

## Breastfeeding Support

Kuyoj nab'alej tzet Chi yun aq'on txutx woq a nene' axka mak chi ochen yet jun kolwalti yib'antog yet WIC.



### YET AYACH TO OK YALAN UNIN

- Kuyoj al, tzet chi yun aon yim one' tol sab'il.
- Kuyoj al, y kolwal watx' xa yayo.
- Tzet chi je' haloni yet jun tzan lajub' xajaw yet ayok ix ix yalan unin ma yet maya alji un k'yune' ix ix tu.
- Tzet chi je' a jatnoni yet watx chi yun ahon yim a nene'.
- Tzet Chi yun a q'anon jun ch'en ch'en chi Ihon el Yal a mimi'.
- Tzet mojalil Chi yun a q'ajab' yetoq et ajnail, yin a mulnajil, yetoq eb' mulnajwom b'ay amb'al yib'antog tol chi ochejx cha' txutx woq a nene'.

### YET MAYAL ALJI HANENE'

- Chi Kolwaj ok eb' etoq yet chi je' ahon yim a nene'.
- Chi kolwaj ok heb' tzet chi yun ahon yim a nene' , chi tz'ib'on toq eb' ayach yin ch'en awteb'al, chach yawtej eb' yet yayutal antem anima, b'ay yatutal amb'al, ma k'apax b'ay ti' te' ha na.
- Chi kolwaj ok eb' yin junoq b'il k'ulal yet chi ahon yim a nene' yuj tu xin chi yaltej eb' ma chi ya' eb' junoq maq txel Kuywinaq ta tol yowalil.
- Chi kolwaj sayon eb' junoq watx' b'ay chi je' ahon yim a nene'.
- Chi kolwaj ok eb' yet chi ahon ok a nab'al en, tzet chi yun ahon yim a nene'.
- Chi kolwaj ok eb' tzet chi yun ek'el xol jun tzan b'ilkulal, yet chach meltzoj yin a mulnajil, bay yatutal.
- Kuyoj, yet chi ilchaj ok jun lajlob' b'ailal, b'ay t'e' atut, ma yin juntzanoq xa.
- Chi ya' eb' kuyoj al, kolwal yetog jun ch'en ch'en chi ihon el yal em.
- Chi ya k'apax eb' yet chi je' a chahon jun ch'en ch'en chi ihon el yal em yin txolilal yin k'apax't yijanal.
- Tx'uyej tol ayay jun tran sab'ejal b'ay eb' mamej tol ak'to ma txutxei, jun tol tzanoq tzetal chi je' q'anlay yet chi el yal imeje.

*\*Yet ayto mas lojej.*

