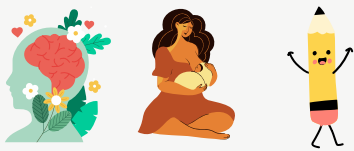




CONSORTIUM CONNECTION

* "HEALTHY ENVIRONMENT, HEALTH LIFESTYLES, HEALTHY COMMUNITY" * HEALTHYMIAMIDADE.ORG



August at a Glance

- ✓ NATIONAL WELLNESS MONTH
- ✓ NATIONAL BREASTFEEDING MONTH
- ✓ BACK-TO-SCHOOL HEALTH & SAFETY



Attention!

We are proud to support our community organizations, community partners, and residents working to improve health across Miami-Dade County.

Have a program, event, or resource you'd like to share with the community? Please send in your submissions no later than the 15th of each month to

Natouchka.Murray@flhealth.gov

Stay connected and help spread awareness of local health initiatives.

Visit: HealthyMiamiDade.org



AUGUST IS...

NATIONAL WELLNESS MONTH

National Wellness Month is an opportunity to focus on your physical, mental, and emotional well-being by adopting healthy habits that support a balanced lifestyle. Even small, consistent changes such as staying active, eating nutritious foods, managing stress, and getting adequate sleep can have a lasting impact on your overall health and quality of life. Explore the resources below for practical tips to support your wellness journey.



FUEL YOUR BODY

- Fill half your plate with fruits and vegetables.
- Choose whole grains and lean proteins.
- Limit highly processed foods high in sodium and added sugars.
- Drink water throughout the day; limit sugary beverages.



MOVE MORE

- Get 150 minutes of moderate physical activity each week.
- Take the stairs instead of the elevator.
- Walk during breaks or after meals.
- Stretch and move throughout the day.



UNPLUG & RECHARGE

- Prioritize 7-9 hours of quality sleep each night.
- Take regular breaks from screens; spend time outdoors.
- Reduce screen time before bed to improve sleep.
- Practice mindfulness or deep breathing daily to help manage daily stress.
- Stay connected with family, friends, or your support network to promote emotional well-being.



Sources: [GPO](https://www.gpo.gov), [CDC](https://www.cdc.gov), [HealthyPeople2030](https://www.healthypeople.gov), [CDC](https://www.cdc.gov)



NATIONAL BREASTFEEDING MONTH

National Breastfeeding Month highlights the importance of breastfeeding and the need for supportive environments that help families thrive. The 2026 theme, "RISE: Resilience, Interdependence, Self-Determination, Empowerment, celebrates the strength of families, communities, and partners working together to create a culture of breastfeeding support. Through education, collaboration, and evidence-based practices, we can help advance policies, systems, and environments that empower families and promote the health and well-being of infants, parents, and caregivers.

Why Breastfeeding Matters

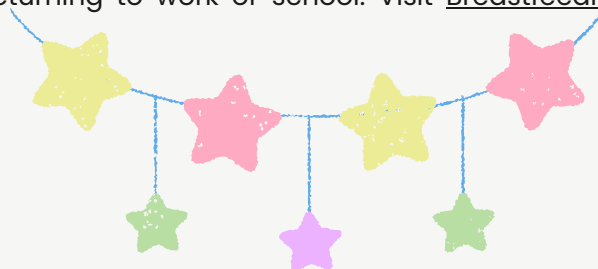


-  **Supports Baby's Health:** May reduce the risk of ear infections, asthma, obesity, type 2 diabetes, and SIDS.
-  **Promotes Bonding:** Skin-to-skin contact helps babies feel safe and loved while strengthening the parent-child bond.
-  **Provides Complete Nutrition:** Breast milk supplies essential nutrients and adapts to meet a baby's changing needs.
-  **Easy to Digest:** Breast milk and colostrum support healthy growth and digestive development.
-  **Benefits Moms:** May aid postpartum recovery and reduce the risk of high blood pressure, breast and ovarian cancer, and type 2 diabetes.
-  **Convenient & Cost-Effective:** Breast milk is always available, requires no preparation, and may help reduce healthcare costs.



Breastfeeding Resources

-  **Breastfeeding Helpline:** Call 786-336-1336 for personalized lactation support. [BreastfeedMiami Contact & Helpline](#)
-  **WIC Appointment Center:** Call 786-336-1300 to schedule an appointment, find your nearest WIC center, or apply for services. [Florida Department of Health in Miami-Dade WIC Program](#)
-  **Lactation Support:** Connect with International Board Certified Lactation Consultants (IBCLCs) and peer counselors for breastfeeding guidance, milk supply, latching, and returning to work or school. Visit [BreastfeedMiami](#) for more information.



Sources: [WICBreastfeeding](#)



Back-to-School Health & Safety Month

National Back to School Month marks the beginning of a new school year filled with opportunities for learning, growth, and new experiences. While many students and caregivers look forward to meeting new teachers, reconnecting with friends, and establishing new routines, the transition back to school can also bring feelings of stress or anxiety for some children and families.

This month, we are sharing practical tips to help caregivers prepare students for a successful return to school, support their mental well-being, and recognize signs that may indicate a child is experiencing stress or anxiety whether related to returning to school or other challenges in their daily lives.

Back-to-School Tips for a Smooth Transition

- Reestablish a School Routine – Start adjusting your child's bedtime 2–3 weeks before school begins by moving it 15–30 minutes earlier each night to help them feel rested and ready.
- Shop Together – Involve your child in choosing school supplies to build excitement, encourage independence, and let their personality shine.
- Visit the School – Attend school tours or orientation events to help your child become familiar with the building, teachers, and new environment before the first day.
- Reconnect with Friends – Arrange playdates with classmates or students already attending the school to ease anxiety, answer questions, and build confidence before school starts.

Tips to Support Your Student's Mental Health

- Reestablish school-day routines early, including consistent bedtimes and homework schedules.
- Encourage open and honest communication about school and emotions.
- Use positive reinforcement to build confidence and resilience.
- Maintain an optimistic, supportive attitude to help ease back-to-school anxiety.
- Practice school routines and expectations before the first day.
- Attend meet-the-teacher events or school orientations when available.
- Create a quiet, organized space at home for homework and studying.
- Involve your student in back-to-school shopping for supplies and clothing to build excitement and independence.



Stay Connected with Your Community!

Looking for upcoming back-to-school events, health fairs, and other community activities? Visit the [Consortium's Community Calendar](#) to stay informed about free resources, family-friendly events, wellness programs, and opportunities happening throughout Miami-Dade County. Check back often for the latest updates and events near you!



Sources: [CDC](#), [School Safety](#)