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## **BREASTFEEDING IS THE FOUNDATION FOR LIFE**

***Free Community Education Program: August 17***

**Contact:**

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**Martin County, FL** – The Florida Department of Health in Martin is joining with partners to present a special community education program in recognition of National Breastfeeding month in August.

The public is invited to “Breastfeeding: The Foundation of Life” on Friday, August 17, 10:00 am – 12:00 pm at the Children’s Services Council in Stuart. Refreshments and door prizes will be provided.

Breastfeeding provides many benefits for mothers and babies. Research shows that children who are breastfed have lower rates of: obesity, asthma, ear and respiratory infections and sudden infant death syndrome (SIDS). Mothers enjoy a close bond with their baby, quicker post pregnancy weight loss and lower risks of breast and ovarian cancer.

To reach the goal of exclusive breastfeeding for at least six months, mothers need supportive work policies, infant and child-care at or near the workplace and private facilities for expressing and storing breastmilk. It takes time and practice to learn how to breastfeed, both for mother and baby, and to establish a good milk supply.

The program, facilitated by the WIC (Women, Infants and Children) Nutrition program will feature guest speakers including Samantha Suffich, Executive Director of the Martin County Healthy Start Coalition. Program sponsors and supporters include the Children’s Services Council of Martin County, Martin Health System and Martin County Healthy Start.

Women, Infants and Children (WIC) program provides breastfeeding support as well as nutrition education, counseling, and nutritious foods for eligible pregnant women, breastfeeding and post-partum women, infants and children up to age five who meet eligibility guidelines. For more information: <http://martin.floridahealth.gov/programs-and-services/clinical-and-nutrition-services/wic/index.html> or call 772-221-4000, ext. 2136.

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