



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

# **HOCKING COUNTY HEALTH DEPARTMENT**

**350 State Route 664 North ~ Logan, Ohio 43138**  
**Phone 740-385-3030 Fax 740-385-2252**

August is Breastfeeding Awareness month with August 1<sup>st</sup>-7<sup>th</sup> being World Breastfeeding Week. Hocking County WIC will be involved in many breastfeeding activities throughout the month of August. Community members will see us at the local supermarkets, farmers markets, Worthington Park, and decorating the Hocking County Health Department (HCHD) with this year's theme "Keep Calm and Carry On Breastfeeding" slogan.

To keep the community, breastfeeding moms and those whom are interested in breastfeeding informed, look up our HCHD Facebook page for daily tips about successful breastfeeding throughout the month of August. Secondly, check out our new HCHD website ([www.hockingcountyhealthdepartment.com](http://www.hockingcountyhealthdepartment.com)) for breastfeeding information and updates throughout the year. Hocking County residents can also continue to follow our Speaking of Public Health column in the Logan Daily News for more breastfeeding information throughout the month.

Hocking County WIC would like to thank Joyce Shriner and the OSU Extension for allowing WIC to host the breastfeeding booth again this year at the Hocking County Fair. The nicely air conditioned building is perfect for keeping breastfeeding moms comfortable while feeding their babies. There will be many signs posted throughout the fair grounds to help moms locate the breastfeeding booth. The location of the breastfeeding booth will be in the 4-H building, just past the bathrooms on the left. There will be signs designating it as the breastfeeding booth.

So, here is Tip #1 for any mom wanting to breastfeed or is currently breastfeeding: **Have faith in yourself and in your body that YOU CAN breastfeed.** A woman's body is made to produce milk.



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Don't let anyone tell you otherwise. You just have to allow your body to do what it was made to do by offering the baby your breasts at least eight to ten times a day.

If you are interested in breastfeeding or maybe need some help, please do not hesitate to call your Hocking County WIC Certified Lactation Counselors. We are here to help you! Call 740-385-3030 ext. 229 to get help or more information today.