

August 6, 2020

**SUPPORT BREASTFEEDING:
Learn Together, Grow Together**
World Breastfeeding Week 2020



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MARTIN COUNTY, FL – 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.

Martin County ranks the second highest in Florida for the percent of breastfeeding infants.

COVID-19 & Maternal Health

Breastmilk is the best nutrition for most babies. According to the Centers for Disease Control and Prevention (CDC), it is still unknown if mothers with confirmed COVID-19 can transmit the virus via breastmilk, but the limited data available suggest this is not likely. For more information: <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/pregnancy-breastfeeding.html>

Infographic flyer: COVID-19 & Maternal Health:

http://ww11.doh.state.fl.us/comm/_partners/action/covid19_and_maternal_health.pdf

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.

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>

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The department, nationally accredited by the [Public Health Accreditation Board](#), works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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