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Provided by: Arista Consulting Group

National Breast-feeding Month

Deciding whether to breast-feed a newborn is a big decision for new parents. Some mothers might opt for formula instead, but prominent health organizations—like the American Medical Association (AMA)—recommend breast-feeding for all babies. They argue that breast-feeding is shown to help protect against allergies, certain chronic conditions and infections.

Given the benefits of breast-feeding, mothers are encouraged to feed newborns breast milk exclusively for their first six months. However, breast-feeding is not a possibility for all women. Some mothers cannot physically breast-feed and others may choose not to for a variety of reasons. In such cases, infant formula is the healthiest option.

To learn more about breast-feeding and its benefits, visit kidshealth.org.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Children's Eye Health and Safety Month Digestive Tract Paralysis Awareness Month Gastroparesis Awareness Month National Breast-feeding Month National Immunization Awareness Month Psoriasis Awareness Month						
			1	2	3	4
			World Breast-feeding Week (1-7)			
5	6	7	8	9	10	11
12	13 National Health Center Week (13-19) Fungal Disease Awareness Week (13-17)	14	15	16	17	18
19	20 Contact Lens Health Week (20-24)	21	22	23	24	25
26	27	28	29	30	31	

Arista Consulting Group

4550 North Point Parkway, Suite 250 Alpharetta, GA 30022

Tel: (678) 533-6040 www.aristacg.com