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Free Breastfeeding Cafés Launch in Oswego County

*REACH CNY launches celebrates National Breastfeeding Month; promotes breastfeeding support and awareness*

SYRACUSE, N.Y., August 8, 2017 – Breastfeeding is one of the best ways to give newborns a healthy start at life. Family and community support are crucial to help new moms meet their goals to breastfeed. In an effort to offer mothers an ongoing source of peer support, assistance, and breastfeeding information, REACH CNY is proud to announce the launch of Breastfeeding Cafés of Oswego County.

Breastfeeding Cafés, which are completely free and open to breastfeeding and expecting mothers and their family members, will provide monthly informal breastfeeding support in a comfortable setting. Breastfeeding Cafés of Oswego County are led by Certified Lactation Counselors and peer leaders committed to breastfeeding promotion and education to support the health of Oswego County families and communities.

Breastfeeding Cafés of Oswego County will meet monthly in three locations: Mexico, Fulton and Oswego. Gatherings are for one and a half hours with light refreshments provided. Weekday, evening, and Saturday sessions are offered, to fit busy schedules. A baby weigh station will also be available for moms to track their baby’s growth and keep their own records. Certified Lactation Counselors will be available to provide support as needed, such as assessing latch, answering questions, and providing useful information and referrals for breastfeeding moms and expectant mothers.

Monthly drop-in meetings will take place in Fulton at Backstreet Books, 201 Oneida Street on the second Monday of each month from 1 p.m. to 2:30 p.m.; in Oswego at the Elim Grace Christian Church on 340 West First Street on the third Saturday of each month from 10 a.m. to 11:30 a.m.; and in Mexico at the Mexico Public Library on 3269 Main Street on the fourth Tuesday of each month from 6 p.m. to 7:30 p.m.

The first 150 participants will receive a unique handcrafted breastfeeding tote bag created by an Oswego County artisan, a cute infant T-shirt, and educational materials. Please follow us on Facebook or contact (315) 424-0009 ext.111 for more information.

Breastfeeding Cafés of Oswego County are brought to you by REACH CNY, Inc. in collaboration with Oswego County Health Department, OCO WIC, OCO OPTIONS, Oswego Health, Cornell Cooperative Extension of Oswego County, Pregnancy Care Center, Mother Earth Baby, Integrated Community Planning and the Oswego County Breastfeeding Coalition. This project is funded through a Community grant from Excellus.

About REACH CNY

REACH CNY is a non-profit organization serving Central NY including Onondaga and Oswego Counties. It provides resources, education, advocacy and collaborative programs to improve health and reduce health inequity in Central New York.

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