



Wellness Weekly

VOLUME 3, ISSUE 7

WORLD BREASTFEEDING WEEK

August 1-7, 2009

It has long been recognized that early nutrition has a life long impact on the health of an individual. A substantial body of research, and an Expert Consultation commissioned by the World Health Organization, have determined that:

- exclusively breastfeeding an infant from birth with the addition of nutritious complementary foods at six months and continued breastfeeding to the age of two years or beyond, confers optimal nutrition for infants and young children,
- exclusively breastfeeding confers benefits well beyond early childhood,
- infants who are not breastfed and artificially fed with breast milk substitutes experience increased risks of a wide range of both infectious and chronic illnesses.

Breastfed children experience:

- reduced risk of asthma
- reduced risk of cardiovascular disease
- reduced risk of obesity
- reduced risk of Type 1 and 2 diabetes
- reduced risk of Sudden Infant Death Syndrome (SIDS)
- improved cognitive ability

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Breastfeeding is a learning experience for both mom and baby. And it is natural to need some help to ensure this vital activity goes smoothly for both. There are many free resources in the Hamilton and Halton areas to help mothers establish and continue breastfeeding. To receive help for yourself or someone you know, visit one of the resources listed below.

BREASTFEEDING RESOURCES

[BANA \(Breastfeeding and Newborn Assessment\) Clinic](#)

[Halton Breastfeeding Connection Support](#)

Halton New Parent Warm Line (24 hrs/day) 905-681-4831

[Hamilton Public Health Breastfeeding Support](#)

[La Leche League](#)

[Motherisk Helpline, Toronto Hospital for Sick Children](#)

[Telehealth Ontario](#)



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Miss a week or wish to print a PDF of this week's news? Go to our website to [download](#) a copy.

Note: The contents of The Wellness Weekly are intended for general informational purposes and are not a substitute for proper medical advice. Please consult your family physician or health care professional before beginning any exercise regime—especially if you are: pregnant, nursing or have chronic health concerns. Discontinue any exercise that causes you pain and seek immediate medical treatment.