

LaTonya Toledo breastfeeds her daughter Nizhoni to give her a great start in life.



LaTonya Toledo
(Navajo) and
Nizhoni Treviño
(Navajo),
6 months

Photo by
Wylonda Horseson
(Navajo/Puyallup)

August is National Breastfeeding Month.
Moms who breastfeed give their babies the best nutrition.
Breastfeeding helps babies grow up to be
healthy community members.



IHS Division of Diabetes Treatment and Prevention,
August 2012, www.diabetes.ihs.gov

