



August: Breastfeeding Awareness Month

by Stretch Your Peso

Health and Wellness Tip of the Week Week 34 – Aug 19, 2019

Moving Into Motherhood

Breast feeding can be beneficial for both mom and baby. But 60 percent of new mothers stop breast feeding sooner than planned. There are several things that impact whether and how long babies are breastfed, such as:

- Hospital practices
- Education and encouragement
- Policies or support at work
- Access to community support

Women have a lot to manage when they become new mothers. Talk to your doctor about what's best for you and feel free to ask all of your questions. Choosing to breastfeed or not and for how long is your choice.

Source: Centers for Disease Control and Prevention

City of Mission

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Our mission is to promote health awareness and encourage healthy lifestyles.

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