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## **Breastfeeding is a true super power**

Ithaca, Stanton, St. Johns- The evidence is clear: breastfeeding makes children and their mothers healthier and stronger. It boosts a baby's immune system, providing protection from illness and infection. It guards against childhood obesity and diabetes. It gives breast-fed babies a solid foundation for life-long health and wellness. It reduces a woman's chance of breast and ovarian cancer and protects against post-partum depression. Pediatricians, healthcare experts, and millions of mothers all agree: breastfeeding is a true super power!

Women have the amazing ability to give their baby the very best start in life by breastfeeding, and in a perfect world, all mothers and babies would reap the benefits of breastfeeding. But breastfeeding isn't always easy and sometimes a struggling mom needs a little help to be successful.

Moms with breastfeeding challenges don't have to go it alone. Mid-Michigan District Health Department (MMDHD) and its Breastfeeding Peer Counselors are committed to reducing infant mortality and increasing the health of mothers and babies. The Breastfeeding Peer Counselor program, which is offered to mothers enrolled in Women, Infants, and Children (WIC) offers:

- Support and encouragement to moms about to deliver, to those who have just delivered, and to those going back to work.
- Education to pregnant women and mothers as their baby grows.

Educating families before babies are born and providing consistent, accessible support through the first year of life and beyond are keys to helping moms reach their breastfeeding goals.

Mothers enrolled in WIC and interested in receiving breastfeeding assistance should contact one of MMDHDs Breastfeeding Peer Counselors at 989-227-3137 in Clinton County, or 989-875-1073 in Gratiot and Montcalm counties.

*Women, Infants and Children (WIC) program is a Federal y-funded program that serves low-and moderate income pregnant, breastfeeding, and postpartum women, infants and children (under age 5) who have nutrition-related health problems.*

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

*We take action to protect, maintain and improve the health of our community.*

*Advancing innovative solutions to achieve healthier outcomes*

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