National Breastfeeding Month!

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On August 6, 2011, the United States Breastfeeding Committee officially declared that August is National Breastfeeding Month.

A pregnancy can be a busy and exciting time. One of the most important decisions is how to feed your baby.

If you decide to breastfeed, it is important to share that decision with your partner, your OB/GYN and/or doula. Find out-in advance-how your hospital or birthing center will support your breastfeeding plan.

As per the World Health Organization (WHO), it is recommended that breastfeeding is initiated within 1 hour of birth and exclusively for the first six months of life.

The American Academy of Pediatrics, the United States Breastfeeding Committee (USBC) and the WHO, agree on the following list of benefits of breastfeeding:

- Breast milk is the ideal food for newborns and infants. It contains antibodies that help protect infants from common childhood illnesses such diarrhea and pneumonia. It also lowers your baby’s risk of having asthma or allergies.

- Breast milk is readily available; it is also affordable and at the right temperature.

- Breast milk changes to meet the infants nutritional needs.

- Breastfeeding is an economical and ecologically-friendly way of giving your baby a head start.

For the mother, breastfeeding:

- Helps your body to recover from pregnancy and labor by shrinking the uterus back to pre-pregnancy size and by reducing any bleeding after childbirth.

- Lowers the risk of ovarian cancer and some forms of breast cancer.

- Strengthen the bones protecting you from osteoporosis.

- Helps you and your baby feel close and bond.

It takes about 3-5 days for the milk to come in. During that time, your body is making a thick substance called colostrum. It helps the newborn’s digestive tract to develop and prepare to digest breast milk. As your baby needs more milk and nurses more, your breasts respond by making more milk.

Most women need help and coaching to successfully breastfeed. Lactation consultants, nurses, doctors, family members and friends can help and support you, your baby and your family to start your breastfeeding journey.

We all know that breastfeeding is amazing. Let’s all unite, and support and embrace everything that breastfeeding does for babies, mothers, families and communities.

Resources/References:


Fort Sam Houston Triathlon #4

“Reverse Triathlon”

RUN: 3 MILES
BIKE: 10 MILES
SWIM: 200M

Date/Time: September 8, 7:30 a.m.
Location: Aquatic Center, Bldg. 3300, Williams Road on Ft Sam Houston
This event is $20. and open to all Department of Defense ID cardholders and family.

For more information, call 210-221-4887