



August: National Breastfeeding Month



August 1st marks the beginning of National Breastfeeding Month and World Breastfeeding Week. Most doctors and health organizations suggest breast milk is the best possible food for an infant for the first six months. Not only does breast milk contain the correct balance of nutrients, but it also boosts a baby's immune and digestive systems with antibodies and good bacteria. For mothers, breastfeeding fosters an emotional bond with their new baby, and reduces the risk of certain cancers (breast and ovarian), as well as heart disease and Type II Diabetes. From National Today consider these benefits:

1. Lifesaving: According to the journal "Pediatrics", if 90% of families breastfed exclusively for six months, nearly 1,000 infant deaths could be prevented each year.
2. Infant Health: Research shows breastfed babies have a lower risk of maladies including asthma, ear infections, diabetes, and respiratory problems.
3. Environmentally Friendly: Formula cans and bottles create waste. Breastmilk arrives package-free — and warm!
4. Colostrum: Often referred to as "liquid gold" for its deep yellow color, colostrum is the thick first milk that you make during pregnancy and just after birth. It is quite rich in both nutrients and antibodies to protect your baby from infection.
5. Weight Loss: Many breastfeeding women seem to get back to their pre-pregnancy weight more quickly, but experts are still looking into the effects.



Check out these resources:

[Your Breastfeeding Journey](#)
[Su Travesía por la Lactancia Materna](#)

JOIN THE HEALTHY MOVEMENT TODAY BY TAKING ACTION!

Commit to breastfeeding your baby exclusively for six months and thereafter for as long as it is feasible.

For information on healthy eating and activity initiatives in DuPage, check out www.forwarddupage.org.