

Your banarangg nalgarra (bloodline) may or may not have wittama. Your gurung feeding nabung milk offers a way to connect to your heritage and traditions, its part of our culture.

During the early days after birth some gurung and wiyanga need time to learn to get it right. Once your gurung is born, let others take care of you so you can take care of your gurung.

Aboriginal health workers/ liason officers can put you in touch with wiyanga groups for more support.



Dharug	English	Dharug	English
banarangg nalgarra	bloodline	may	eye
barrang	tummy/gut	mittigar	friend
duruninang	daughter	mudyin	family
dyalgala	embrace	nabung	breast
guni	poo	nagubadi	love
guri	ear	wittama	drinking milk from the breast
gurung	baby	wiyanga	mother
may	eye		

Sydney South West Local Health District sit on lands of Dharug, Dharawal and Gundungarra peoples. Local language has been used here to show respect to the traditional custodians of these lands. Many thanks mudyin and gurung involved and to Jo Tanningina language custodian.

Cultural Artwork created by Lauren Henry, Wodi Wodi Walbunja Artist ©Yirra Miya

Wittama Dyalgala Embrace breastfeeding

With language from the lands of the Dharug people



“We are strong, We are resilient, We are powerful.
We are the strength of our mothers,
We are our grandmothers and the women before us
Our ancestors flow through us, grounded by our feet planted in
the soil of our land and bloodlines running through our veins.”

- Bobbie Lockyer a proud Ngarluma, Kariyarra, Nyulnyul and Yawuru woman

Wittama Dyalgala (Embrace Breastfeeding)

Nabung (breast) feeding was the norm in Aboriginal mudyin (families) With the introduction of commercial formulas, Aboriginal mudyin lost much of the tradition of nabung feeding.

It's time to take it back.

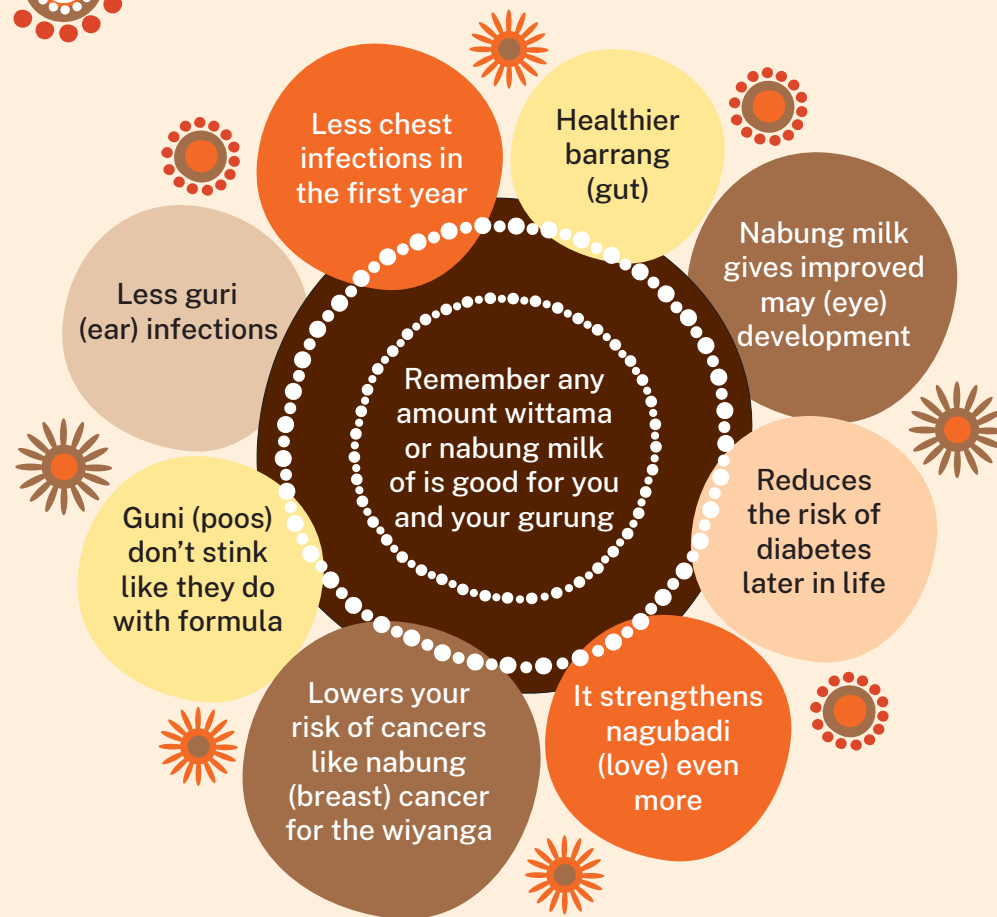
Nabung milk builds the brain of your gurung (baby) and keeps them healthy.

You as a soon-to-be wiyanga (mother) will pass good bacteria to your gurung. This bacteria forms part of the microbiome in their barrang (tummy). Special parts of your nabung milk feeds this good bacteria.

This keeps gurung healthy, provides protection and helps their brains to grow well.

Infant formula does not encourage the good bacteria to grow.

This good bacteria has been passed down to you from your ancestors, from generation to generation wiyanga to duruninang (daughter) and fed by wittama (feeding at the breast).



So even before your gurung is born tell your mydyin and mittigar (friends) that you wish to wittama and ask them to support you.

Yarning with your Elders, mob, community about wittama is a way of learning about your mudyin history and beliefs.

Scan to see
video in
Dharug

