



Breastfeeding Newsletter

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World Breastfeeding Week

By Leah Diffey, Breastfeeding Peer Counselor

World Breastfeeding Week is August 1-7, 2014. Additionally, Missouri recognizes the whole month of August as Breastfeeding Month. This year's theme is "**Breastfeeding: A Winning Goal for Life**", which asserts the importance of increasing and sustaining the protection, promotion and support of breastfeeding. Breastfeeding is the optimal way to feed infants and the health benefits can be found in both mother and child throughout their lives. This theme celebrates the team effort needed to help mothers achieve their breastfeeding goals by making breastfeeding easier.

To achieve the healthy goal of breastfeeding success, mothers need a "team" to support them including family, friends, and the community. Mothers may involve many teams to help reach their goals: WIC, healthcare clinics, birthing facilities, childcare providers, and employers. All of these teams need to understand why breastfeeding is important and what their roles are to protect, promote, and support breastfeeding.

We at the Pike County Health Department strive to play an important part in the improved health of our community and ultimately, the world. We are proud to be a breastfeeding friendly building and encourage all residents of Pike County to be part of the success of breastfeeding moms and families. The more we learn about breastfeeding, the clearer it is that the health of women and children are drastically and positively impacted by the decision to breastfeed. All children benefit from breast milk, but especially high risk individuals. It is this reason that breastfeeding is encouraged to obtain the health goals that are set by various organizations throughout the world.

The Pike County Health Department will kick-off World Breastfeeding Week and Missouri Breastfeeding Month by hosting this year's Show-Me Latch.

Women in various locations throughout the state and world will join together to raise awareness by collectively breastfeeding their children. All breastfeeding moms and their children in Pike County and the surrounding areas are encouraged to attend this inspiring event!

Friday, Aug 1st at 10:00

Millennium Development Goals

The Millennium Development Goals (MDGs) were set by governments and the United Nations to fight poverty and promote healthy and sustainable development in a comprehensive way by 2015. The following are the MGDs and how they are linked to breastfeeding.



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