



**Clermont County  
Public Health**  
Prevent. Promote. Protect.

# WIC Breastfeeding Newsletter

FEBRUARY 2025 - MAY 2025

## “Chick” out what Clermont County WIC has to offer!

- **Breastfeeding Classes:** Clermont County WIC offers recorded breastfeeding classes to fit your busy life. Watch them on your own time, whenever it works for you! Our classes go over getting started with breastfeeding, pumping and common myths. Watch one or all three!
- **Lending Library:** Clermont County WIC has several books that you can borrow at any time. We have books about basic breastfeeding how-to, nursing multiples, pumping, postpartum care, and more!
- **Breast Pump Program:** Clermont County WIC helps breastfeeding mothers with breast pumps and pump parts. We have a selection of different loaned and keeper pumps available to our moms.
- **Breastfeeding Support:** Clermont County WIC offers breastfeeding support through Breastfeeding Peers. Peers check-in with our breastfeeding moms frequently and offer support and supplies.
- **Breastfeeding Awareness Month Event:** August is breastfeeding awareness month. Each year, Clermont County WIC puts on an event to bring families together, and promote breastfeeding in the community. Stay tuned for information about this year's event!



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## “Should I still breastfeed if I or my baby are sick?”

Yes! You should continue to breastfeed. This passes immunities to your baby and helps them to fight illness. Breast milk contains antibodies and other immune cells to help fight infection.

Remember: washing hands often, eating nutritious foods, and getting plenty of sleep can help keep the immune system strong. Getting vaccinated also provides extra protection against colds and flu for both parents and kids.



## Want to Learn More About Breastfeeding?

Scan to watch our recorded Breastfeeding Classes:



**Test your knowledge:**

What are two breastfeeding services WIC offers?

\_\_\_\_\_  
Name one topic included in the recorded breastfeeding classes:

\_\_\_\_\_



**Department of Health**

Women, Infants, and Children Program (WIC)

This institution is an equal opportunity provider.