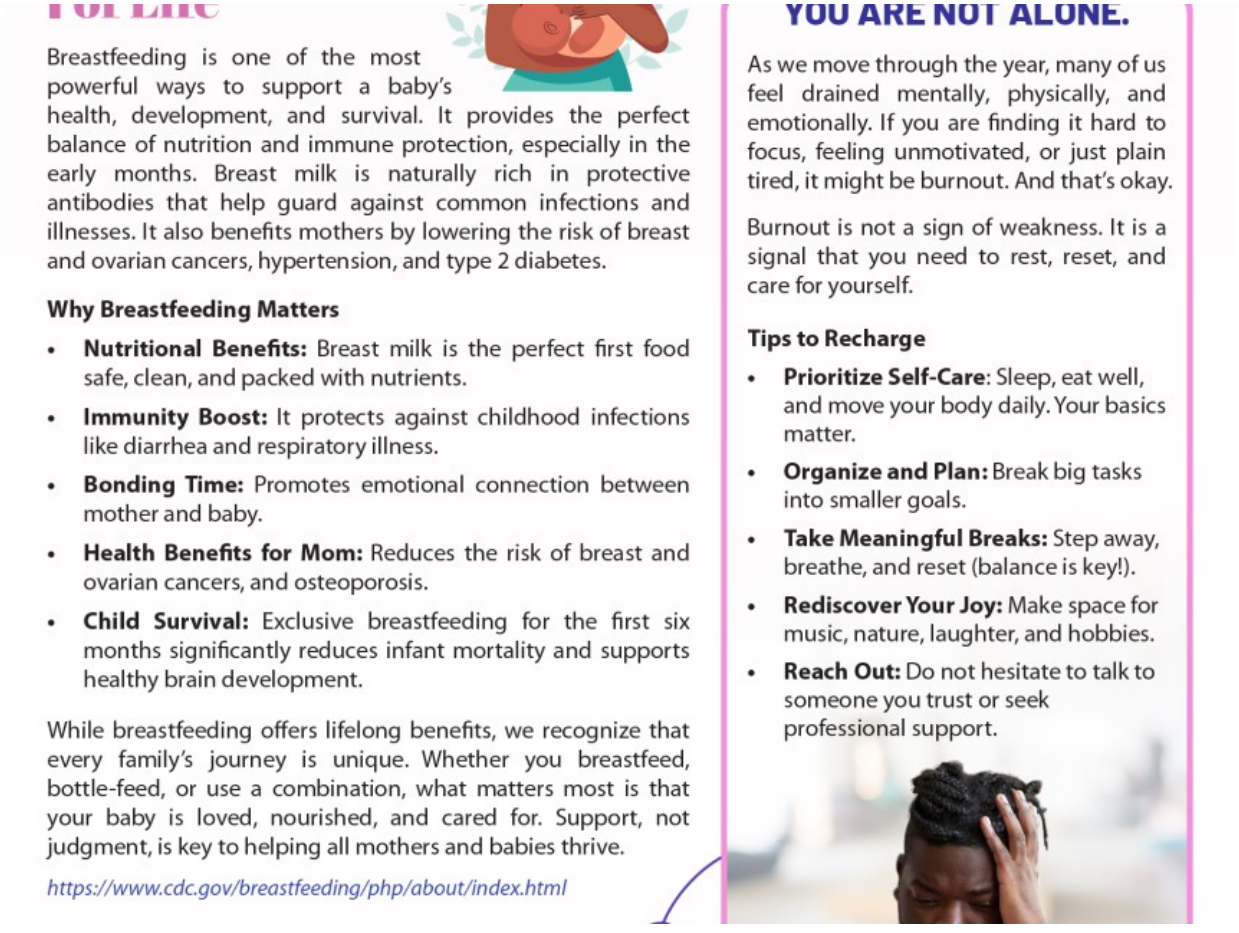
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Health and Well Being August News Letter

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FOR LIFE

Breastfeeding is one of the most powerful ways to support a baby's health, development, and survival. It provides the perfect balance of nutrition and immune protection, especially in the early months. Breast milk is naturally rich in protective antibodies that help guard against common infections and illnesses. It also benefits mothers by lowering the risk of breast and ovarian cancers, hypertension, and type 2 diabetes.

Why Breastfeeding Matters

- **Nutritional Benefits:** Breast milk is the perfect first food safe, clean, and packed with nutrients.
- **Immunity Boost:** It protects against childhood infections like diarrhea and respiratory illness.
- **Bonding Time:** Promotes emotional connection between mother and baby.
- **Health Benefits for Mom:** Reduces the risk of breast and ovarian cancers, and osteoporosis.
- **Child Survival:** Exclusive breastfeeding for the first six months significantly reduces infant mortality and supports healthy brain development.

While breastfeeding offers lifelong benefits, we recognize that every family's journey is unique. Whether you breastfeed, bottle-feed, or use a combination, what matters most is that your baby is loved, nourished, and cared for. Support, not judgment, is key to helping all mothers and babies thrive.

https://www.cdc.gov/breastfeeding/php/about/index.html

YOU ARE NOT ALONE.

As we move through the year, many of us feel drained mentally, physically, and emotionally. If you are finding it hard to focus, feeling unmotivated, or just plain tired, it might be burnout. And that's okay.

Burnout is not a sign of weakness. It is a signal that you need to rest, reset, and care for yourself.

Tips to Recharge

- **Prioritize Self-Care**: Sleep, eat well, and move your body daily. Your basics matter.
- **Organize and Plan:** Break big tasks into smaller goals.
- **Take Meaningful Breaks:** Step away, breathe, and reset (balance is key!).
- **Rediscover Your Joy:** Make space for music, nature, laughter, and hobbies.
- **Reach Out:** Do not hesitate to talk to someone you trust or seek professional support.