



As soon as the sound of your greeting reached my ears, the baby in my womb leaped for joy.
Luke 1:44

August is National Breastfeeding Month

When you breastfeed, you give your baby a healthy start that lasts a lifetime. Breast milk is the perfect food for your baby.

Breast milk benefits for baby: the cells, hormones, and antibodies in breast milk help protect babies from illness. This protection is unique and changes every day to meet your baby's growing needs. Research shows that breastfed babies have lower risks of asthma, leukemia (during childhood), obesity (during childhood), ear infections, eczema (atopic dermatitis), diarrhea and vomiting, lower respiratory infections, sudden infant death syndrome (SIDS) and type 2 diabetes

Breastfeeding benefits for Mom: Breastfeeding helps a mother's health and healing following childbirth. Breastfeeding leads to a lower risk of these health problems in mothers: type 2 diabetes, certain types of breast cancer, and ovarian cancer.

Sometimes, formula feeding can save lives: Very rarely, babies are born unable to tolerate milk of any kind. These babies must have an infant formula that is hypoallergenic, dairy free, or lactose free. Also, your baby may need formula if you have a health problem that won't allow you to breastfeed and you do not have access to donor breast milk. Talk to your doctor before feeding your baby anything besides your breast milk.

Breastfeeding can be challenging, and there are helpers available to support you along the way. Lactation consultants are certified individuals qualified to support lactating mothers. If you recently had a child or are pregnant and want more resources about breastfeeding, you can connect with local resources at St. Joe's <https://bit.ly/2Wj8Y26>.

Our congregation supports breastfeeding mothers who are welcome to nurse in the sanctuary or the parish hall. We will do our best to provide privacy when needed.

Reference and Resources

<https://www.womenshealth.gov/breastfeeding/making-decision-breastfeed>

Oakland County Resource:

<https://www.oakgov.com/health/services/wic/Documents/Resource%20Guide%20for%20Breastfeeding%20Families.pdf>

IHA Breastfeeding Medicine Department: <https://ihacares.com/specialties/breastfeeding-medicine>

