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### ATTENTION

We are currently accepting  
submissions for our next newsletter!  
Please send in your submissions no  
later than the 15th of each month.  
For more information, please email:  
[Candice.Schottenloher@flhealth.gov](mailto:Candice.Schottenloher@flhealth.gov)

## AUGUST IS NATIONAL BREASTFEEDING MONTH



In the month of August, we celebrate National Breastfeeding Month—a time to honor families, promote the health benefits of breastfeeding and human milk feeding, and support the protection, promotion, and normalization of this important practice. This year's theme is "Forward Together" – which centers on unity, solidarity, and hope. Visit the USBC website for more information on weekly observances. To learn more about upcoming local events, visit BreastfeedMIAMI.



Here are some helpful  
breastfeeding tips when you're  
going back to work or school:

- Wake up a little earlier to breastfeed.
- Wear easy and accessible clothing.
- Express your milk 3 times daily.

**Source:** Breastfeeding When You're Going Back to Work or School

**Pediatricians recommend that babies  
be given only breast milk for the first  
6 months of life.**

**Solid foods should be offered at about 6 months and breastfeeding  
should continue until 2 years of age or beyond as mutually desired by  
mother and child.**

**Thousands of new mothers continue to breastfeed their babies while  
they are working or going to school. Breastfeeding keeps you close to  
your baby, even when you have to be apart.**

## Immunization Awareness Month

Before returning to school, ensure that your child is current with the recommended immunizations.

For more information about immunizations and related topics, visit the [Centers for Disease Control and Prevention \(CDC\)](https://www.cdc.gov) to learn more.



2025

## HURRICANE SEASON

- JUNE TO NOVEMBER 30
- MAKE AN EMERGENCY PLAN!
- VISIT [READY.GOV/HURRICANES](https://www.ready.gov/hurricanes)

Hurricane Season began on Sunday, June 1, 2025, and ends on Sunday, November 30, 2025. Be sure to plan and prepare ahead of time.

Check out the local *Severe Weather and Emergency Readiness Guide* and national *Ready* campaign to prepare for, respond to and mitigate emergencies and disasters.

## BACK TO SCHOOL



Back-to-school season is upon us. Here are some helpful preparation tips shared below.

- Slowly adjust your child's sleeping schedule.
- Schedule your back-to-school wellness checks and immunizations.
- Teach your children about in-class behavior, to be kind and avoid any bullying. "See something, say something."



<https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/back-to-school-essentials-for-parents>





Do you like peaches? Seems like peaches like us too! Peaches are a healthy source of vitamins for all ages. To learn more about the health benefits of peaches, please check out this [article](#).

**World Senior Citizen's Day is almost here! Here are a few resources provided by the Department of Health and Human Services for older adults:**

#### **Administration for Community Living**

- The Administration for Community Living promotes the well-being of older individuals by providing services and programs designed to help them live independently in their homes and communities.

#### **Eldercare Locator**

- A public service connecting you to services for older adults and their families.

#### **National Institute on Aging**

- The National Institute of Health on Aging helps you learn about healthy aging and common health conditions in older adults.
- To learn about what long-term care is, visit [LongTermCare.gov](http://LongTermCare.gov).



# WORLD SENIOR CITIZEN'S DAY

August 21st of each year is celebrated as Senior Citizen's Day! This day is intended to increase awareness of the factors and issues that affect older adults, such as aging, elder abuse, and more. It's essential to support the well-being of older adults in our community!

