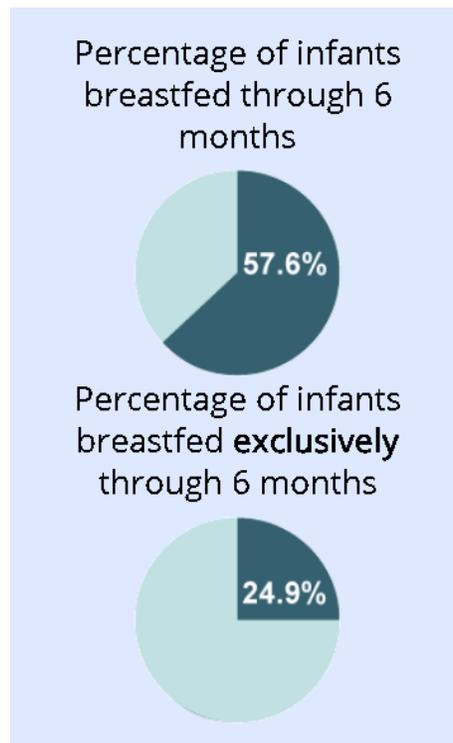National Breastfeeding Month

On August 6, 2011, the United States Breastfeeding Committee (USBC) officially declared August as National Breastfeeding Month. During this month we aim to raise awareness about the positive effects that breastfeeding has on both mother and baby. "Breastfeeding saves lives" and "Breast is best!" are well-known slogans for physicians and women. "The American Academy of Pediatrics continues to support the unequivocal evidence that breastfeeding protects against a variety of diseases and conditions in the infant such as (AAP):

- bacteremia
- diarrhea
- respiratory tract infection
- necrotizing enterocolitis
- otitis media
- Protection against many common infections
- urinary tract infection
- late-onset sepsis in preterm infants
- type 1 and type 2 diabetes
- lymphoma, leukemia, and Hodgkins disease
- childhood overweight and obesity

Among infants born in 2015 in the United States, 4 out of 5 (83.2%) started to breastfeed, over half (57.6%) were breastfeeding at 6 months, and over one-third (35.9%) were breastfeeding at 12 months. Compared to rates for infants born in 2014, rates for infants born in 2015 increased for breastfeeding at 6 and 12 months. (CDC, 2018 Breastfeeding Report Card)

In addition, benefits to the mother from breastfeeding include (AAP):

- decreased postpartum bleeding and more rapid uterine involution
- decreased menstrual blood loss and increased child spacing
- earlier return to pre-pregnancy weight
- decreased risk of breast and ovarian cancer

American Academy of Pediatrics recommends that infants be exclusively breastfed for about the first 6 months with continued breastfeeding alongside introduction of complementary foods for at least 1 year.

Resources:

- Breast feeding resources from the American Academy of Pediatrics
- Breastfeeding Support and Resources Toolkit
- Women's Health Guide to Breastfeeding
- How Doctors Can Help

Breastfeeding Apps:

- Baby Connect : $4.99
- Baby Tracker: $4.99
- Hatch Baby: $4.99
- Baby Feeding Log: Free
- Baby Breastfeeding Log: Free