

Breastfeeding: Anytime, Anywhere
Join Us to Walk for Awareness

The facts are clear: breastfeeding is the healthiest way to feed a baby because it strengthens their immune system, guards them against obesity and diabetes, and forges a strong bond with their mom, among many other benefits. It also helps protect moms from breast and ovarian cancers and post-partum depression. But, until this last year, moms were often made to feel uncomfortable about feeding their baby in public, sometimes even being directed to breastfeed in bathrooms.

August is Breastfeeding Awareness Month in Michigan and the Michigan Department of Health and Human Services, the Midland County Breastfeeding Coalition, and the Supplemental Nutrition Program for Women, Infants, and Children (WIC) invite you to join in celebrating the new law protecting a mother's right to breastfeed anywhere she has a right to be. According to Heidi Maki, International Board Certified Lactation Consultant, "inviting and encouraging moms to breastfeed anytime and anywhere will help change the culture around breastfeeding in public. This will promote breastfeeding initiation and duration rates which will lead to healthier children for generations to come."

Communities can support mothers and babies by making them feel welcome to breastfeed in all public places and local establishments. According to Governor Rick Snyder, "Breastfeeding is a natural act with many proven benefits," and, "by supporting new mothers, we help ensure good infant health, reduce infant mortality rates, and prevent obesity."

Activities throughout the state are planned to draw attention to the importance of breastfeeding for the health and well-being of mothers and children. In Midland County, the 2nd Annual Breastfeeding Walk will take place on August 1 from 10am to 12pm. Everyone is invited to gather at the Great Lakes Loons Stadium for a walk down Main Street, to the Farmer's Market and back along the river. Snacks will be provided.