



Public Health
Prevent. Promote. Protect.

Meeker McLeod Sibley
Community Health Services

Meeker-McLeod-Sibley Community Health Services

1805 Ford Avenue, Suite 200
Glencoe, Minnesota 55336

Direct Line (507) 766-3531
Fax Number (320) 864-1484

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Good news for babies! More Minnesota WIC Moms Are Breastfeeding

Breastfeeding is important for infants, moms, dads, families, and for society. More WIC moms and babies are breastfeeding, and WIC is celebrating. More dads and grandparents are excited about supporting this healthy start, and WIC is celebrating. More hospitals have adopted practices to improve breastfeeding support¹, and WIC is celebrating. The Fact Sheet *Breastfeeding in Minnesota's WIC Program, 2015*² illustrates progress in supporting breastfeeding, and WIC is celebrating! Since this report was released, WIC continues to demonstrate progress, with over 80% of WIC infants initiating breastfeeding and almost half of these continuing to 3 months or more.³ In 2015 80% of infants participating in the Meeker-McLeod-Sibley Community Health Services (MMS CHS) WIC program initiated breastfeeding and 41% breastfed for 3 months or more.

MMS CHS WIC supports breastfeeding by equipping pregnant moms with knowledge on how to get off to a good start with breastfeeding, information on how to understand their baby's behaviors, and tips and ideas for going back to work or school. WIC answers breastfeeding questions, provides peer breastfeeding support, and refers moms who need help to lactation support available through the county or otherwise. Most of the WIC staff on site are Certified Lactation Consultants or Certified Lactation Specialists and MMS CHS WIC has one Internationally Board Certified Lactation Consultant.

WIC thanks those in our community who have gone the extra mile in developing support for breastfeeding women.

Please help spread that word that breastfeeding is important for both mother and child, and that WIC is available to answer questions about breastfeeding and help mom and baby get off to a great start with breastfeeding and health.

The Special Supplemental Nutrition Program for Women, Infants and Children (WIC) is a federal assistance program for healthcare and nutrition of low-income pregnant women, breastfeeding women, and infants and children under the age of five. Call WIC to learn more.

The Meeker County WIC program can be reached at: 320-693-5379

The McLeod County WIC program can be reached at: 320-864-3185

The Sibley County WIC program can be reached at: 507-237-4000

¹ <https://www.babyfriendlyusa.org/find-facilities/designated-facilities--by-state>

² <http://www.health.state.mn.us/divs/fh/wic/localagency/reports/bf/info/2015bffaactsheet.pdf>

³ http://www.health.state.mn.us/divs/fh/wic/localagency/reports/bf/annual/2015_223bychb.pdf