



# Clinton County Health Department

Paula Calkins Lacombe, Director of Public Health  
133 Margaret Street, Suite 117, Plattsburgh, New York 12901-2968



**Public Health**  
Prevent. Promote. Protect.

*"Working Together for a Healthier Community"*

Health Information Line: (518) 565-4490 Web: [www.clintonhealth.org](http://www.clintonhealth.org)

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**Administration Unit**

**Manager:** Ellen Hemingway

**Phone:** (518) 565-4840

**Fax:** (518) 565-4717

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**Clinton County Health Department  
Press Release  
"World Breastfeeding Week August 1-7"  
July 27, 2009**

Choosing how you will feed your baby is one of the most important decisions new parents will make. Today, more and more mothers are choosing to breastfeed. It is a healthy choice for mothers, babies and frees families from the daily chore of preparing formula and warming bottles.

"Breastfeeding is best for your baby; some women look forward to their chance to breastfeed, others may worry, especially if they do not have the support of their family and friends. These feelings of uncertainty are normal; breastfeeding can actually make mothers life easier and be an exciting and fulfilling part of motherhood", said Sue Trombley RN, Breastfeeding Coordinator at the Clinton County Health Department.

World Breastfeeding Week, August 1 to 7, celebrates the many health benefits that breastfeeding provides, including:

- Breast milk helps keep babies healthy.
- Breast milk helps protect against colds, flu, diarrhea, ear infections and other illnesses.
- Breast milk is ready day or night, anytime your baby is hungry. It is always the right temperature.
- Breast milk is easy for your baby to digest, since your body makes it for your baby's specific needs.
- Breast milk is naturally clean. It passes from the breast to the baby's mouth and cannot "go bad" or "spoil".
- Breast milk helps prevent diaper rash.
- Breastfed babies are less likely to be overweight later in life. They learn to stop eating when they are full, instead of when the bottle is empty.

"Given recent catastrophic weather emergencies such as Hurricane Katrina, it has become even more evident that breastfeeding is also a life-saving measure. Emergencies can happen anywhere and a breastfeeding mother's milk is always fresh and available", said Trombley. This year to acknowledge World Breastfeeding Week, local health providers will be participating in continuing education activities, and distributing information about breastfeeding resources to emergency preparedness officials.

For more information about World Breastfeeding Week and the benefits of breastfeeding for babies and mothers, visit the Clinton County Health Department's website at [www.clintonhealth.org](http://www.clintonhealth.org) and the New York State Department of Health's website at [www.nyhealth.gov](http://www.nyhealth.gov)

Endorsed by: \_\_\_\_\_  
Paula Calkins Lacombe, Director of Public Health