

Golden August

Breast milk: The golden food

THE MONTH OF AUGUST IS DEDICATED TO ACTIONS THAT PROMOTE AND SUPPORT BREASTFEEDING AND, FOR THIS, IT BECAME KNOWN AS GOLDEN AUGUST.

The name was chosen by the World Health Organization, who considers breast milk a “golden food” for the baby’s health. Here you can find out some reasons why:

5 reasons to breastfeed your baby, according to the Brazilian Society of Pediatrics



1) Breastfeeding strengthens the baby’s immune system and protects him against allergies



2) Breastfeeding helps protect against childhood obesity



3) Breastfeeding helps reduce the pain of painful procedures on newborns



4) Breastfeeding for at least the first six months can prevent 14% to 19% of childhood leukemia cases



5) Breastfeeding is associated with improved achievements in intelligence in children, teenagers, and young adults

5 myths about breastfeeding

1) BREAST MILK MIGHT NOT BE STRONG ENOUGH FOR THE BABY

There is no weak breast milk. Even the colostrum, which is a yellowish liquid that comes out of the breast immediately after the baby is born, has all the nutrients that the newborn needs.

2) IDEALLY THE BABY SHOULD FEED FROM BOTH BREASTS AT EACH FEEDING:

Not necessarily. But it is important that the mother allows enough time for the baby to empty one entire breast first. If, after this, the baby is still hungry, it is possible to offer the other breast. If the baby is satisfied before the breast is emptied, at the next feeding, start with the breast that was offered last, in order to empty it.



3) BREASTMILK LOSES ITS NUTRIENTS AFTER IT IS REMOVED FROM THE BREASTS AND FROZEN

False. This is the reason why moms who are going back to work are encouraged to store the removed breastmilk properly. Correct storage can ensure that the milk can be frozen for up to 15 days without losing its nutrients.

4) ANYONE WHO HAS IMPLANTS OR HAS HAD BREAST REDUCTION SURGERY CANNOT BREASTFEED

Myth. In cases where the structure of the breast has been preserved, these procedures don’t interfere with breastfeeding.

5) WOMEN WITH VERY SMALL BREASTS DO NOT PRODUCE AN ADEQUATE AMOUNT OF MILK FOR THE BABY

There is no correlation between breast size and milk production.

Exclusive breastfeeding is recommended for the baby’s first six months, and continued breastfeeding combined with solid foods for the following 2 years.

Practice and encourage this act of love!

