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## **MMDHD employees become Certified Lactation Specialists**

Stanton, MI – Two Mid-Michigan District Health Department (MMDHD) employees were recently awarded Women, Infant and Children (WIC) scholarships to attend a week-long lactation training in Lansing.

Mickele Kohler, R.N. and Angelia Martin, R.D. both passed the challenging course to become Certified Lactation Specialists. They are now eligible to take the exam to become Certified Lactation Consultants.

As two of only a handful of Lactation Specialists in the area, the pair are now able to offer encouragement and support as well as help mothers solve breastfeeding issues and develop strategies to increase breastfeeding.

Research clearly shows that breastfed babies are healthier babies. They:

- Have less colic, constipation and diarrhea
- Have a lower risk of developing certain childhood cancers, juvenile diabetes, allergies and asthma
- Have a decreased risk of Sudden Infant Death Syndrome (SIDS)
- Are less likely to become obese later in life
- Have fewer colds, fewer ear infections, and fewer respiratory infections

Even though the course was intense (8 ½ hours a day with homework and reading assignments each night), both ladies agree it was more than worth it.

“I feel much more confident and able to help breastfeeding moms in our clinics,” said Kohler.

Martin concurs. “The course was a full week of very good information that can now be used to help our moms initiate and sustain breastfeeding,” she said.

Kohler is a Public Health Nurse based in MMDHD’s Montcalm Branch office in Stanton while Martin is a dietitian based in MMDHD’s Gratiot Branch Office in Ithaca.

If you have a breastfeeding question or issue, you may contact Kohler at 989-831-3629 or Martin at 989-875-1011.

*Mid-Michigan District Health Department serves the residents of Clinton, Gratiot and Montcalm Counties.*

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