

September
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Breastfeeding Buzz



Local Events Held Celebrating National Breastfeeding Month

On August 6, 2011, the United States Breastfeeding Committee (USBC) officially designated August as National Breastfeeding Month. The theme for 2021 was: Every Step of the Way and the USBC announced, "We envision a world in which every family is supported at every step along the infant feeding journey, with warm and coordinated hand-offs and transitions so that the needs of lactating families and those who support them are anticipated and met, every step of the way." WIC clinics in the area held celebrations appropriate to and compliant with the COVID-19 guidelines throughout August. WIC's Breastfeeding Program at the Hinds County Health Department in the Jackson Medical Mall held a curbside event August 26, 2021 which 25 prenatal and breastfeeding mothers attended. They were given educational information about the benefits of and what to expect when breastfeeding, Baby Friendly, oral hygiene, the Mother's Milk Bank of Mississippi, and more. Each participant received refreshments and goody bags filled with gifts such as diapers, baby wipes, nursing bras, water bottles along with oral hygiene supplies. Baptist Memorial Hospital sponsored the event and The Mississippi Urban League, Inc. contributed generously by donating door prizes and additional items for the goody bags. WIC also held other similar events August 4 at the Rankin County Health Department, August 13 at the Warren County Health Department, August 18 at G.S. Carmichael in Canton, MS, August 19 at the Simpson County Health Department, August 20 at the Copiah County Health Department and August 23 at an event, Protect Breastfeeding: A Shared Responsibility, in Yazoo City.

FREE EDUCATION

September 14

2:30 – 3:30 p.m. IEBFC Monthly Check In. Register at <https://www.eventbrite.com/e/monthly-check-in-meetings-tickets-138847816557>

September 15

1:00 – 2:30 p.m. Medela Webinar: Mother's Own Milk vs Donor Human Milk. Register at <https://www.medela.us/mbus/for-professionals/Education/Courses/Detail/253>

September 21

Available on Demand. Great Lakes Breastfeeding Webinar: Expanding Expectations and Building Resilience: Empowering Parents for Successful Breastfeeding. Register at <https://mibreastfeeding.org/webinars/>

Mother's Milk Bank of MS "We've Got Milk" 5K



The Mother's Milk Bank of Mississippi's ("MMBM") Annual fundraiser, "We've Got Milk" 5K, will take place September 18, 2021 at Flowood Nature Trail. To register and for more information, please visit <https://b.link/wegotmilk5k>.

Race day materials can be picked up in advance at the Mother's Milk Bank of Mississippi located at 2001 Airport Rd., Flowood, MS 39232 or the morning of the race.

Breastfeeding Classes

- Peer counselors are available to provide individual breastfeeding classes at all WIC clinics.

Breastfeeding Support

WIC's Breastfeeding Program 601-981-2304
Mississippi Lactation Services, Dr. Christina Glick, M.D. 601-932-6455
The Infant Risk Center 806 352-2519 Dr. Thomas Hale's helpline for medications information
Merit Health Woman's Hospital Lactation Center 601-933-6180 or 601-933-6493

