

NATIONAL BREASTFEEDING MONTH



August is National Breastfeeding Month — a month dedicated to advancing advocacy, protection, and promotion of breastfeeding to ensure that all families have the opportunity to breastfeed.

WHAT ARE SOME BENEFITS TO BREASTFEEDING?

- **Breast milk is the best source of nutrition for most babies.**

As the baby grows, the mother's breast milk will change to meet her baby's nutritional needs.

- **Breastfeeding can help protect babies against some short- and long-term illnesses and diseases.**

Breastfed babies have a lower risk of asthma, obesity, type 1 diabetes, and sudden infant death syndrome (SIDS). Breastfed babies are also less likely to have ear infections and stomach bugs.

- **Breast milk shares antibodies from the mother with her baby.**

These antibodies help babies develop a strong immune system and protect them from illnesses.



- **Mothers can breastfeed anytime and anywhere.**

Mothers can feed their babies on the go without worrying about having to mix formula or prepare bottles. When traveling, breastfeeding can also provide a source of comfort for babies whose normal routine is disrupted.

- **Breastfeeding can reduce the mother's risk of breast and ovarian cancer, type 2 diabetes, and high blood pressure.**

Breastfeeding has health benefits for the mother too! Some cancers, type 2 diabetes, and high blood pressure are less common among women who breastfeed.

For more information on breastfeeding, visit:

<https://www.cdc.gov/nutrition/InfantandToddlerNutrition/breastfeeding/index.html>



Montville Township Health Department
195 Changebridge Rd
Montville, NJ 07045



Public Health
Prevent. Promote. Protect.