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News Release

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Greene County Combined Health District Announces Winner of Breastfeeding Awareness Month Essay Contest

(Xenia, OH) Navette Lawrence of Fairborn is the winner of the Breastfeeding Awareness Month essay contest sponsored by the WIC Program at the Greene County Combined Health District (GCCHD). The contest was part of the WIC Program's celebration of Breastfeeding Awareness Month during the month of August. Ms. Wallace received a gift certificate donated by T.G.I.Friday's Restaurant in Beavercreek as her prize for her winning essay.

Breastfeeding Awareness Month is celebrated annually in Ohio to highlight the many benefits of breastfeeding for children, families and communities. Here is Navette Lawrence's winning essay:

I always knew I would breastfeed my baby if I ever had one, and on December 4, 2008, when I welcomed my precious little girl, I did just that. To me breastfeeding is a wonderful and rewarding experience. It created closeness and a special bond that only the two of us can share. It satisfies both mommy and baby.

Two days after getting home from the hospital we woke up to no electricity. It was the dead of winter, and naturally I panicked thinking "how am I going to feed my baby". Then it dawned on me, I don't need electricity, I just need me. Breastfeeding is downright convenient. It requires no bottles, water, heating, cooling or electricity. It is such a "No brainer". For me, breastfeeding was mostly a breeze. It started out a little tricky, because getting my baby to "latch on" took some practice. We started out with the football hold because it was the most comfortable position, given that she was so tiny at birth. As she got older and bigger we changed positions to where she was across my chest cross cradled. It just came naturally.

I received some valuable information from my WIC office breastfeeding peer helper, Rachel Goff. She was always there for me. Also, my mom breastfeed all seven of her children; some longer than others. She said I stopped at age two.

My daughter is now seven months old, and we are still breastfeeding. Before she goes to daycare, when she's home from daycare, and before she goes to bed each night. It is like a lullaby that I don't have to sing, and she'll have it no other way.

(continued)

Photo caption: Greene County WIC Director, Tonja Lively, and essay contest winner Navette Lawrence and her daughter Calais.

FOR MORE INFORMATION about breastfeeding, contact Nancy Cohen, RD, LD, IBCLC, WIC Breastfeeding Coordinator at the Greene County Combined Health District: 374-5642 or toll-free 1-866-858-3588, extension 5642, or the WIC Breastfeeding Peer Helpers at 374-5600 or toll-free 1-866-858-3588.

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