



## **World Breastfeeding Week 30 Sec PSA**

World Breastfeeding Week is celebrated during the first week of August each year. It's a time to remind parents about the health benefits of nursing a child. Infants who are breastfed are at a reduced risk for asthma, obesity, Type 2 diabetes, ear and respiratory infections, and sudden infant death syndrome. Not only does it benefit the child, but it reduces the mother's risk of heart disease, Type 2 diabetes, and ovarian and breast cancer. This World Breastfeeding Week, let's show nursing moms that they have a support system at home and at work.

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