

Celebrate World Breastfeeding Week

written by Rebecca Barnhart | August 2, 2016



Everyone's breastfeeding journey is unique, and one you share with only one other: your baby. Maybe it was seamless from start to finish, or it was quite a bumpy road. Challenges have probably presented themselves during your journey and you and your baby rose to the occasion. Congratulations! Now it's time to unite and celebrate [World Breastfeeding week](#) together.

Join mothers and babies worldwide from August 1-7 2016 and support efforts to combine breastfeeding and work. Whether a woman is working in a formal office or home setting, it is necessary that she is empowered in claiming her and her baby's right to breastfeed.

Every mother wants the best for their child so supporting these acts is essential to healthy children worldwide. Breastfeeding benefits are well documented – both babies and mothers receive positive effects from breastfeeding. The oxytocin released when a baby nurses enables her mother not only to receive milk from her breast, but this one-of-a-kind hormone also offers a myriad of other benefits.

As for baby – one recent [study](#) of infants from 1982 in Pelotas, Brazil suggests that the benefits continue for much longer than we originally imagined. After a 30 year follow-up, it was concluded that babies fed on the breast have higher IQs and rates of higher incomes as adults.

Celebrate Follow [World Breastfeeding Week](#) on Facebook.