



MILK MATTERS

EVERY DROP COUNTS



August is National Breastfeeding Month – a time to recognize, support, and promote the benefits of breastfeeding for both babies and mothers.

WHY BREASTFEEDING MATTERS

- Perfect Nutrition

Breast milk contains the ideal mix of vitamins, protein, and fat babies need to grow strong and healthy.

- Immune Support

Babies who are breastfed have lower risks of infections, asthma, obesity, and sudden infant death syndrome (SIDS).

- Bond Building

Skin-to-skin contact during breastfeeding helps strengthen the emotional bond between baby and mother.

- Parent Health Benefits

Breastfeeding may reduce the risk of certain cancers, type 2 diabetes, and high blood pressure in lactating mothers.

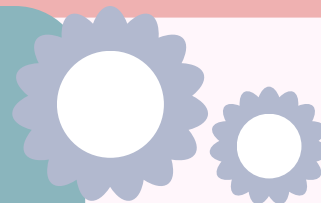


BREASTFEEDING BY THE NUMBERS

- The American Academy of Pediatrics (AAP) recommends exclusive breastfeeding for the first 6 months of life.
- According to the CDC, about 83% of babies in the U.S. start out breastfeeding, but fewer than 25% are exclusively breastfed at 6 months.
- Support makes a difference — access to lactation consultants, supportive workplaces, and peer encouragement all improve breastfeeding success rates.

WHAT YOU CAN DO

- ✓ Offer support to breastfeeding mothers without judgment
- ✓ Learn how to advocate for breastfeeding-friendly spaces at work and in public
- ✓ Share local resources like WIC programs and lactation consultants



FOR MORE INFORMATION ON NATIONAL BREASTFEEDING MONTH, VISIT:
WWW.MARCHOFDIMES.ORG/FIND-SUPPORT/BLOG/AUGUST-NATIONAL-BREASTFEEDING-MONTH



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