



Lactation

Did you know that breastfeeding is one of the most effective ways to ensure the health and survival of your child? Despite recommendations by the World Health Organization, less than 50% of infants under 6 months of age are exclusively breastfed. Breastmilk is the perfect food for infants, as it is clean, safe, and contains antibodies that protect against a range of childhood illnesses. The benefits of breastfeeding for infants are many, including reducing the likelihood of health issues such as asthma, obesity, type 1 diabetes, severe lower respiratory disease, acute otitis media, SIDS, and gastrointestinal infections.

Cribs for Kids

Safe sleep is essential for babies. Every year, 3,500 infants die suddenly and unexpectedly during sleep time, and many of these fatalities could have been avoided. Unsafe sleeping environments often lead to accidental suffocation or strangulation, which can be avoided with proper care.

At STHCS, we are committed to promoting safe sleep practices for infants through our Safe Sleep Initiative. This includes spreading awareness about the ABCs of Safe Sleep and partnering with organizations like Cribs for Kids® to prevent sudden unexpected infant deaths (SIDS).

If you live in Chautauqua, Cattaraugus, or Allegany County and need a safe place for your baby to sleep, don't hesitate to apply now.

