

The Leeds Grenville and Lanark District Health Unit

MEDIA RELEASE



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Health Unit Celebrates Breastfeeding Week October 1-7

The Leeds Grenville and Lanark District Health Unit is excited to be celebrating World Breastfeeding Week in Canada! The first week of October each year marks a time of celebration and recognition of the importance of breastfeeding for women and children in Canada and around the world.

The World Health Organization recognizes breastfeeding as the normal way of providing young infants with the nutrients they need for healthy growth and development. Breastmilk contains all the nutrients a baby needs for the first 6 months of life. Exclusive breastfeeding, (which means the baby receives no other food or drink) is recommended up to 6 months of age, with continued breastfeeding along with appropriate complementary foods up to two years of age or beyond.

Breastfeeding benefits both baby and mother by decreasing the risks of many illnesses and diseases and promotes optimal growth and development for the baby. The Health Unit encourages women and families to learn about breastfeeding before the baby arrives so that they know what to expect and can make an informed decision on feeding their baby.

Prenatal classes are offered to all expectant parents either in-person or online and are a great way for new parents to address questions and concerns about infant feeding. Getting off to the best start in the hospital by doing frequent skin to skin with your baby, and ensuring the baby has a good latch, is a great way to feel confident about feeding your baby.

All new parents are encouraged to visit one of the Health Unit's FREE Breastfeeding Clinics where we can provide you with information and support to give you the confidence to know your baby is breastfeeding well.

For more information, visit our website at www.healthunit.org or call us at 1-800-660-5853. You can also connect with us on facebook and twitter at LGLHealthunit.

Happy World Breastfeeding Week!

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