

Quality Care For Kids Newsletter

August 2023 | Breastfeeding Benefits

Written by Kim Gonzales, RN, BSN, MBA | Healthy Child Care Iowa



August is National Breastfeeding Month with the last week of the month being National Black Breastfeeding Week.

Breastfeeding provides health-related benefits for both mother and child which makes it important for early childhood educators to learn about the resources available in the community and share them with families. It is a journey of learning and having a support system that can provide education and encouragement can make a big difference. Many resources are easily accessible and are free or low cost to families.

Five benefits of breastfeeding from the CDC

- 1 Breast milk is the best source of nutrition for most babies.
- 2 Breastfeeding can help protect babies against some short and long-term illnesses and diseases.
- 3 Breast milk helps mothers share antibodies with their baby.
- 4 Mothers can breastfeed anytime and anywhere.
- 5 Breastfeeding can reduce the mother's risk of breast and ovarian cancer, type 2 diabetes, and high blood pressure.

The Chocolate Milk Café is an organization with locations in Iowa that provides breastfeeding education and support to women. It was created by Hakima Tafunzi Payne "Mama Hakima", an African-American perinatal nurse and breastfeeding educator, and has grown to where it is now known throughout the United States. They have certified facilitators who provide peer-led lactation support along with other professional development programs to families of the African diaspora. These supports give the group a way to gather in a sacred space and receive support. (source: The Chocolate Milk Café website)

Local breastfeeding supports include:

- Iowa Breastfeeding Coalition
- Women, Infants, and Children (WIC)
- La Leche League
- Chocolate Milk Café



Contact your local CCNC to learn more about available trainings like "Breastfeeding Basics for the Childcare Provider" offered by Healthy Child Care Iowa,

Learn more about breastfeeding

<http://iabreastfeeding.org/gettingstarted>



Scan the QR code to find your local CCNC or visit online at hhs.iowa.gov/hcci/consultants

