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Got Mommy Milk? Ways WIC Lends a Hand in Miami-DadeCounty

 Babies are born to breastfeed. Breastfeeding is natural, FREE and best for baby, mother, family and society. Breastfed babies have increased protection from common childhood illnesses, certain types of cancers, reduced risk of obesity and the challenges that using baby formula can bring.

You've done your homework and want to know more, but need some direction. That's where The Miami-Dade County Health Department (MDCHD) Special Supplemental Nutrition Program for Women, Infants and Children (WIC) comes in. We offer extensive

breastfeeding services to assist our clients reach their breastfeeding goal and are there to help every step of the way.

WIC's breastfeeding helpline, (786) 336-1336, is available for callers to ask questions, get assistance with any concerns, verify medicine compatibility or just to hear from a breastfeeding specialist that things are going well. Should advanced assistance be needed, an International Board Certified Lactation Consultant (IBCLC) is available to work with mothers on any range of breastfeeding situations that may arise. To support our client's efforts, Peer Counselors are another exclusive WIC benefit. They are available to talk and support mothers...like a good friend.

WIC mothers with a severely ill or premature infant will receive support to provide their milk through our breast pump loan program and will be assigned an IBCLC to ensure that providing breast milk and baby feeding at the breast are supported.

In Miami-Dade and the State of Florida, breastfeeding mothers are legally protected to express their milk at work. Mothers returning to work should feel confident and secure that they can continue to breastfeed while they are away from their baby. After meeting program requirements, MDCHD WIC clients can participate in the working mother's breast pump loan program.

August 1-7 is World Breastfeeding Week which serves as an important reminder that current recommendations are to exclusively breastfeed baby for the first six months, introduce complimentary solids beginning at six months and continue to breastfeed one year or until mother and baby choose to wean.

South Florida Hospital News and Healthcare Report's number one goal is top quality healthcare journalism written and edited for the region's most successful, powerful healthcare business executives and professionals.

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