

PSA.....August, 2026

Healthcare Ministry

healthcare@beltwaycoc.org

www.beltwaycoc.org



World Breastfeeding Week 2026

Breastfeeding for a Sustainable Start in Life: Strengthen What Works

Every year, World Breastfeeding Week celebrates the importance of breastfeeding and recognizes the vital role that families, communities, healthcare providers, employers, and faith organizations play in supporting parents and infants.

Breastfeeding is one of the most effective ways to promote lifelong health. Human milk provides ideal nutrition for babies and helps protect against infections, asthma, obesity, diabetes, and other chronic illnesses. Mothers also benefit through improved postpartum recovery and reduced risks of breast and ovarian cancers, type 2 diabetes, and heart disease. Beyond its health benefits, breastfeeding strengthens the bond between mother and baby while providing a safe, reliable, and environmentally sustainable source of infant nutrition.

Why Support Matters

While breastfeeding is natural, it is not always easy. Many families face challenges such as pain, concerns about milk supply, returning to work, limited family support, or difficulty accessing lactation services. Research consistently shows that parents are more likely to meet their breastfeeding goals when they receive encouragement and practical support from family members,

friends, healthcare professionals, employers, and faith communities.

This year's World Breastfeeding Week theme, "Breastfeeding for a Sustainable Start in Life: Strengthen What Works" highlights the importance of building environments where families can access the education, resources, and support they need to successfully initiate and continue breastfeeding. Sustainable support systems include breastfeeding education, peer support, access to lactation professionals, workplace accommodations, family encouragement, and community partnerships.

How Greater Baden WIC Supports Breastfeeding Families

The Greater Baden Medical Services WIC Program is committed to helping families meet their infant feeding goals through:

- Prenatal breastfeeding education
- Individualized breastfeeding counseling
- Breastfeeding Peer Counselor support
- Referrals to International Board-Certified Lactation Consultants (IBCLCs)
- Breast pump services for eligible participants
- Community outreach and breastfeeding education events
- Partnerships with healthcare providers and community organizations

Every act of support - whether a kind word, a welcoming space, or practical assistance—can make a meaningful difference in a family's breastfeeding journey.

Join Us in Celebrating World Breastfeeding Week

The Greater Baden Medical Services WIC Program invites expectant families, parents, grandparents, caregivers, and community members to attend the:

Greater Baden Community Baby Shower & Breastfeeding Resource Fair

Thursday, August 6, 2026 | 10:00 AM – 2:00 PM

Beltway Church of Christ

6000 Davis Boulevard, Camp Springs, MD 20746

The flyer for this event is attached to the newsletter.

This free community event will bring together healthcare providers, lactation professionals, community organizations, faith-based partners, and families to strengthen the network of support available to pregnant and parenting families throughout Prince George's County and the surrounding DMV area.

Participants will have opportunities to connect with Greater Baden WIC staff, the GBMS Thrive by Three Program, lactation consultants, healthcare providers, and community advocates who are committed to helping families successfully meet their feeding goals. By increasing awareness of available resources and strengthening community partnerships, we can improve maternal and infant health outcomes and help ensure that every family has access to evidence-based breastfeeding support.

The event will feature:

- Breastfeeding education and lactation support**
- Community resources for pregnant and parenting families**
- Health and wellness vendors**
- Children's activities and family-friendly fun**
- Giveaways and prizes**
- Opportunities to connect with local breastfeeding advocates and healthcare professionals**

More than a one-day celebration, this event represents an investment in building a stronger, healthier community by connecting families with resources and support that can have a lasting impact for years to come.

Whether you are expecting a baby, currently breastfeeding, supporting a loved one, or simply interested in learning how to encourage families in our community, we invite you to join us.

Together, we can create a community where every family has the support they need to nourish, nurture, and thrive.

For more information about the event or breastfeeding support services, contact the Greater Baden Medical Services WIC Program at 301-888-2233.

NATIONAL LACTATION MONTH



AUGUST



Join Us Greater Baden WIC Community Baby Shower

We proudly welcome new and expecting parents to discover how WIC and our community partners prioritize breastfeeding through strong referral networks and collaborative support.



Breastfeeding is a community effort and through education, advocacy, and support, we can create lasting systems that empower parents and promote healthier outcomes for all.



Beltway Church of Christ

6000 Davis Boulevard,
Camp Springs, MD

Thursday, August, 6, 2026
10am - 2pm

Together, we are committed to building a connected community that uplifts families at every stage of their feeding journey. By strengthening partnerships and increasing access to trusted lactation support, we aim to ensure that every family has the resources, encouragement, and care they need to thrive.



For questions, please call 301-324-1873 or email
wic@gbms.org



RSVP

To register,
please scan
the QR code.
Registration is
FREE!



In collaboration with GBMS Thrive by Three
and the Beltway Church of Christ

WIC is an equal opportunity provider

Únase a Nuestro Baby Shower Comunitario de Greater Baden WIC

Damos la bienvenida con orgullo a los padres nuevos y futuros para que descubran cómo WIC y nuestros socios comunitarios priorizan la lactancia materna a través de sólidas redes de referencia y apoyo colaborativo.



La lactancia materna es un esfuerzo comunitario, y a través de la educación, la defensa y el apoyo, podemos crear sistemas duraderos que empoderen a los padres y promuevan resultados más saludables para todos.



Beltway Church of Christ

6000 Davis Boulevard,
Camp Springs, MD

Jueves, Agosto, 6 2026
10am - 2pm

Juntos, estamos comprometidos a construir una comunidad conectada que apoye a las familias en cada etapa de su trayectoria de alimentación. Al fortalecer las alianzas y aumentar el acceso al apoyo confiable de lactancia, buscamos asegurar que cada familia tenga los recursos, el apoyo y el cuidado que necesita para prosperar.



Si tiene preguntas llámenos al 301-324-1873 o puede enviar un correo electrónico a wic@gbms.org



RSVP

Para registrarse,
escanee el
código QR. ¡El
registro es
GRATIS!

Cook's Corner.... This month's Cook's Corner includes advice for mother's who are breastfeeding. These are foods that are recommended and foods to avoid. Hope these tips are helpful.

Best Foods to Eat When Breastfeeding

{ And what to Avoid }

1 Protein

Will keep you full. Salmon is high in omega-3s & eggs have choline, which is good for nervous system development.

Eggs/ Salmon/ Steak/
Lentils



2 Whole Grains

High fiber, keeps you full, & keeps blood sugar steady.

Oatmeal/ Whole Grain
Pasta/Brown Rice



3 Calcium

Helps replace calcium that babies take out of mother's bones.

Yogurt/ Cheese/
Dark Leafy Greens



4 Iron

Helps reduce tiredness and produce breastmilk

Red Meat/ Poultry
Seafood/ Green
Vegetables



Avoid

{ Processed Foods, Sugary Drinks
Caffeine, Alcohol, Cow's Milk }

*Sources: Cleveland Clinic, Healthline, Mayo Clinic



More Info at NebMedical.com