

CHENANGO COUNTY HEALTH DEPARTMENT

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PRESS RELEASE

Date:

Release Date:

Contact:

The “Baby Nook” Opens in Chenango County to help support Breastfeeding

NORWICH, NY – Chenango County Department of Health is pleased to offer breastfeeding support to all nursing mothers in Chenango County. The Baby Nook Lactation Room and Weigh Station, sponsored by the Chenango County Department of Health Nursing Division, offers families a resource to help mothers with their breastfeeding goals. It is a place to pump and store breast milk, receive lactation counseling support from a Certified Lactation Counselor, weigh your baby on our infant scale, meet other nursing mothers, and learn more about infant feeding. The Baby Nook will be open by appointment for the public through Public Health Nursing.

The Baby Nook is a project developed and supported by the newly formed professional coalition called Breastfeeding Partners of Chenango County. The mission of this group is *to improve the health of our community by working in partnership to encourage, promote, and support breastfeeding in Chenango County.* Some of the group’s partners are from UHS Chenango Memorial Hospital, UHS Chenango Memorial Women’s Health Center, Mothers and Babies Perinatal Network, Family Planning, Headstart and the WIC Program at Opportunities for Chenango, Inc. We plan to begin using the Baby Nook and scheduling appointments by referral on February 1st 2016.

An Open House was held on January 28th from 3-5 pm at the Baby Nook located in room 205 of the County Office Building, 5 Court Street, Norwich NY. Several of the partners were in attendance. Families were encouraged to attend to see the new space and to enter to win free prizes. Donations were made by Lilly Bean, Tops Friendly Market, the WIC program, UHS Maternity, and Dr. Christine Wilson from UHS Pediatrics. A car seat was donated by the Chenango County Sheriff’s Office.

To encourage breastfeeding and improve the health of babies around the world, WHO (World Health Organization), UNICEF (United Nations Children's Emergency Fund) and US health authorities recommend exclusive breastfeeding starting within one hour after birth for the first 6 months of life, and continue to breastfeed with the addition of appropriate complementary foods until age 2 years or older. Breastfeeding is a public health priority. Optimal breastfeeding can save money and improve the health and well-being of mothers and babies.

Women should be encouraged to discuss their breastfeeding goals and desires to breastfeed with family, friends, doctors, employers, and child care providers. When a woman decides to breastfeed, talking with her doctor about her plans before the baby is born is the key to her future breastfeeding success. The doctor and birth center can work with the mother to provide her with the help and assistance she needs to help her be successful. It is also critical that the mother have the support of her partner and family members so that mom can reach her breastfeeding goals.

We hope the new Baby Nook will be a benefit to our community. We encourage mothers who are having trouble with nursing to call Public Health or talk to their medical provider about a referral to the Baby Nook. Through support and encouragement we can help breastfeeding mothers nurse longer and achieve their personal goals.

For more information on referring women into the program or participating in the program contact Chenango County Department of Health's Nursing Division at (607) 337-1660.

For more information about breastfeeding and to find helpful online tools visit:

www.cdc.gov/breastfeeding/

www.health.ny.gov/community/pregnancy/breastfeeding/

www.labor.ny.gov

Persons with questions or requiring additional information may contact the
Chenango County Health Department at **(607) 337-1660**.

Promoting and protecting health, safety, and the quality of life in Chenango County