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NEWS RELEASE
August 1 to 7 is Breastfeeding Week

Choosing how you will feed your baby is one of the most important decisions new parents will make. Today, more and more mothers are choosing to breastfeed. It is a healthy choice for mothers and babies and frees families from the daily chore of preparing formula and warming bottles.

“While some women look forward to their chance to breastfeed, others may worry, especially if they do not have the support of their family and friends” Sue Smith, Deputy Director of the Otsego County Department of Health said. “These feelings of uncertainty are normal. Not only is breast milk best for your baby, breastfeeding can be an exciting and fulfilling part of motherhood. It can even make your life easier.”

National Breastfeeding Week, August 1 to 7, celebrates the many health benefits that breastfeeding provides, including: .

- Breast milk helps keep babies healthy.
- Breast milk helps protect against colds, flu, diarrhea, ear infections and other illnesses.
- Breast milk is ready day or night, anytime your baby is hungry. It is always the right temperature.
- Breast milk is easy for your baby to digest, since your body makes it for your baby.
- Breast milk is naturally clean. It passes from the breast to the baby’s mouth and cannot “go bad” or “spoil.”
- Breast milk helps prevent diaper rash.
- Breastfed babies are less likely to be overweight later in life. They learn to stop eating when they are full, instead of when the bottle is empty.

For more information about National Breastfeeding Week and the benefits of breastfeeding for babies and mothers, visit the New York State Department of Health web site at www.nyhealth.gov.

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