



NEWS RELEASE
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Breast-feeding peer group for moms and moms-to-be to celebrate second birthday

(Lawrence, KS) – A Douglas County breast-feeding support group called Breast Is Best Social, or B.I.B.S., will mark its second anniversary with a party at 6:30 p.m. July 31 at the Lawrence-Douglas County Health Department, 200 Maine St.

The free event will include a trivia contest, children’s games, prizes and refreshments. It also will kick off World Breastfeeding Week, Aug. 1-7. This year’s theme, “Breastfeeding Support: Close To Mothers,” highlights the importance of peer counseling.

B.I.B.S. is a free, peer group for women seeking to learn about breast-feeding. It meets at 6:30 p.m. Wednesdays at the Health Department and is facilitated by certified breast-feeding educators in a relaxed, come-as-you-are environment. Residents can attend as often as they like.

Cary Allen, a breast-feeding peer counselor, said members talk about more than breast-feeding. They talk about topics such as diapering, sleep and relationships. For many moms, this group has become a second family for them.

“Sometimes when you’re a new mom, things come up that you don’t expect and you think you’re the only person dealing with it,” Allen said. “When you’re in a group of moms who have already gone through it or can go through it with you, it’s comforting. You feel connected to something. You can talk about an issue and you can see all of these faces nod their head like, ‘Yes. I understand.’”

For more information about B.I.B.S., visit the Health Department’s website at ldchealth.org, look for the Douglas County Breastfeeding Connection on Facebook or call 785-843-3060.