

For Immediate Release
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Health Department's Healthy Families Team Presents Free Breastfeeding Support Webinars in November and December

A Certified Lactation Counselor talks to new and expectant parents about breastfeeding

INDIANAPOLIS – The Marion County Public Health Department's Healthy Families Program offers free monthly breastfeeding support webinars to new and expectant parents.

The next two webinars – offered from 9:30 a.m. to 10:30 a.m. on Nov. 17 and from 5:00 to 6:00 p.m. on Dec. 17 – are available to anyone, whether they are Healthy Families participants or not.

The link to the webinar is : <https://www.eventbrite.com/e/1976760336379?aff=oddtcreator>.

During the webinar, a Certified Lactation Counselor will talk about common breastfeeding challenges, feeding frequency, and the proper storage of breast milk.

MCPHD's Healthy Families Program offers free home visits with a Family Support Specialist to support parents and encourage the child's growth and development, providing resources, education and more, beginning during pregnancy and lasting through a child's third birthday.

The program has 50 home-visiting staff – almost half of whom are bilingual -- and 17 support staff. In 2025, the program provided 15,576 visits to 1,153 families.

The home-visiting staff performs developmental screenings with children, encourages positive parent-child attachments, provides access to resources, and builds parents' confidence.

Healthy Families participants are able to receive one-on-one home visits with a certified lactation counselor, where they can ask questions, discuss concerns, and receive targeted guidance around feeding their baby.

"Supporting a parent's breastfeeding journey starts with education and encouragement," said Adrienne Dycus, a Certified Lactation Counselor and Supervisor with MCPHD's Healthy

Families Department. “Breastfeeding classes give parents the knowledge, confidence, and support they need to feel prepared in an early parenting decision around feeding goals for their baby.”

Those interested can use the link to register before the event. Participants can include expectant moms, dads, and experienced parents and healthcare workers who want a refresher on their knowledge.

For more information about the Healthy Families program, please visit <https://marionhealth.org/programs/population-health/community-based-care/healthy-families/>, or call (317) 221-2349.

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Douglas F. Toole, B.S., CPH

Crisis Communication Coordinator
Health & Hospital Corporation of Marion County
Marion County Public Health Department
Indianapolis, IN
317-221-2424 (office) 317-220-4762 (cell / text)