



MID-MICHIGAN DISTRICT HEALTH DEPARTMENT

Your public health team, connecting with our communities to achieve healthier outcomes

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Breastfeeding anytime, anywhere

Ithaca, Stanton, St. Johns- The facts are clear: breastfeeding is the healthiest way to feed a baby.

Breastfeeding strengthens a baby's immune system, guards them against obesity and diabetes, and forges a strong bond with their mom, among many other benefits. It also helps protect moms from breast and ovarian cancers and post-partum depression. But, until this last year, Michigan moms often felt uncomfortable feeding their baby in public, sometimes even being directed to breastfeed in restrooms.

But not anymore. Mid-Michigan District Health Department is celebrating the new law protecting a mother's right to breastfeed anywhere she has a right to be. The Health Department is inviting and encouraging moms to breastfeed anytime and anywhere, which will help change the culture around breastfeeding in public. This in turn will increase breastfeeding initiation and duration rates, which will lead to healthier children for generations to come.

Communities can support mothers and babies by making them feel welcome to breastfeed in all public places. According to Women, Infants, and Children (WIC) Director Stan Bien, "Breastfeeding is a natural act with many proven benefits, and by supporting new mothers, we help ensure good infant health, reduce infant mortality rates, and prevent obesity."

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

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