



Marti Peterson (enrolled Colville, grew up at Skokomish) & her son, Mason.

Mason recently turned one and both Mom & baby continue to enjoy the breastfeeding experience.

# August is Breastfeeding Awareness Month

“Breastmilk is best for my baby” -Marti Peterson

*Evidence shows that breastfed babies have considerable protection from colds, flu, and other viruses, and when they do become ill, relief can come directly from mother’s milk.*

## **Q: Marti, why do you breastfeed?**

- 1. Breastmilk is always ready to feed my baby.** It is always the perfect temperature. No waiting around to mix anything in the day or night!
- 2. I love how breastmilk changes depending on the baby’s needs**

*A mother's breast milk is custom made for her baby, based on the baby's age and needs at the time. For example, breastmilk made by a mother of a premature baby has different concentrations of various substances to suit her baby's special needs. And, when weaning, a mother's breastmilk increases the concentration of immune protective factors to give her baby a final dose of immune protection before weaning is complete.*

- 3. Breastmilk is free.** Nothing to buy! With formula at \$25 a can, I can spend money on lots of other things for my family.

## **Q: Marti, what breastfeeding advice do you have ?**

- 1. Stick with it—** it can be hard in the beginning, but it gets so much easier as you go on.
- 2. Be patient—**stressing out just makes it harder.
- 3. Don’t be scared to feed your baby in public.** I was afraid to breastfeed in public at first & stayed home a lot. When Mason got older, I got more comfortable breastfeeding him in public. He did not want to be covered, but no one said anything to me.



For more breastfeeding tips and support, contact WIC at SPIPA:

Debbie 360.462.3227 [gardipee@spipa.org](mailto:gardipee@spipa.org) or Patty 360.462.3224

