



August: Breastfeeding Awareness Month

by Stretch Your Peso

Health and Wellness Tip of the Week Week 32 – Aug 5, 2019

Breast Feeding and Your Baby's Health

Breastfeeding has many benefits. Babies benefit greatly from breast milk in lots of ways. One of those is a reduced chance of having several health issues like:

- Asthma
- Obesity
- Type 2 diabetes
- Ear and respiratory infections
- Sudden infant death syndrome (SIDS)

Breastfeeding is a personal choice and every new mother should talk to her doctor about what is right for her. Take the time to research and consider all the benefits.

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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