



NEWS RELEASE

For Immediate Release
August 3, 2009

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Breastfeeding is a Healthy Start to a Healthy Life



Infants were born to breastfeed as breastmilk is the most natural and successful way for infants to obtain their nutrients. August is National Breastfeeding Awareness Month, a national campaign funded by the U.S. Department of Health and Human Services.

The campaign hopes to empower mothers' to commit to breastfeeding. Research shows that babies who are exclusively breastfed for the first six months have higher Intelligence Quotient (IQ's) and are less likely to develop health issues while they are young as well as later in life. Breastmilk is easier to digest than infant formula and has a perfect mix of nutrients for babies that cannot be completely replicated by formula manufacturers. The list of benefits of breastfeeding is long, and includes benefits for both baby and mom:

Benefits to Infants:

- Creates a special bond with mother
- Easier to digest than formula
- Has the perfect mix of nutrients for infants
- Less chance of pneumonia and meningitis than formula fed infants
- Fewer ear infections than formula fed infants
- Less chance of asthma, allergies and eczema
- Less likely to cause tooth decay
- Less chance of an allergic reaction
- Prevention of other illnesses

Benefits for Mothers:

- Creates a special bond with baby
- Helps with weight loss
- Shrinks uterus back to pre-pregnancy size
- Delays the menstrual cycle for up to 30 weeks in some mothers
- Reduces breast and ovarian cancer risk
- Saves money – no formula to purchase
- Saves time and energy spent on preparing, cleaning and sterilizing bottles and formula

Mom's who to plan breastfeed while working can do so successfully. Pumping or expressing milk during weekends or days off to build a milk supply for the workweek is a helpful way to keep milk flowing. Using a lunch break to pump and 1-2 short breaks during the work day should allow for a sufficient amount of breastmilk for the baby.

Parents and childcare providers can also learn more about breastfeeding and other nutrition topics through the UCCE's Nutrition BEST program at (530) 889-7350 or visit us at <http://ceplacer.ucdavis.edu>.

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