



NEWS RELEASE



FOR IMMEDIATE RELEASE DATE: August 10, 2016	Contact: Daljeet Dhillon
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August is Breastfeeding Awareness Month

The WIC Program of the Mahoning County District Board of Health invites expectant and breastfeeding moms to celebrate at a FREE event:

Breastfeeding: Protects Baby, Mom and the Earth

August 12, 2016

11:00 am- 1:00 pm

YWCA, 25 W. Rayen Avenue, Youngstown, OH 44503

The event will include educational information on breastfeeding, breastfeeding support in the community, WIC foods, nutrition, and prenatal yoga. Also included is a cooking demonstration by Lady Buggs Farm and a demonstration of baby wearing. A nutritious lunch will be provided as well as exciting raffles for mom and baby.

This year's theme highlights the importance of working together with family, friends, employers, and area businesses to empower and support a woman's decision to breastfeed her child when and where she needs. Hungry babies must eat and Ohio allows breastfeeding in public. One of the most important things businesses and the community can do is to allow a mom to feel comfortable nursing in public. A community support system is essential for breastfeeding success!

The Ohio Department of Health and the American Academy of Pediatrics recommends feeding only breast milk for the first six months of life. Continuing breastfeeding along with other foods is recommended for the first year and beyond.

The WIC Program commits to:

- helping make breastfeeding the cultural standard for Ohio infants;
- offering education and support to help women make informed feeding decisions; and
- supporting the mother in her choice.

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