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**Taney County Health Department**



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## **FOR IMMEDIATE RELEASE**

January 13, 2012

### Taney County Health Department Nutritionist Earns International Credential

The desire to provide expert care for families inspired Taney County Health Department Women Infant and Children (WIC) Nutritionist, Tawana Rennison, to earn the International Board Certified Lactation Consultant (IBCLC) credential.

Consultants like Rennison work with mothers to prevent and solve breastfeeding problems. They also encourage a social environment that supports breastfeeding families.

Rennison is overjoyed by her success, looking forward to the benefits she can bring to Taney County. "Having an IBCLC means Taney County will be able to better assist mothers with common breastfeeding challenges and add to overall public health with an increasing rate of breastfeeding success," Rennison said.

The qualifying exam for this credential is given once a year on the last Monday in July and covers a total of 13 disciplines. Clinical experience and specific breastfeeding education courses are also requirements needed to take the exam. As a 2003 graduate of College of the Ozarks majoring in Dietetics, Rennison has now been working with breastfeeding mothers for 7 years.

Taney County Health Department WIC Division Manager, Tammy Drake, is thrilled by the news, as she explains, "The nutritional value and health benefits of human milk are widely recognized, which is why breastfeeding is the preferred feeding method for all WIC recipients."

The American Academy of Pediatrics recommends that infants be exclusively breastfed for approximately the first 6 months of life. It is further recommended that breastfeeding continue with recommended food supplementation for at least 12 months and thereafter for as long as mutually desired by the mother and child.

Rennison and Drake lead a breastfeeding support group that meets once a month at the Taney County Health Department in Branson. Attending this group is free of charge and is open to all breastfeeding or expecting mothers in Taney County. The next group meeting is January 17 at 2 p.m. For more information, call (417) 334-4544 or (417) 546-4725 or visit calendar of events on the Health Department website [www.taneycohealth.org](http://www.taneycohealth.org).

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