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**Livingston County  
Health Center**

## **Health Center Designated Breastfeeding-Friendly Clinic**

### **Livingston County Health Center Receives Funding Boost for Meeting State Breastfeeding Goals**

**July 25, 2011:** The Livingston County Health Center Women, Infants and Children (WIC) office recently received good news that its application for the “Breastfeeding Friendly WIC Clinic” designation was approved for the fiscal year 2012.

The health center applied for and implemented the necessary steps in providing the best support necessary for WIC moms to be successful meeting their breastfeeding goals to receive the designation. The entire WIC staff has received breastfeeding training and breastfeeding support services have been expanded.

Only 20 local WIC agencies in the state of Missouri received this designation and additional funding. The Health Center is proud of this accomplishment and of the exceptional breastfeeding services already provided to breastfeeding moms in Livingston County, and looks forward to providing new services and continued support in the coming year, thanks to the grant. Funding provided will double the current working hours of WIC Peer Breastfeeding Counselor Rachel Snider, a Certified Breastfeeding Educator.

Evidence shows that implementing “best practices” in breastfeeding will increase the number of women who choose to and continue to breastfeed.

The Health Center offers many services to help expecting mothers to get ready for breastfeeding. A prenatal breastfeeding class meets one evening every other month, and is open to expectant mothers and their partners. The class covers breastfeeding benefits, feeding cues, breastfeeding problems, returning to work, and what to expect during the first two weeks.

A monthly breastfeeding support group, open to pregnant and nursing mothers is held monthly. The group meets on the second Tuesday of the month, and is a great way to get out of the house and meet other moms who are having similar experiences. For more information about the health center’s Breastfeeding Support Services, call 646-5506.

All services of the health center are provided on a non-discriminatory basis.

**For Immediate Release**

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