
EXECUTIVE DEPARTMENT

STATE OF CALIFORNIA



PROCLAMATION

Breast milk is the most ideal food for infants. It is physiologically tailored to fit their maturing digestive systems, ensuring adequate weight gain and physical development. During the first six months of life, breast milk is the only food a healthy full-term infant requires, providing a wide array of benefits. Breastfeeding helps strengthen babies' immune system by supplying antibodies from the mother, preventing respiratory and gastrointestinal diseases and providing protection from other serious illnesses.

The benefits of breastfeeding extend far beyond an infant's physical development. Studies suggest that skin to skin contact between mother and child through breastfeeding improves infants' emotional and cognitive development. The bonding that takes place between mother and child through breastfeeding can help build a loving and solid relationship, fostering a healthy foundation for a new family to grow.

To help babies and mothers cultivate their breastfeeding relationship, it is important that communities create environments where breastfeeding mothers are supported. Community leaders and residents can continue to support existing laws that protects a mother's right to breastfeed their babies in any public location. Businesses can also help ensure that babies are receiving optimal nutrition when their mothers are at work by providing appropriate places for mothers to use a breast pump.

A united effort is needed to help infants and mothers achieve optimal health and wellness. This month, I encourage all Californians to educate themselves on the amazing benefits of breastfeeding so that they may become active supporters of breastfeeding mothers.

NOW, THEREFORE, I, ARNOLD SCHWARZENEGGER, Governor of the State of California, do hereby proclaim August 2007, as "Breastfeeding Awareness Month."

IN WITNESS WHEREOF I have here unto set my hand and caused the Great Seal of the State of California to be affixed this 27th day of July 2007.



Arnold Schwarzenegger
GOVERNOR OF CALIFORNIA

Attest:

Debra Bowen
SECRETARY OF STATE