

FORWARD CORNER

August is National Breastfeeding Month

Forward is pleased to join the U.S. Breastfeeding Committee in supporting National Breastfeeding Month, highlighting this year's theme: "Support Changes Everything." To access information and materials click [here](#).

FORWARD encourages early childhood programs throughout DuPage to determine ways that you can best support a mother's ability to breastfeed her child for as long as possible. The research is clear, children who are breastfed reap a number of benefits, including a 22% risk reduction for childhood overweight and obesity. The research also suggests that children benefit from these simple feeding practices:

- Initiate and Sustain Breastfeeding
- Delay the introduction of complementary foods (cereals, fruits, vegetables, etc.)
- Offer no juice to children under one year and no more than 4 oz. daily to children from one to three years of age
- Avoid cow's milk before one year of age
- Practice responsive feeding techniques (don't override a child's ability to self-regulate food intake: stop the feeding when the infant is no longer interested in the breast/bottle/food offered)
- Read a child's cues and look for ways to soothe children or help them soothe themselves in ways that do not include food.

JOIN THE HEALTHY MOVEMENT TODAY!

Families: Set your child up on the path to maintaining a healthy weight through life by breastfeeding your baby as long as possible. FORWARD continues to recommend [CLOCC Five SMART!](#) resources for mothers-to-be and infants and toddlers.

Early Childhood Providers: Be a caregiver who supports the breastfeeding mother. Practice tips from these resources:

- [Breastfeeding Basics](#)
- [Be a Caregiver Who Supports the Breastfeeding Mother](#)

Nutrition and Physical Activity: Self-Assessment Child Care:

FORWARD DuPage and the YWCA of Metropolitan Chicago, through a donation from DuPage Medical Group Charitable Fund through the DuPage Community Foundation, are pleased to offer DuPage County early childhood and family child care programs access to training, technical assistance and implementation grants to improve children's nutrition and physical activity outcomes. If you are interested in getting FREE individualized coaching, FREE on-site technical assistance and FREE materials for your program, we encourage you to register for NAP SACC training offered by the YWCA and FORWARD. For information contact taylor5008@sbcglobal.net or carrie.pierce@ywcachicago.org

For information on healthy eating and active living initiatives in DuPage county, check out www.forwarddupage.org. For more early childhood healthy resources for families click [here](#).