



## Jackson County Department of Public Health

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### **The Many Benefits of Breastfeeding**

August 1 thru 7 is World Breastfeeding Week. If you know a breastfeeding Mom, congratulate them for all their hard work and dedication. Two in five children are put to breast within their first hour of life. Our hope is to change those numbers by educating people about how wonderful breastfeeding is for both Mom and Baby. The World Health Assembly (WHA) hopes to increase the global rates of women who exclusively breastfeed to 50% by the year 2025. Breastfeeding is linked to 17 of the United Nations Sustainable Developmental Goals.

Objectives of World Breastfeeding Week include providing participants with the understanding on aspects of breastfeeding along with the management of lactation. This is all based on the most current evidence. Another objective is to expand participants' role to better understand, support and apply international policy recommendations on both infant as well as young child feeding. The final objective is to give participants skills to work with mothers' and babies' in any surrounding they or in or condition.

In summary remember that breastfeeding is the best possible source of nutrition for your baby as colostrum or "pre-milk" is provided after delivery giving your newborn many antibodies he or she would not get from formula. Breastfeeding gives baby's digestive system a much deserved break. Breastmilk is higher in sugar than colostrum and is just what baby needs. Babies need lots of calories and needs to nurse often in order to sustain his rapid growth as breastmilk digests faster than formula. It is easy for your infant's body to break down which leads to fewer tummy aches, diarrhea or constipation. It also greatly reduces risks of sickness and infection as well as greatly reducing the risk of SIDS. Breastfed babies enjoy the skin to skin contact with Mom which is reassuring to infant making him feel safe.

The benefits of breastfeeding for Mom include helping to lose pregnancy weight as milk production utilizes 300 to 500 calories per day. It also helps Mom's uterus to shrink back to pre-pregnancy size. The oxytocin that releases when baby nurses helps Mom's uterus to contract, which greatly reduces the delivery of post-delivery blood loss. Nursing helps the uterus to return to its normal size much quicker in comparison to Mom's who formula feed their infants. The list goes on and on, it is eco-friendly, women save money and Mom forms a special bond with baby just to name a few.

Please support World Breastfeeding Week in August. If you know or see a breastfeeding Mom, congratulate them for their hard work or dedication. Should you need help or know of



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someone who needs help or has breastfeeding questions, have them contact The Jackson County Department of Public Health as we are advocates of breastfeeding.

To find out more about the Jackson County WIC program or to find out if you are eligible call 828-587-8243. This institution is an equal opportunity provider.

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