígo i'niiłt'o'go	doo hazhó'ó alt'o'go
i touching breast	The chin isn't against the breast
é' biyaats'iin nibe' bidii'áadoo	awéé' biyaats'iin nibe' doo bidii'áagoo
th wide and open	Baby is squirmy and distressed
wéé' bizéé' niteelgo ayósingo	ne'awéé' náhoolghał dóó doo bitah
:hch'ah dooleeł.	yá'áhoot'ééh da dooleeł.
er lip turned outward	Unrhythmic suckling -

ling is rhythmic

in dooleel

wéé' nooltjił nahalingo ałt'o'go.

a' hwiyahjigii deesht'óshgo

e tenderness is common when baby first begins to breastfeed. wing a normal feeding routine, ing should not be painful. If so, e seek support from your local stfeeding counselor.

ałtsé hwe'awéé' bizhniiłt'o'go abe' éí łah da diniih łeh. 'awéé' hasht'é ni'ilt'o'go doo gai da łeh. Neezgaigo éí awéé' yiłt'o'go yił naalnishigii bich'j'

Pain is a sign of a problem, breastfeeding pain may imply a poor latch.

Ne'awéé' t'áá na'níle'dii alt'o'go

(clogged milk duct), sore nipples

nibe' bilátah daashtlish dóó diniih doo

Jidiniihgo éí t'áá ha'át'íí shjjí doo akót'ée da leh. Ni'dilt'o'go áádóó neezgaigo éí awéé' nibe<sup>7</sup> doo hazhó'í vilto'ígií yaa halne'.



#### Mother breastfeeding her child is very valuable

Awéé bimá yilto'go t'áá' ayisí ílj'



First feeding and attachment is important within the first hour of birth. This helps the baby and your body come in sync as you are producing milk and helps develop understanding as baby initiated feeding

Awéé' t'áá bi'dichíhí bimá bibe' ts'ídí altsé vidlihígií dóó bimá yééhodoosjilígií éi t'áá

Ajizhchjídoo bik'iji' awéé'chíhí abe' ts'ídí altsé heelt'o'igii éi t'áá iidáá' hóló dóó dijéé' dóó diniltsoh.

The colostrum is nutrient-dense and contains high antibodies and antioxidants that will build a newborn baby's immune system in the body.

Awéé'chíhí abe' ts'ídí altsé heelt'o'ígíí ál hite'lle van hidziil dód hite'lle vich'aah

### Under the Navajo Nation Healthy Start Act of 2008: Section Three. Amendment of Title 15 of the Navajo Nation Code Chapter 8. Navajo Nation Healty Start Act

All employers are required to provide breast/chestfeeding individuals with a clean and private area near the workspace to engage in feeding your baby.

This space should NOT be a bathroom.

- You are allowed a sufficient number of unpaid and flexible breaks within your workday to breast/chest feed or use a breast pump.
- If your employer and workplace is within Navajo Nation, your employer is required to reinforce a written plan that supports you during your hours of feeding your baby or utilizing a breast pump.



your right to feel safe and supported as you nourish your growing baby!

For breast/chestfeeding support please reach out to us @dinenationbreastfeeding@gmail.com

