

December 10, 2018

FLORIDA DEPARTMENT OF HEALTH IN BAKER COUNTY RECOGNIZES NEWEST CERTIFIED LACTATION COUNSELOR



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Macclenny, Fla.— The Florida Department of Health in Baker County is proud to recognize our newest Certified Lactation Counselor (CLC), Kishia Browning. “This is a major accomplishment for her and adds value to our Health Department” said Stephanie Bechtel, DOH-Baker’s Healthy Start Supervisor. “DOH-Baker now has three CLCs available to provide breastfeeding counseling and support to mothers and soon to be mothers in our community for free and no income verification is needed.”

According to Healthy Children Project, Inc., CLC certification means that a person has received training and competency verification in breastfeeding and human lactation support, including assessing the latching and feeding process, providing corrective interventions, counseling mothers, understanding and applying knowledge of milk production including in special circumstances and other commonly encountered situations.

About breastfeeding:

Breastfeeding is normal. It provides many health benefits for babies and mothers and saves the United States up to \$3 billion a year in healthcare costs. Babies who are not breastfed have increased risks of allergies, asthma, gastrointestinal infections, obesity, Type 2 Diabetes, ear infections and respiratory infections. Breastfeeding decreases a baby’s risk of Sudden Infant Death Syndrome (SIDS). Mothers who breastfeed experience a decreased risk of high blood pressure, ovarian cancer, breast cancer, and reduces postpartum bleeding.

Access to breastfeeding support is crucial to help mothers and babies achieve breastfeeding and the associated health benefits. The Florida Department of Health in Baker County offers breastfeeding support services with 3 Certified Lactation Counselors. If you have any questions or would like to get an appointment, please call (904) 653-5274.

About the Florida Department of Health

The department, nationally accredited by the [Public Health Accreditation Board](#), works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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