



UNITED TRIBES  
TECHNICAL COLLEGE  
LAND GRANT EXTENSION

# UTTC LAND GRANT EXTENSION

**Breastfeeding is Traditional**

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## Breastfeeding for Native American Families



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*Breastfeeding has kept our people and traditions strong since the beginning of time.*



**ALL THINGS ARE CONNECTED,  
WHATEVER BEFALLS THE EARTH,  
BEFALLS THE CHILDREN OF THE EARTH.**





## How do I know that my baby is getting enough milk?

- ☀ Trust your body to do what Native American women have always done. The first few days, expect baby to eat every 2-3 hours and have several diapers to change.
- ☀ By the end of the first week, you can expect six or more diaper changes each day. Feeding on demand, or every 2-3 hours, will tell you if baby is eating enough.
- ☀ It is normal for breastfed babies to eat often. Your milk is a perfect match for your baby. It is easily digested, and your baby's stomach is very small, so they need to "refill" often.
- ☀ After the first week, baby will be an expert and have a larger stomach to hold more. Feedings will be further apart and take less time.

## Is breastfeeding easy?

- ☀ Once breastfeeding is established, it is easy. Breastfeeding is natural; but you, your body, and your baby need time to adjust.
- ☀ Breastfeeding is not painful, your nipples may be sensitive at first.
- ☀ Since before anyone can remember, Native American women have made enough milk for their babies, often they fed more than one child at a time.
- ☀ You are giving your baby a gift that only you can give! We are here today because our ancestors breastfed. All of our great leaders were breastfed. Women's ability has not changed.
- ☀ Nurture yourself as you would nurture your baby. Be patient with yourself, slowly you and your baby will learn together and make a great team.

## Resources:

- UTTC Extension Nutrition Educators are able to discuss UTTC's Baby to Work or Class policy & UTTC's Breastfeeding Pumping Room policy.
- [www.ndhealth.gov/breastfeeding](http://www.ndhealth.gov/breastfeeding) Workplaces in North Dakota can be designated as an "Infant Friendly Workplace". UTTC is listed as a ND Infant Friendly Workplace.
- [www.gotmomma.com](http://www.gotmomma.com) ~ find many resources and local programs and professionals to ask questions and get support
- Intertribal WIC Breastfeeding support – call your local WIC office to talk to the Breastfeeding Peer Counselor or WIC Nutritionist or Dietitian
- "An Easy Guide to Breastfeeding for American Indian and Alaska Native Families", US Dept. HHS and the American Indian Breastfeeding Promotion Group in Arizona

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