

BatStateU extends breastfeeding education to Sama-Bajau community in Batangas City



In a heartfelt initiative to empower Sama-Bajau pregnant and lactating mothers on their breastfeeding journey, Batangas State University, through the College of Nursing and Allied Health Sciences (CONAHS), conducted a training program titled "Tamang Breastfeeding ni Mommy: Tungo sa Angkop at Masustansyang Aksyon sa Breastfeeding ni Mommy." The training took place in Barangay Wawa, Batangas City, on November 24, 2022.

With the aim of fostering a supportive environment for mothers, the training delved into various aspects of breastfeeding. It covered essential topics, including the significance of exclusive breastfeeding, effective techniques, and the invaluable contents of breast milk. Additionally, the program focused on the importance of sustaining breastfeeding, particularly during the ongoing challenges posed by the COVID-19 pandemic.

Approximately 30 mothers enthusiastically participated in this enlightening training, with the steadfast support of dedicated barangay health workers and local officials. Their active involvement underscored the community's commitment to the welfare of its mothers and infants.

The training sessions were skillfully facilitated by a team of passionate faculty members and eager BS Nursing students from CONAHS. Their expertise and dedication ensured that the mothers received comprehensive guidance and support to embark on their breastfeeding journeys confidently.

This compassionate and educational endeavor by Batangas State University exemplifies its commitment to nurturing the well-being of its community members. By offering this vital education and support, the university aims to empower mothers in their breastfeeding endeavors, ultimately contributing to the health and happiness of both mothers and infants in Barangay Wawa.

