



AUGUST IS

NATIONAL BREASTFEEDING MONTH

#WBW2023 #StepUpForBreastfeeding #WorldBreastfeedingWeek2023
#EducateandSupport #WarmChain

WHY IS BREASTFEEDING SO IMPORTANT?

In August we celebrate breastfeeding and breastfeeding awareness. Providers play a pivotal role in educating and supporting breastfeeding efforts within their networks.

Workplace challenges remain the most common reason for women to never breastfeed or to stop breastfeeding earlier than recommended.¹

Breastfeeding benefits mothers and infants. While providers and patients are likely aware of the many benefits of breastfeeding, it is important to encourage breastfeeding through policies, like the PUMP ACT for Nursing Mothers.

The U.S. Dietary Guidelines for Americans recommend that infants be exclusively breastfed for about the first six months.² The American Academy of Pediatrics and the World Health Organization also recommend exclusive breastfeeding for about the first six months, with continued breastfeeding along with introducing appropriate complementary foods for up to two years of age or longer.^{3,4}

BENEFITS TO INFANTS

Infants who are breastfed have a lower risk of:

- Asthma
- Obesity
- Type 1 Diabetes
- Severe Lower Respiratory Disease
- Acute Otitis Media (Ear Infections)
- Sudden Infant Death Syndrome (SIDS)
- Gastrointestinal Infections (Diarrhea/Vomiting)
- [Necrotizing Enterocolitis \(NEC\) for Preterm Infants](#)

BENEFITS TO MOTHERS⁵

Mothers who breastfeed their infants have a lower risk of:

- Breast Cancer
- Ovarian Cancer
- Type 2 Diabetes
- High Blood Pressure

INDIVIDUALIZED APPROACH

While successful breastfeeding is associated with improved maternal mental health outcomes, challenges with breastfeeding or unmet expectations of breastfeeding was associated with negative mental health outcomes.⁶ Social or internalized pressures could contribute to negative outcomes.⁷ Breastfeeding recommendations should be individualized to take this into account. Maternal distress associated with breastfeeding challenges, mental health history where consecutive sleep is a protective factor, or history of trauma or sexual assault, could be some examples of health history considerations factored into recommendations.

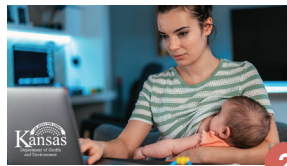
1. <https://worldbreastfeedingweek.org/>
2. https://www.dietaryguidelines.gov/sites/default/files/2020-12/Dietary_Guidelines_for_Americans_2020-2025.pdf#page=65
3. <https://publications.aap.org/pediatrics/article/150/1/e2022057988/188347/Policy-Statement-Breastfeeding-and-the-Use-of?searchresult=1?autologincheck=redirected>
4. <https://www.who.int/health-topics/breastfeeding>
5. <https://www.cdc.gov/breastfeeding/faq/index.htm#benefits>
6. <https://pubmed.ncbi.nlm.nih.gov/35442804/>
7. <https://patient.info/news-and-features/how-to-cope-with-the-mental-stress-of-breastfeeding>



RESOURCES

- Weekly Themes and Resources:
 - Week 1 (August 1-7): [World Breastfeeding Week Theme: Enabling Breastfeeding: Making a Difference for Working Parents](#)
 - Week 2 (August 8-14): [Indigenous Milk Medicine Week](#)
 - Week 3 (August 15-21): [Asian American Native Hawaiian and Pacific Islander Week](#)
 - Week 4 (August 25-31): [Black Breastfeeding Week](#)
- [KDHE Breastfeeding Toolkit](#)
- [KDHE Perinatal Mental Health Toolkit](#)
- [Perinatal Psychiatric Provider Consult Line](#)
- [Breastfeeding and Trauma](#)
- [Kansas Breastfeeding Coalition](#)

SOCIAL MEDIA POSTS



Post 1

Workplace challenges remain the most common reason for women to never breastfeed or to stop breastfeeding earlier than recommended. Protect and promote policies that support breastfeeding. Learn more at worldbreastfeedingweek.org #WBW2023 #breastfeedingawareness

Los desafíos en el lugar de trabajo siguen siendo la razón más común para que las mujeres nunca amamanten o dejen de amamantar antes de lo recomendado. Proteger y promover políticas que apoyen la lactancia materna. Obtenga más información en: worldbreastfeedingweek.org #WBW2023 #breastfeedingawareness

Post 2

Policies that support breastfeeding mothers are good for the economy. Employers benefit from having a more contented and productive workforce due to less employee absenteeism, increased loyalty and less staff turnover. Parental protection and other workplace policies can enable women to combine breastfeeding with paid work. Learn more at worldbreastfeedingweek.org #WBW2023 #breastfeedingawareness

Las políticas que apoyan a las madres que amamantan son buenas para la economía. Los empleadores se benefician de tener una fuerza laboral más satisfecha y productiva debido a un menor ausentismo de los empleados, una mayor lealtad y una menor rotación de personal. La protección de los padres y otras políticas en el lugar de trabajo pueden permitir que las mujeres combinen la lactancia con el trabajo remunerado. Obtenga más información en: worldbreastfeedingweek.org #WBW2023 #breastfeedingawareness

Post 3

Breastmilk is a natural, renewable food that is environmentally safe: produced and delivered without pollution, packaging or waste. Learn more about supporting the global benefits of breastfeeding at worldbreastfeedingweek.org. #WBW2023

La leche materna es un alimento natural, renovable y seguro para el medio ambiente: producido y entregado sin contaminación, embalaje o residuos. Más información sobre los beneficios globales de la lactancia materna en: worldbreastfeedingweek.org. #WBW2023

Post 4

Women need adequate time and support to breastfeed. Women with less than three months of paid maternity leave reported shorter breastfeeding duration than with those who had three or more months of leave. Learn more about supporting parents through policies at worldbreastfeedingweek.org. #WBW2023

Las mujeres necesitan tiempo y apoyo adecuado para amamantar. Las mujeres con menos de tres meses de permiso de maternidad retribuido declararon una menor duración de la lactancia que las que habían disfrutado de tres o más meses de permiso. Más información sobre el apoyo a los padres a través de las políticas en: worldbreastfeedingweek.org. #WBW2023

Post 5

Breastfeeding can be impacted by a number of factors. Not being able to breastfeed is not a failure. Talk with your health care providers about best practices and getting support. #WBW2023

La lactancia materna puede verse afectada por una serie de factores. No poder amamantar no es un fracaso. Hable con sus proveedores de atención médica sobre las mejores prácticas y cómo obtener apoyo. #WBW2023

Post 6

Under the PUMP Act, most nursing employees have the right to reasonable break time and a place, other than a bathroom, that is shielded from view and free from intrusion to express breast milk while at work. This right is available for up to one year after the child's birth. For more information, including contact information, visit dol.gov/agencies/whd/pump-at-work #BreastfeedingAwareness

En virtud de la Ley PUMP, la mayoría de las trabajadoras en período de lactancia tienen derecho a un tiempo de descanso razonable y a un lugar, que no sea un cuarto de baño, protegido de la vista y libre de intrusiones para extraerse la leche materna mientras están en el trabajo. Este derecho está disponible hasta un año después del nacimiento del niño. Para obtener más información, incluida la información de contacto, visite: dol.gov/agencies/whd/pump-at-work #BreastfeedingAwareness