

August is Breastfeeding Awareness Month

Breastmilk gives your baby more than just good nutrition. It has medical and emotional benefits for both mom and baby. For some mothers and babies, breastfeeding goes smoothly from the start. For others, it takes a little time and several attempts to get the process going successfully. **Like anything new, breastfeeding takes some practice. This is perfectly normal.** If you need help while still in the hospital, ask for a lactation consultant or nurse to help you. When you go home, and need breastfeeding support, you can call or text the WIC Breastfeeding Peer Counselor, and see below for additional resources to help you in your breastfeeding journey. Having a friend, peer counselor, nurse or lactation consultant to talk to and ask questions about breastfeeding whenever you need answers can be helpful to successfully nurse your baby!

For local support, visit:

Brighton La Leche League: llbrighton.weebly.com

Fenton La Leche League: llfenton.weebly.com

Online support resources:

www.kellymom.com

www.breastmilkcounts.com

??? Did you know? ???

Michigan law allows you to breastfeed anytime, any place, anywhere. For ease, comfort and privacy many public places offer nursing lounges. Some examples of local venues are:

- Comerica Park
- Ford Field
- Tanger Outlets in Howell



Look for these chapters on Facebook to connect with moms online in their private groups for additional support!

Contact the **WIC Breastfeeding Peer Counselor** for support & assistance

Jennifer Kaiser

email: jkaiser@livgov.com

call or text: 517-375-0554

- Help with breast pumps
- Offer breastfeeding encouragement
- Help plan for the return to work/school
- Provide education, problem-solving and support



JUST ASK WIC

Questions about breastfeeding? The WIC office has a lactation consultant available for FREE to help you with tough breastfeeding issues you may run across. Contact the Breastfeeding Peer Counselor, she will work with you to troubleshoot first, and then help you make an appointment with the lactation consultant if necessary.

We can help! **Call or text Jen: 517-375-0554**

Change One Thing...

2/3

The number of adults who do not get the recommended amount of exercise per week.

The CDC recommends about 2.5 hours of moderate exercise (like a brisk walk) a week - about a half hour per day.

This summer, challenge yourself to add a 30 minute walk to your weekend, and walk around the farmers' market with your family one day out of the weekend!

It's Farmers Market Season!



Visit a market this summer. Most markets are held on weekends and run through the end of October.

Howell's Sunday Farmers' Market

Sundays from 9 am - 2 pm

Intersection of State St. and Clinton St in Howell
(By the Old County Courthouse)

Hartland Farmers' Market

Saturdays 9 am - 2 pm

110400 Highland Rd. Hartland MI 48353 (Rural King Parking Lot)

Green Oak Farmers Market

Sundays 10 am - 3 pm

11299 Grand River Ave. Brighton MI 48116

Brighton Farmers' Market

Saturdays from 8 am - 1 pm

First St. Municipal Parking Lot in Brighton
(by the Imagination Station)



Is Your Child Ready for Kindergarten?

LCHD is offering FREE Kindergarten Entry Walk-In Vision Clinics this summer. Mark your calendar for one of the following dates, no appointment necessary!

Wednesday
August 8, 2018
10:00am-6:00pm

Wednesday
August 22, 2018
10:00am-6:00pm

Wednesday
August 29, 2018
9:00am-3:30pm

Health Department Immunization Clinic Hours

Wednesdays: 8:30 a.m. - 4:30 p.m.
(late hours until 7 p.m. on the 2nd & 4th Wednesday of the month)
No appointment necessary!

This institution is an equal opportunity provider.