



Connie Beck, Director  
Social Services | Public Health | Mental Health

## news release

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Aug. 15, 2018

### Breastfeeding Rest Stop available at the fair for eighth year

The Breastfeeding Task Force (BFTF) of Humboldt County is providing a Breastfeeding Rest Stop booth at the Humboldt County Fair in Ferndale Thursday, Aug. 16 through Sunday, Aug. 26.

The rest stop, located inside Hindley Hall near the women's restroom, is open to all families and provides a quiet place where mothers can relax while breastfeeding their babies.

The Breastfeeding Task Force works to increase awareness about a mother's right to breastfeed in public, as well as increase community awareness about the recommended duration of breastfeeding. Members of the BFTF include lactation consultants, health care providers, doulas, peer counselors and mothers.

According to Civil Code § 43.3 (1997), a mother has the right to breastfeed her child in any location, public or private.

The booth will have information available about breastfeeding support in the community. According to Healthy People 2020, Humboldt County's exclusive breastfeeding rate is just over 75 percent upon leaving the hospital after birth, and the rate decreases rapidly during the first three months.

The BFTF encourages parents to follow the American Academy of Pediatrics recommendation of exclusively breastfeeding infants for about six months, and then up to one year or as long as is mutually desired and safe for mother and baby.

For more information about the Breastfeeding Task Force, meeting times and locations and how to get involved, call 707-441-5573.

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