

Happy World Breastfeeding Week!!!!

The following message is brought to you by the folks at UNICEF and the World Health Organization:

"Breastfeeding is not only the cornerstone of a child's healthy development; it is also the foundation of a country's development."

I am proud to be a lactation consultant in a pediatric practice which recognizes just how important breastfeeding is, both on a personal level (helping parents meet their breastfeeding goals) and on a global level. At Primary Pediatrics, we do our best to provide you with well-informed care which gives you support every step of the way as you embark on what we hope will be this very gratifying aspect of parenting your child.

The theme of this year's World Breastfeeding Week is "Breastfeeding: A Key to Sustainable Development." In a meeting of world leaders in 2013, breastfeeding was identified as one of 17 sustainable goals that is key in ending poverty, protecting the planet, and ensuring prosperity. Now, THAT's powerful. Click on the link below to learn more about how breastfeeding makes a difference not only in your child's health, but the health of your community and the earth:

www.worldbreastfeedingweek.org

Thank you!

Georganne Walker, CPNP, IBCLC

Other resources:

General breastfeeding information (multiple languages): www.lalecheleague.org

Returning to work information: www.womenshealth.gov

Dr. Jack Newman's website: www.breastfeedingonline.com

Collection/storage of breast milk: www.medela.com

Medications and lactation: www.lactmed.org

Resource books about breastfeeding: www.ibreastfeeding.com