

# Fagai aki e huhu he matua

## *Ko koe foki ko e vala he fakatino.*

Ko e fagai aki e huhu  
he matua ko e fifiliaga  
malolo tino ma e matua  
fifine mo e muke.  
Ka hahā i ai e tau  
lagomatai to maeke he  
matua fifine ke  
fakatumau ki ai.



Ke moua e tau lagomatai mo e falu a  
fakailoaaga, fakamolemole viro atu ke he

**0800 611 116**

Po ke ahiahi atu ke he  
[www.breastfeeding.org.nz](http://www.breastfeeding.org.nz)



New Zealand Government