

FORGING THE FUTURE:



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Friday FACTS

25 June 2004

"Leadership, Partnership, and Championship"

AUGUST 1-7 WORLD BREAST FEEDING WEEK

Breastfeeding: Important for Your Baby and for You

One of the best things you can do for your baby is to breastfeed. The U.S. Surgeon General recommends that babies be fed with breast milk only for the first six months of life. It's even better if you can breast feed up to 12 months.



The Benefits for Baby

Breast milk:

- Provides your baby with just the right amount of fat, sugar, water, and protein for healthy growth and development;
- Is easier to digest;
- Results in less unnecessary weight gain and possibly less overweight later in life; and
- Has antibodies that protect your baby against infections and diseases.

The physical contact while breastfeeding can help newborns feel warm, comforted, and secure.

The Benefits for You

Breastfeeding:

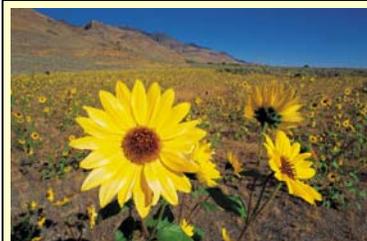
- Saves time and money—no formula to buy and mix and no bottles to wash;
- Uses up extra calories and helps you return to your normal weight;
- Helps your uterus to get back to its normal size and lessens bleeding;
- Helps you bond with your baby; and
- Lowers your risk for breast cancer.

Working and Breastfeeding

With careful planning, you can continue to breastfeed your baby after going back to work. Here are some tips from the National Healthy Mothers, Healthy Babies Coalition on how to combine working and breastfeeding:

- Get up early so you can breastfeed your baby before you go to work.
- Wear clothes that make expressing milk or breastfeeding easier.
- Take breaks to express your milk to give to your childcare provider to feed to your baby another day.
- If possible, use your breaks to go to your childcare site to breastfeed.

Sources: "Breastfeeding: Best for Baby and Best for Mom," National Women's Health Information Center, www.4woman.gov and the National Healthy Mothers, Healthy Babies Coalition, www.hmhb.org,



"Motivation is everything.

You can do the work of two people, but you can't be two people. Instead, you have to inspire the next guy down the line and get him to inspire his people. "

-Lee Iacocca