

NEWS RELEASE

For immediate release: June 7, 2011

HEALTH UNIT AND BREASTFEEDING COALITION DONATE BOOKS TO KINDERGARTEN CLASSES

The Health Unit introduced a kindergarten class at E.W. Norman to “We Like to Nurse” by Chia Martin. Dr. Jim Chirico, Medical Officer of Health read the book to the class this morning to launch the books’ distribution to all schools in the district. This book will reinforce for children that breastfeeding is natural and healthy.

The Health Unit and the Breastfeeding Coalition of North Bay and Area have provided the books to all kindergarten classes to support objectives in the Full Day Early Learning Kindergarten Program.

All English kindergarten classes within the district will receive a copy of this book. French kindergarten classes will receive a similar book, “**Antoine devient grand frère**” by Valerie Elizabeth Burn, Isabelle Coté and Roxanne Gendron, for their classes.

For more information, call the Health Unit at 705-474-1400 or 1-800-563-2808, or visit www.healthunit.biz.

Quote

“Storytelling is a good way for children to learn that breastfeeding is natural and healthy. Kindergarten children are beginning to be aware of their own health and the health of others. Reinforcing breastfeeding will establish a foundation for the future.”

- Dr. Jim Chirico
Medical Officer of Health

Quick Facts

- Health Canada guidelines recommend exclusive breastfeeding for the first six months and promote breastfeeding for up to two years and beyond with the addition of other foods.
- The Breastfeeding Coalition of North Bay and Area provides support to breastfeeding mothers and families. Find out more at their website, <http://breastfeedingnorth.ca>.

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