



## Dickinson-Iron District Health Department

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### News Release

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### Immediate Release

#### ***Breastfeeding Awareness Month***

Iron River and Kingsford, Michigan – July 27, 2023. There are many benefits to breastfeeding. Every breastfeeding journey looks a little different. The Dickinson-Iron District Health Department (DIDHD) is here to support you through your breastfeeding journey. DIDHD offers classes, peer support, parent support groups, and access to supplies.

There are many health benefits to breastfeeding. Research suggests that breastfeeding lowers your baby's risk of certain infections and disease, including: ear infections, asthma, lower respiratory infections, diarrhea and vomiting, childhood obesity, eczema, and sudden infant death syndrome (SIDS).

For moms, breastfeeding can help with quicker recovery from childbirth. It can also reduce your risk for high blood pressure, and certain breast and ovarian cancers.

Breast milk contains nutrients that your baby needs to grow and develop. It even changes to meet your baby's needs as he or she gets older. Breast milk is rich in vitamins, minerals, and nutrients as well as other ingredients that help your baby grow healthy and strong.

August is Breastfeeding Awareness Month in Michigan and the Dickinson-Iron District Health Department (DIDHD) invites you to join in the celebration. DIDHD will be holding a breastfeeding awareness walk. The walk will take place on Saturday, August 5, 2023 at Strawberry Lake in Norway, Michigan. The walk will take place from 10:00 a.m. to 11:00 a.m. If you have any questions regarding the upcoming events, feel free to contact DIDHD's breastfeeding peer counselor Amber Grassinger at 906-779-7221.

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