

# PROCLAMATION

## CITY OF PALMETTO

WHEREAS, breastfeeding promotes bonding between mothers and children, creating a strong foundation for nurturing family relationships, and provides an excellent nutritional start for babies; and

WHEREAS, breastfeeding is the natural way to feed an infant, laying a foundation for lasting health and wellness for both mother and child, and for optimal health, breastfeeding is all that is needed for the first six months and should continue when babies start eating other foods; and

WHEREAS, breast milk is easily digested and contains antibodies from the mother that pass to the baby and naturally builds a healthy immune system to prevent illness and allergies; and

WHEREAS, the benefits of breastfeeding are reduced chances of breast cancer, heart disease, diabetes, osteoporosis, helps contract the uterus after birth, releases oxytocin and promotes maternal bonding; and

WHEREAS, Lactation Love, Hold Me Closer, Suncoast La Leche League, Healthy Start Coalition of Sarasota County, and Breastfeeding Advocates of Sarasota supports continued research and education in promoting breastfeeding as a high priority to improve the health of all babies.

**NOW, THEREFORE**, I, Shirley Groover Bryant, Mayor of the City of Palmetto, Florida do hereby proclaim that August 2016 shall be known, designated, and set aside as

# Breastfeeding Awareness Month

in the City of Palmetto, Florida, and I urge all residents to recognize the special importance and dedication of these individuals and organizations and applaud their efforts to increase public awareness of this healthy foundation for all babies.



**IN WITNESS WHEREOF**, I have hereunto set my hand and caused the Seal of the City of Palmetto, Florida to be affixed this 15th day of August, 2016.

*Shirley Groover Bryant*  
Shirley Groover Bryant, Mayor