

**NEWS RELEASE**

**FOR IMMEDIATE RELEASE**

**DATE: AUGUST 12<sup>TH</sup>**

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### **Oneida County Health Department to open Baby Weigh Station**

*OCHD seeks to improve the health of babies by supporting breastfeeding*

In order to offer more support to breastfeeding mothers in Oneida County the Oneida County Health Department announces the grand opening of a new Baby Weigh Station on August 26<sup>th</sup> at 2:00 pm

“One of the most challenging times for a new mother who wants to breastfeed her baby is the week or two after birth” said Kay Roberts, Supervising Public Health Nurse of the Maternal Child Health program. “The Baby Weigh Station is a place where parents can check the weight of their baby, one of the best indicators of infant health, and get answers to their questions about breastfeeding from a Lactation Counselor”. Staff are also available to assist mom and baby to adjust to challenges that may occur later on such as dealing with growth spurts and managing breastfeeding when mom returns to work or school.

Breastfeeding has well documented health benefits for both babies and mothers including reduced rates of ear infections, gastroenteritis, death from SIDS, and reduced obesity later in life.

The Baby Weigh Station is staffed by Certified Lactation Counselors who can assist mothers in proper breastfeeding technique. The Baby Weigh Station is open to any breastfeeding mom in Oneida County. After the grand opening August 26<sup>th</sup>, the Baby Weigh Station will be open Friday afternoons from 1 pm to 4 pm and by appointment. The Baby Weigh Station is located in the Oneida County Health Clinic which is located at 406 Elizabeth Street in Utica. Breastfeeding mothers are encouraged to call 798-5906 for more information or to make an appointment.