National Breastfeeding Month

August 1 - 31

National Breastfeeding Month is celebrated every August to promote breastfeeding, to build a landscape of awareness and support, and to advocate for policies that protect families in their breastfeeding and human milk feeding journeys.

The New Jersey Maternal and Infant Health Innovation Authority, the NJ Supports Breastfeeding Initiative and the New Jersey Breastfeeding Coalition are partnering to create a community calendar to highlight and uplift events hosted by our community partners.

NJMIHIA
New Jersey Maternal and Infant Health Innovation Authority

NJ SUPPORTS Breastfeeding

njbc New Jersey Breastfeeding Coalition

Aug 1

Breast and Cervical Cancer Screening

Perinatal Health Equity Initiative

Join us for a free cancer screening event hosted by the Perinatal Health Equity Initiative (PHEI) in partnership with Hoboken Family Planning. This event is free and open to uninsured and underinsured community members in Essex County!

10am-2pm | 280 South Harrison Street, Suite 401, East Orange, NJ

CLICK HERE TO REGISTER

Aug 3

Understanding Breastfeeding Class

Capital Health

This class is taught by a board certified lactation consultant from Capital Health's Lactation Center. Class should be taken before the birth of the baby. This class includes getting ready for breastfeeding, getting started, milk production, avoiding early problems, and support systems available. Partners are also encouraged to participate.

3:30pm-6pm | Capital Health Hopewell, 1 Capital Way, Pennington, NJ

CLICK HERE TO REGISTER

Aug 4

World Breastfeeding Week Event

Robert Wood Johnson University Hospital

The day will highlight and celebrate breastfeeding and in particular The World Breastfeeding Week celebration that is being held throughout the world in many countries with emphasis on support for moms and babies during birth, transitioning to home, and when moms go back to work. We will discuss healthy nutrition to support breastfeeding, breast health, infant massage, benefits of skin to skin, speakers, games, raffles, food and community engagement.

Valet will be provided and free during that time by coming to our main hospital entrance main lobby.

10am-2pm | Robert Wood Johnson University Hospital - Main Courtyard
180 Somerset St, New Brunswick, NJ

No registration needed.

Aug 4

Understanding Breastfeeding Class

Capital Health

This class is taught by a board certified lactation consultant from Capital Health's Lactation Center. Class should be taken before the birth of the baby. This class includes getting ready for breastfeeding, getting started, milk production, avoiding early problems, and support systems available. Partners are also encouraged to participate.

4pm-6:30pm | Capital Health Hopewell, 1 Capital Way, Pennington, NJ

CLICK HERE TO REGISTER

Aug 4

The Brain-Boob Connection

Rutgers School of Health Professions (Maternal Wellness Solutions) and Canopie

Breastfeeding is an all-consuming journey, especially in the first few months. Protecting your mental health not only improves your breastfeeding outcomes, but it can make your whole parenting experience a little easier. In this class, you'll make a plan to set yourself up for success, and learn how to use clinically validated therapeutic techniques that may also boost milk production.

11:45am-1pm | Virtual

CLICK HERE TO REGISTER

Aug
5

Monmouth Ocean Breastfeeding Consortium Annual 31st Annual Conference: Connecting Evidence, Practice & Community

Monmouth/Ocean Breastfeeding &
Central Jersey Family Health Consortium

Join three of the field's most recognized voices:

- Laurel Wilson, IBCLC, RLC, INHC, BSc, CLSP, on "TikTok Times: The Impact of Social Media on Parents During Pregnancy and Lactation"
- Melissa Cole, MS, IBCLC, PMH-C, on "Critical Thinking: Herbal Options in Lactation Care"; and
- Jennifer Day, IBCLC, on "Reclaiming the First Food: Confronting Social Injustices in Breastfeeding and Human Milk Feeding."

Nurses, physicians, lactation consultants, peer counselors, nutritionists, and other health care professionals can earn 4.5 L CERPs awarded by IBLCE, with nursing contact hours submitted to the New Jersey State Nurses Association for approval. $30 registration fee.

8am-2pm | Virtual via Zoom

CLICK HERE TO REGISTER

Aug 5

Go with the Flow: The Secret to Sustainable Breastfeeding

Hackensack Meridian Health

This event is part of Hackensack Meridian Health's World Breastfeeding Month Lecture Series: Breastfeeding for a Sustainable Start in Life - Strengthen What Works. Remarks from Katrina Mitchell, M.D., IBCLC, FAC-S, Breast Surgeon, Lactation Consultant, Perinatal Mental Health Provider, Sutter Health.

9am-10am | Virtual

CLICK HERE TO REGISTER

Aug 5

Breastfeeding Awareness and Family Support

Ironbound Community Corporation & Breaking the Cycle

Join us for a Breastfeeding Awareness & Family Event in recognition of National Breastfeeding Month. Families will learn about the services and resources available through Ironbound Community Corporation, including family support programs and community services designed to promote the health and well-being of parents and children. The event will also provide educational information on breastfeeding, fun family activities, and an opportunity to connect with our staff and community partners. This free event is open to all families and community members.

10am-2pm | 29 Cortland Street, Newark, NJ

CLICK HERE TO REGISTER

Aug
5

New Moms Support Group World Breastfeeding Week Celebration 2026

Hoboken University Hospital, Hudson Regional Health

The Hoboken New Moms Support Group, facilitated by Carmen Baker, BA IBCLC, and Yvette Yeplar, MA,Ed, invites you to come, listen, learn, ask questions and figure out what works best for you and your family. We will have an infant scale for doing baby weight checks and pre and post feeding weights to determine milk transfer during breastfeeding. Bring your little ones! Meet other new parents and ask questions about adjusting to parenthood, caring for your baby and more. Partners and expectant moms are also welcome.

Refreshments courtesy of Hudson Regional Health and the famous cookies and coffee from The Hive, will be offered.

11am-1pm | Hoboken University Hospital, Shah Hall, 308 Willow Avenue, Hoboken, NJ

Families can email carmen.baker@hudsonregionalhealth.com and/or call and leave a message at 201-418-2690.

Aug
5

Moms' Milk Matters: A Virtual Breastfeeding Education & Support Conference'

The Cooperative (Southern New Jersey Perinatal Cooperative)

The Cooperative's Lactation Committee Proudly Presents: Moms' Milk Matters: A Virtual Breastfeeding Education & Support Conference.'

Join us for an engaging virtual conference in observance of National Breastfeeding Month and World Breastfeeding Week. Learn, connect and find support for every step of the breastfeeding journey. Breakout Sessions include:

✅Why Breastfeed? Explore the benefits of breastfeeding for both mom and baby.
✅Why Do Babies Cry? Learn common reasons babies may be fussy or gassy, plus soothing techniques to help comfort them.
✅Milk Production. Discuss typical milk production patterns and natural factors that can increase or decrease supply.
✅Weaning. Explore when and how to wean, including food security considerations and age-appropriate weaning techniques.

For more information, please check out the flyer here.

1:30pm-2:30pm | Virtual via Zoom

CLICK HERE TO JOIN

Aug
6

Building Breastfeeding Support: From Evidence to Practice

Partnership for Maternal and Child Health of Northern New Jersey

The Partnership's annual in-person breastfeeding conference will provide knowledge and resources valuable for any professional who supports lactating families. Cecilia Tomori, PhD of Johns Hopkins University, will present on building resilient breastfeeding systems for emergencies as well as best practices for supporting infant feeding and nighttime care. Dr. Radhika Kapoor, DDS, Founder & CEO of Smile Wellness, will present on oral anatomy, craniofacial growth, and lifelong development as it relates to breastfeeding. The conference will also feature a panel discussion with parents and lactation professionals who will highlight their experiences and ways to overcome barriers to breastfeeding. And lastly, attendees will hear directly from various programs and how we can all connect and collaborate to best support New Jersey families. $95 registration fee.

8:30am-2:30pm | Drew University, 36 Madison Avenue, Madison, NJ

CLICK HERE TO REGISTER

Aug 6

Breastfeeding Mommy & Me Group

Saint Clare's Hospital, Denville Campus

Free breastfeeding support group open to all members of the community. Hosted by one of Saint Clare's International Board Certified Lactation Consultants. Group is offered first Thursday and third Friday of every month.

11am-12pm | Saint Clare's Hospital - Denville, Lobby Classroom, 25 Pocono Rd, Denville, NJ

Reach out to Saint Clare's Maternity Education Dept, 973-625-6387

Aug 6

Breastfeeding Beyond Nourishment: Nature's First Medicine

Perinatal Health Equity Initiative

This webinar is led by PHEI's Clinical Director, Dr. Juleen Johnson-Augustin, and features neonatologist Dr. Ian Lee alongside NICU mom and PHEI Operations Director, Abena Ohene-Ntow.

Together, the panel will discuss how human milk serves as an infant's first line of immunological defense, its lifesaving role for babies in the NICU, and why it should be recognized as medicine, not simply nutrition.

6pm-7pm | Virtual via Zoom

CLICK HERE TO REGISTER

Aug 10

Confident Beginnings: A Parent's Guide to Labor, Delivery & Beyond

Central Jersey Family Health Consortium & Hackensack Meridian at JFK University Medical Center

Engaging and informative session designed to support new and expecting parents in preparing for childbirth and early parenting. Led by a certified Perinatal Education Coordinator from Hackensack Meridian Health (Suzanna Maftus), this session helps you build confidence, reduce anxiety, and connect with other families,

9am-10am | Virtual via Zoom

CLICK HERE TO REGISTER

Aug 11

The Brain-Boob Connection

Rutgers School of Health Professions (Maternal Wellness Solutions) and Canopie

Breastfeeding is an all-consuming journey, especially in the first few months. Protecting your mental health not only improves your breastfeeding outcomes, but it can make your whole parenting experience a little easier. In this class, you'll make a plan to set yourself up for success, and learn how to use clinically validated therapeutic techniques that may also boost milk production.

11:45am-1pm | Virtual

CLICK HERE TO REGISTER

Aug 11

Protected by Policy: Understanding Federal Breastfeeding Protection Laws

Montclair State University

We have two new recent federal laws that are essential pillars to learn more about. Come compare and contrast the newest federal laws on lactation and evaluate regional and state resources together for celebrating National Breastfeeding Month and the importance of the first food. Speaker: Jill Wodnick

3pm | Virtual via Zoom

CLICK HERE TO REGISTER

Aug 12

An Integrative Approach to the Breastfeeding Dyad

Hackensack Meridian Health

This event is part of Hackensack Meridian Health's World Breastfeeding Month Lecture Series: Breastfeeding for a Sustainable Start in Life - Strengthen What Works. Remarks from Bernadette Bibber, DO, Program Director of the Osteopathic Neuromusculoskeletal Medicine Plus One, Morristown Medical Center Family Medicine Residency.

9am-10am | Virtual

CLICK HERE TO REGISTER

Aug
13

National Breastfeeding Awareness Month: Nurturing Families, Empowering Communities!

University Hospital

Join us for an engaging **World Breastfeeding Month** celebration featuring **breastfeeding education provided by University Hospital nurses and staff**, interactive learning opportunities, community resources and services, and lactation support. Together, we will celebrate the importance of breastfeeding, connect families with valuable community resources, and promote the health and well-being of mothers, babies, and families.

10:30am-1:45pm | 140 Bergen Street C-Level, Newark, NJ

Contact Edna Dickson-Amoako (Dicksoe1@uhnj.org) and Mackieba Reyes (Reyesma3@uhnj.org) for more information.

Aug 13

Breakfast of Champions

Perinatal Health Equity Initiative

August is World Breastfeeding Month, and Breakfast for Champions is where the Perinatal Health Equity Initiative gathers to meet that fight head-on. Join us on Wednesday, August 19, 2026, from 11 a.m. to 2 p.m. as we kick off our observance of Black Breastfeeding Week, August 25 to 31, under this year's theme, "We All We Got." Keynote speaker Clifton Kenon Jr. joins us to talk about building breastfeeding equity into every system meant to serve Black families.

11am-2pm | Orange Lawn and Tennis Club 305 North Ridgewood Road, South Orange Village, NJ

CLICK HERE TO REGISTER

Aug 13

Feeding New Jersey's Future: The State of Breastfeeding Policy and Equity

Perinatal Health Equity Initiative

This webinar will be led by PHEI's team of IBCLC's, Policy Director, and Birth Justice/IBCLC.

12:30pm-1:30pm | Virtual via Zoom

CLICK HERE TO REGISTER

Aug 13

Breastfeeding: Supporting Her Right to Feed

TruDoulas of NJ and Perinatal Health Equity Initiative

Join TruDoulas of NJ for Session 4 of The Loved Ones Program, “Breastfeeding: Supporting Her Right to Feed.” This session will be led by Brittany Wright, MPH, IBCLC, Lactation Program Coordinator with the Perinatal Health Equity Initiative, who will share practical ways loved ones can support breastfeeding families. Participants will leave with tools, resources, and confidence to better advocate for and support breastfeeding mothers. Dinner and childcare will be provided, and attendees are encouraged to bring a loved one.

6pm-7:30pm | Boys and Girls Club 1040 Spruce St, Lawrenceville, NJ

CLICK HERE TO REGISTER

Aug 14

Breastfeeding Awareness Week – Baby Shower Event

Wellpoint and WIC Monmouth

Join us at WIC for Breastfeeding Awareness Week to learn tips and resources for feeding your baby. Talk with a Wellpoint representative and WIC representatives. Giveaways available while supplies last.

11am-1pm | WIC - 597 Park Avenue, Suite C, Freehold, NJ

No registration needed.

Aug
14

Lead-Free Family Fun Day

Irvington Township Department of Health and Senior Services, Irvington Department of Economic Development and Partnership of Maternal and Child Health of Northern New Jersey

The event will include breastfeeding education and resource materials for expecting and new parents, information on the relationship between lead exposure, pregnancy, breastfeeding, and infant health, including guidance on reducing lead exposure risks, opportunities for families to connect with local breastfeeding support services and community health resources. There will be interactive family-friendly activities, games, and educational booths promoting healthy lifestyles and Lead poisoning prevention education and resources for families with young children. By integrating breastfeeding promotion into an established lead awareness event, the Department aims to reach a broad audience of parents, caregivers, and families while reinforcing the importance of nutrition, environmental health, and early childhood wellness.

Rain date is August 21, 2026.

11am-2pm | 40 St. Park Irvington, NJ

No registration needed.

Aug 14

Breastfeeding Awareness Week - Baby Shower Event

Wellpoint and WIC Monmouth

Join us at WIC for Breastfeeding Awareness Week to learn tips and resources for feeding your baby. Talk with a Wellpoint representative and WIC representatives. Giveaways available while supplies last.

11am-1pm | WIC - Second Baptist Church, 93 Liberty Street, Long Branch, NJ

No registration needed.

Aug 14

Spill the Tea, Meet a Doula: Ask the Questions You've Been Too Afraid to Ask

Rutgers School of Health Professions (Maternal Wellness Solutions) and Canopie

Poop, pain, sex, breastfeeding, leaking, emotions, and everything no one talks about... let's have a real conversation with a doula.

11:45am-1pm | Virtual

CLICK HERE TO REGISTER

Aug 18

The Brain-Boob Connection

Rutgers School of Health Professions (Maternal Wellness Solutions) and Canopie

Breastfeeding is an all-consuming journey, especially in the first few months. Protecting your mental health not only improves your breastfeeding outcomes, but it can make your whole parenting experience a little easier. In this class, you'll make a plan to set yourself up for success, and learn how to use clinically validated therapeutic techniques that may also boost milk production.

11:45am-1pm | Virtual

CLICK HERE TO REGISTER

Aug 19

The Dyad Is the Unit of Care: Why We Can't Support the Infant Without Supporting the Parent

Hackensack Meridian Health

This event is part of Hackensack Meridian Health's World Breastfeeding Month Lecture Series: Breastfeeding for a Sustainable Start in Life - Strengthen What Works. Remarks from Candy Lincoln, M.D., NABBLM-C, IBCLC, PMH-C, Assistant Clinical Professor & Medical Director of the Breastfeeding and Lactation Medicine Program
Dept of Family & Community Medicine, University of Missouri

9am-10am | Virtual

CLICK HERE TO REGISTER

Aug 19

Speak Up, Mama: As a Perinatal Therapist

Rutgers School of Health Professions (Maternal Wellness Solutions) and Inspira Health

Join this webinar to learn simple ways to feel more confident communicating with your healthcare provider. You'll learn how to ask the questions that matter, share your concerns, understand your options, and make informed decisions that support you and your baby during pregnancy and postpartum.

12pm-1pm | Virtual

CLICK HERE TO REGISTER

Aug 20

Making It Work Together: Supporting Breastfeeding in the Workplace Video Launch & Conversation

Central Jersey Family Health Consortium

Join the NJ Supports Breastfeeding team as we launch our New Jersey workplace lactation rights training video to help employers strengthen workplaces and employees successfully return to work while breastfeeding. Special guest: Jill Wodnick, MA, LCCE, IMH-E®(II)

12pm-1pm | Virtual via Zoom

CLICK HERE TO REGISTER

Aug 22

PHEI Community + Mutual Aid

Perinatal Health Equity Initiative

Join PHEI in our first Community Day as we honor and celebrate 15 years of Black Breastfeeding Week. This year's theme is "We All We Got". The vibe/scene is backyard cookout meets block party. We will have food, snacks, beverages, DJ, and family friendly. Learn about all of PHEI programs and meet our team! This is a FREE event, but registration is strongly encouraged to ensure we have a headcount.

1pm-4pm | 280 South Harrison Street Parking Lot, Suite 401 East Orange, NJ

CLICK HERE TO REGISTER

Aug 22

Postpartum and Play

The WOW Center

Join us for a supporting and engaging session designed for moms/caregivers & their babies! The event is in both English and Spanish. What to expect:

- Gentle postpartum support
- Baby play ideas to promote early development
- Tips for bonding, regulation, and routines
- A welcoming space to connect with other moms/caregivers

10am-12:45pm | 44 West Chestnut Ave, Merchantville, NJ

CLICK HERE TO REGISTER

Aug 22

Doula Community Day

The Cooperative Doula Learning Collaborative

Doula Community Day is a free community event that will connect families with doulas, local providers, and local organizations that support healthy pregnancies, positive birth experiences, and family well-being. Through a mix of education and family-friendly activities, the event celebrates the village of support available before, during, and after birth.

12pm-4pm | Washington Lake Park, By the Amphitheatre, Parking Lot E, Sewell, NJ

No registration needed.

Aug 25

From our Ancestors to our Children: The History and Legacy of Black Breastfeeding

Perinatal Health Equity Initiative

The Perinatal Health Equity Initiative centers its lactation acumen in the fabric of historical context of the Black Breastfeeding experience. Grounded in research, evidence-informed data, PHEI strives to uplift the history of Black Breastfeeding experience and the structures that support and at times diminish the importance of human milk. This webinar will dive deep into the historical context of BLACK BREASTFEEDING, naming traditional practices that support breastfeeding, policies and procedures that interfere with the black breastfeeding experience, and the unique challenges Black women encounter along their infant feeding journey. Led by Founder and Executive Director Dr. Nastassia K. Harris.

12:30pm-1:30pm | Virtual via Zoom

CLICK HERE TO REGISTER

Aug 26

Successes and Challenges of Breastfeeding in Hospitals Across the State

Hackensack Meridian Health

This event is part of Hackensack Meridian Health's World Breastfeeding Month Lecture Series: Breastfeeding for a Sustainable Start in Life - Strengthen What Works. Remarks will be delivered by Ellen Maughan, JD, IBCLC, New Jersey State Breastfeeding Coordinator, Central Jersey Family Health Consortium.

9am-10am | Virtual

CLICK HERE TO REGISTER

Aug
26

Black Lactation Provider Hands-On Skills and Mixer

Perinatal Health Equity Initiative

We are excited to announce our first lactation clinical skills day! Attendees will be walked through various lactation stations to improve their skills and knowledge in supporting lactating families. Light bites will be served. Space is limited 25 students max! The night will also include lactation trivia, giveaways and more! Some skills you can expect to learn include:

- Latch assessments
- Hand expression and antenatal collection
- Weighted feeds
- Flange fittings and more!

2pm-6pm | 280 South Harrison Street, Suite 401, East Orange, NJ

CLICK HERE TO REGISTER

Aug 28

Spill the Tea, Meet a Doula: Ask the Questions You've Been Too Afraid to Ask

Rutgers School of Health Professions (Maternal Wellness Solutions) and Canopie

Poop, pain, sex, breastfeeding, leaking, emotions, and everything no one talks about... let's have a real conversation with a doula.

11:45am-1pm | Virtual

CLICK HERE TO REGISTER

Aug 29

Nurture & Nourish: A Breastfeeding Conference for Perinatal Professionals

South Jersey Doula Alliance

This mini-conference is being presented in celebration of National Breastfeeding Month and Black Breastfeeding Week. It will include a variety of workshops and discussions on breastfeeding topics such as lactation support in the hospital and home, establishing milk supply and ensuring baby is getting enough, flange fitting for optimal pumping, complex issues that impact breastfeeding, and culturally sensitive support. There will be opportunities for mingling, networking, and a Q&A panel.

1pm-4pm | 900 Haddon Ave PH12, Collingswood, NJ

CLICK HERE TO REGISTER

LOOKING FOR MORE SUPPORT?

NJ Supports Breastfeeding

www.njsupportsbreastfeeding.org

The NJ Supports Breastfeeding initiative is a project of the NJ Breastfeeding Strategic Plan. The website provides a one-stop resource for evidence-based breastfeeding education on topics such as, preparing to breastfeed, beginning breastfeeding, when you need to pump, and how to involve dads/partners. It includes county-by-county listings of free and low cost lactation support around the state and is intended for parents, families, employers, child care providers, and healthcare professionals. To ensure equitable access, the site is translatable into 13 languages, including Spanish, Haitian Creole, Portuguese, Korean, Gujarati and many others.

New Jersey Breastfeeding Coalition

breastfeedingnj.org

The New Jersey Breastfeeding Coalition (NJBC) is a collaboration of families, health professionals, and community representatives whose mission is to protect, promote and support breastfeeding. Rather than providing direct lactation care, NJBC focuses on projects such as community outreach and education, advocating for IBCLC licensure and credentialing advocacy, professional education, and supporting child care centers to become breastfeeding-friendly.

LOOKING FOR MORE SUPPORT?

ZipMilk.org

zipmilk.org

Maintained by the New Jersey Breastfeeding Coalition, this website is a searchable online directory to help families find local lactation support, including IBCLCs, La Leche League Leaders, WIC peer counselors, and other trusted providers across New Jersey.