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## MEDIA RELEASE

**Information**     **Advisory**     **Warning**     **Update**

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### **National Breastfeeding Month 2020 — *Support Changes Everything!***

August is National Breastfeeding Month and the St. Clair County Health Department joins with Michigan Women, Infant and Children's (WIC) to celebrate this year's theme of "*Support Changes Everything!*"

WIC breastfeeding peer counselors, registered nurses and dietitians, and other breastfeeding supporters routinely help families reach their breastfeeding goals. However, because of challenges such as racial disparities and social inequities, not all families may have access to support and education.

Families living in under-resourced neighborhoods may not know all the resources available to help support successful breastfeeding. Breastfeeding is the natural way to feed infants. Evidence shows breastfeeding provides many short- and long-term maternal and infant health benefits, as well as economic and community benefits.

The Michigan WIC breastfeeding program is guided by the vision that all families should breastfeed for as long as they choose. St. Clair County Health Department WIC provides expert breastfeeding specialists via their International Board Certified Lactation Consultant and Peer Counselor. These specialists help families by removing barriers, advancing equity, and promoting breastfeeding as crucial for infant nutrition, social emotional health, and chronic disease prevention.

WIC is there to help, call (810) 987-8222 to find out if you qualify for services. To learn more about Health Department services visit [www.scchealth.co](http://www.scchealth.co) or follow us on social media @scchdmi.

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