



## Mission:

Our mission is to work in partnership with individuals and communities in creating an environment that promotes the health and well-being of all people in Douglas, Grant, Pope, Stevens and Traverse Counties.



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# THE INSTALLMENT

## World Breastfeeding Week 2021 August 1st-7th

All parents with young children should have access to skilled breastfeeding counseling and support from health facilities, workplaces and communities.

### Breastfeeding Benefits for Mom and Baby:

- Breastmilk has everything your baby needs to grow and be healthy.
- Breastmilk is easy to digest.
- Breastmilk protects babies from ear infections, colds, allergies, diarrhea and constipation.
- Breastfed children are less likely to have diabetes or be overweight or obese in later years.
- Breastfeeding is great for mother-baby bonding.
- Breastfeeding saves time.
- No messy bottles to fix at night, so everyone sleeps better.
- Breastfeeding can lower the risk of breast and ovarian cancer, osteoporosis, diabetes and heart disease.

If you're a mom that pumps or nurses, don't forget to take a moment to acknowledge the amazing work you're doing to provide your baby the best nutrients possible.

Please contact your medical provider, Horizon Public Health, or WIC for breastfeeding questions.

Resource: <https://waba.org.my/wbw/>