

NATIONAL BREASTFEEDING MONTH 2021

August 04, 2021- Each year, the month of August is recognized as *National Breastfeeding Month*. This year, Michigan's Women, Infant, and Children (WIC) program is promoting the message, "Why WIC for Breastfeeding?"

The WIC program provides many opportunities to support a woman's breastfeeding journey, including:

- Trained WIC staff to support prenatal and breastfeeding families.
- Free, unlimited access to lactation consultants and breastfeeding peer counselors.
- A breastfeeding warmline, available seven days a week, from 8:00am- 8:00pm at 833-MIWICBF (833-649-4223).
- The option for telehealth appointments at many WIC clinics.
- Food packages that provide extra food for breastfeeding moms and babies each month.

"Evidence shows that breastfeeding promotes social-emotional development, provides benefits to the entire family, and is associated with lifelong maternal and infant health and development," said Diane Shelton, WIC Supervisor for District Health Department #10 (DHD#10). "DHD#10 supports a family's decision to feed human milk to infants. This is part of our mission to promote and enhance the health of our communities and environment through protection, prevention, and intervention."

Starting August 4, 2021, in partnership with Transitions Women's Wellness Center of Manistee, DHD#10 will offer a virtual breastfeeding support group every Wednesday from 2:00-3:00pm. DHD#10 is pleased to offer both virtual and in-person breastfeeding support. For more information, please visit our Facebook page www.facebook.com/DHD10WICBreastfeeding.

In addition to National Breastfeeding Month, *World Breastfeeding Week* is August 1-7, and the *World Alliance for Breastfeeding Action* has dedicated the week to "Protect Breastfeeding". *Native Breastfeeding Week* is August 8-14, and August 25-31 is the week to celebrate *Black Breastfeeding Week*. Find other celebrations, coalitions, and resources at [Michigan Breastfeeding Network](https://www.michiganbreastfeedingnetwork.org).

About DHD #10

District Health Department #10 (DHD #10) is Michigan's largest geographical health department, mandated to promote and protect the public from unsafe and hazardous conditions and provide methods of promoting good health and disease prevention. Some of the vital programs provided by DHD #10 include Immunizations, Infectious Disease Control, STI Testing and Counseling, WIC, Maternal Infant Health Program, Healthy Families of Northern Michigan, Children's Special Health Services, Hearing and Vision Screening, Family Planning, Cancer Screening, Worksite Wellness, Smoking Cessation, Substance Use Prevention, Chronic Disease Prevention, and Environmental Health Services. DHD #10 serves Crawford, Kalkaska, Lake, Manistee, Mason, Mecosta, Missaukee, Newaygo, Oceana, and Wexford counties. For more information, visit www.dhd10.org.



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