



FOR IMMEDIATE RELEASE:

Contact:

Arianna Nesbitt, CEO
Florida Keys Healthy Start Coalition
Cell: 305-923-9125 (Do not publish)
ceo@keyshealthystart.org

Empowering Families: Florida Keys Healthy Start Coalition Celebrates Breastfeeding Awareness Month

Monroe County, FL - August marks Breastfeeding Awareness Month, a time dedicated to promoting the importance of breastfeeding for the health and well-being of both mothers and infants. The Florida Keys Healthy Start Coalition (FKHSC) offers breastfeeding education classes taught by an International Board-Certified Lactation Consultant (IBCLC) and provides personalized care tailored to each family's needs.

A Keys mother who has taken our breastfeeding education class shares, "From the breastfeeding class, I learned that it takes time and effort from both parties involved. Without the class and its resources, there were times I might have given up."

Breastfeeding Awareness Month is not just a local initiative but a global movement recognized for its role in improving infant health outcomes. According to the World Health Organization (WHO), breastfeeding reduces the risk of infections, enhances cognitive development, and lowers the risk of chronic conditions like obesity and diabetes.

Breastmilk provides a baby with ideal nutrition, supports growth and development, and can help protect the baby and mom from certain illnesses and diseases. The American Academy of Pediatrics (AAP) recommends exclusively breastfeeding for the first six months of life, starting solid foods at about six months and continuing breastfeeding until the baby is at least one year or older.

To address any challenges mothers may face in the Keys community, the Coalition provides virtual breastfeeding classes. These classes cover topics such as proper latch techniques, understanding infant hunger cues, and overcoming common obstacles. The virtual format ensures that all mothers, regardless of location, can benefit from expert guidance and support, making accessing the support they need more accessible.

Many mothers lack the resources and support to continue breastfeeding. However, through the Coalition's Healthy Babies program, we provide mothers and families with the proper resources and education they need to ensure their babies' health. In addition to our resources, your role as families, healthcare providers, and community members is crucial. Your support can make a significant difference in the health and well-being of mothers and infants in our community.

We are thrilled to announce that we are expanding our lactation support team and are seeking passionate individuals who want to make a difference in the lives of families needing breastfeeding support. Our upcoming training program is designed to equip you with the necessary skills and knowledge to provide essential assistance to breastfeeding mothers.

For more information about the Florida Keys Healthy Start Coalition's breastfeeding support services and training or to register for virtual classes, please visit [Keyshealthystart.org](https://www.keyshealthystart.org) or contact 305-293-8424.

###

Pictured:

