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SPECIAL ROOM CREATED FOR NURSING MOTHERS AT FLORIDA STATE FAIR



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Tampa, Fla. – The Florida Department of Health in Hillsborough County has partnered with the Florida State Fair to provide a cool, quiet spot for breastfeeding. The Mother’s Nook is open during fair hours in the Expo Hall and is specially designed for nursing families.

The Mother’s Nook also has a private restroom and changing stations.

“A nursing mother has the right to breastfeed anytime, anyplace and we welcome that at the Florida State Fair. But we understand some may want a place that is away from all the excitement,” said Danielle Jones, lactation counselor at DOH-Hillsborough.

Exclusive breastfeeding is recommended for the first six months of life to benefit both the mother and the baby. Breastfeeding reduces the risk for babies to develop certain cancers, asthma, and obesity during childhood. Mothers who breastfeed are less likely to develop uterine and ovarian cancer, and breastfeeding aids in losing weight gained during pregnancy.

DOH-Hillsborough staff will be available in the room to answer questions about the health department’s breastfeeding program, as well as other beneficial programs mothers may qualify for.

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