



OFFICE OF THE GOVERNOR

August 2023

National Breastfeeding Month

Exclusive breastfeeding for a child's first six months of life provides infants with the healthiest start in life – building a foundation for the well-being of parents, children, and families around the world.

Breastfeeding strengthens the bond between parent and child, while improving the child's cognitive development and lowering rates of postpartum depression and anxiety, among other benefits. Breastfeeding is also a climate-smart decision, providing infants with sustainable nutrition that reduces waste.

Many new parents face significant barriers in reaching their infant feeding goals. It is critical that breastfeeding education and support be embedded throughout our communities, health care system, and in employment settings to help every family reap the full benefits of breastfeeding – regardless of race, ethnicity, gender identity, sexual orientation, education level, or socioeconomic status.

Employers that provide lactation support experience a significant return on investment, including reduced health care costs, lower turnover rates, reduced absenteeism, improved employee morale and increased productivity. This year's World Breastfeeding Week theme, "Enabling Breastfeeding: Making a Difference for Working Parents," highlights the importance of addressing workplace challenges, which remain one of the most common reasons for discontinuing lactation earlier than desired.

During National Breastfeeding Month, we urge leaders across the state, health systems, workplaces, and communities to share the responsibility of supporting breastfeeding to help families thrive physically, mentally, and economically. Everyone benefits when we empower families to support the health and well-being of our youngest Californians.

Sincerely,

A handwritten signature in black ink, appearing to read "Gavin Newsom", written over a horizontal line.

Gavin Newsom