Breastfeeding Awareness Month

All Families Want to Fall in Love & We Can Help

Have you ever heard the saying, “It doesn’t matter if it’s a boy or a girl, as long as it’s healthy?” It seems that all parents want to give their baby the healthiest start in life. As noted by Dr. Terry Frankovich, Medical Director for the Dickinson-Iron District Health Department, “Breastfeeding an infant provides health benefits that last a lifetime. It promotes strong immune systems and protects against illness and infection. Breastfeeding also guards against childhood obesity and diabetes.”

Breastfeeding forms an important and unique mother-baby bond. Moms who maintain lots of skin-to-skin contact with their babies, feed them whenever they appear to be hungry and have a good latch-- are more likely to be successful at breastfeeding. New moms also benefit from the support of their partner, family and friends as well as encouragement from healthcare providers.

August is Breastfeeding Awareness Month in Michigan. In order to promote early breastfeeding success and breastfeeding outcomes, the Michigan Breastfeeding Network has announced a statewide initiative that includes hospitals, WIC agencies, the Michigan Department of Health and Human Services, community stakeholders, coalitions, and local public health agencies including the Dickinson- Iron District Health Department (DIDHD) to provide continuity of care for mothers and babies. According to Julie Lothamer, International Board Certified Lactation Consultant, this collaboration could lead to higher breastfeeding initiation and duration rates, healthier babies, and closer families.

In his Breastfeeding Awareness Month Proclamation, Governor Snyder declared that Michigan is committed to reducing infant mortality and increasing the health of mothers and babies by delaying the early introduction of food sources other than breastmilk to promote successful establishment and maintenance of breastmilk production.

Activities throughout the state are planned to draw attention to the importance of breastfeeding for the health and well-being of mothers and children. DIDHD’s WIC Breastfeeding Peer Counselor, Amber Grassinger, will be holding breastfeeding awareness walks in both Dickinson and Iron Counties. A walk will be held at Knight’s Kingdom/Strawberry Lake in Norway on August 6th from 1pm-3pm. Dickinson-Iron District Health Department in Iron River will be the location of the breastfeeding awareness walk in Iron County on August 13th at 1pm-3pm. If you have any questions, please contact the health department at 906-774-1868 or 906-265-9913. Refreshments and good company will be provided.