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FOR IMMEDIATE RELEASE
August is Breastfeeding Awareness Month
August 3, 2022

The Taney County Health Department (TCHD) along with the World Alliance for Breastfeeding Action (WABA) is celebrating World Breastfeeding Week (WBW) this month. WABA organizes and chooses a theme for WBW. This year's theme, "Step Up for Breastfeeding: Educate and Support," is aimed at encouraging breastfeeding as an important piece that plays a key role in the early development of a baby.

Recognized as a Breastfeeding Friendly WIC Clinic since 2013, the staff at TCHD are passionate about educating the community on the benefits of breastfeeding. "WBW begins on August 1st and ends on August 7th" states Wendy Faulkner, Breastfeeding Peer Counselor at TCHD. "We offer breastfeeding support and encouragement to help families develop healthy lifestyles year-round."

Breastfeeding has many health benefits for mom and baby.

The benefits for baby include:

- Lower risk of SIDS
- Lower risk of diabetes
- Lowers risk of ear and respiratory infections
- Fewer allergies

The benefits for mom's that breastfeed include:

- Reduced risk of breast and ovarian cancer
- Return to pre-pregnancy weight faster
- Creating an optimal bond between mom and baby

If you are breastfeeding, pregnant, or considering breastfeeding and have questions, we encourage you to call TCHD at (417)334-4544 ext 318.

The annual "Steps for Success" breastfeeding awareness walk normally held in conjunction with WBW will take place on September 22, 2022. More information will follow soon.

For more information contact the Taney County Health Department at 417-334-4544, visit our website at www.taneycohealth.org, or like our FaceBook, Instagram and Pinterest pages.

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The Taney County Health Department envisions a community of healthy people. Every day, we work to achieve this vision through leadership, collaboration, education and service. We value integrity, learning, teamwork, positive communication, quality improvement and dedicated service. Please visit our website <http://www.taneycohealth.org> to learn more about our services.