



Mata and Te Haeata

I was raised in a whanau who normalised the practice of whangai-u (breastfeeding).

I am spoiled by the support I receive from the men in my life and wish this for all new mums and their pepi. [My father and my partner know that it is in their interest that Te Haeata is breastfed, giving him the best start, as he is their uri \(descendent and future\).](#)

My father is the measurement of the men in our whanau. He is an amazing dad and the biggest champion for breastfeeding - if he could do it, he would! In the night, my father would bring his pepi to Mum to be fed and then he would change and settle his pepi back to sleep. This practice has carried on with my sisters and their husbands. My partner, though not following the same script, ensures that Te Haeata and I enjoy our time during feeding by ensuring that I am fed, our whare is warm and we are all relaxed. Such small considerations can have a huge impact on whangai-u.

I am blessed with the support from our whanau which allows Te Haeata and I to whangai u. Te Haeata's whanau do this because he is just as much theirs as he is mine.

Breastfeeding
for **GOODNESS** sake



Southern District
Health Board