

## World Breastfeeding Week: Social Media Toolkit

**Social Media Message:** This #IndigenousMilkMedicineWeek, celebrate the many ways breastfeeding nourishes your baby's mind, body, and spirit. Breast milk connects your child to the traditions of our people and can tell your life story. Your breast milk passes on your knowledge and culture, as well as nourishment and protection to your baby, including protection against COVID-19 from your vaccination.

#HealthyMothersHealthyBabies #Breastfeeding #Chestfeeding #NationalBreastfeedingMonth

JOHNS HOPKINS CENTER FOR AMERICAN INDIAN HEALTH

# BREASTFEEDING IS CULTURAL MEDICINE.

