



## Ila Nanai and Sara Salesa and families

Breastfeeding has been normal through the generations of our family. It was never questioned. I would say that is reflective of the Pacific Island community in general. **At social gatherings, breastfeeding women are a priority. Others will offer you a seat, get you food and hold your baby which is really helpful.**

Sara – I never thought about breastfeeding when I was pregnant, after the birth my baby just latched on and I was like ‘Oh, ok – this is what we will do!’

Ila – My experience was a natural process too, from having skin to skin post-birth my babies found the breast easily. ‘Breast is best’ was often a topic our baby group discussed. For me, it was not about convenience or that it was free, it was about the health of my children.

I fed my son for over 3 years and my youngest for over 2 years. I think society has put pressure on what is a suitable age a child should be fed for but I am not embarrassed and proud that I have provided them with the best start possible.

*Breastfeeding*  
for **GOODNESS** sake



Southern District  
Health Board