



# February Hero Profile 2018

**Children's Bill of Rights #2:** As the children and youth of San Luis Obispo County, may we each eat healthy and plentiful meals every day.

**FEBRUARY'S HERO**  
Andrea Herron

**PASSION**  
Supporting new moms in their efforts to nourish their babies

**ONE WORD TO DESCRIBE ANDREA**  
Champion

**NOMINATED BY**  
Central Coast Breastfeeding Coalition



**Andrea Herron is a champion for children and families, helping countless mothers across San Luis Obispo and Santa Barbara Counties become successful with breastfeeding.**

A pediatric nurse practitioner and expert in the field of lactation, Andrea has been working with children and families for fifty years! She understands well the many nutritional benefits of breastmilk, as well as the healthy bonding and attachment associated with the act of nursing. For some mothers and babies, breastfeeding comes easily right away—but for others, the transition can be more challenging. Andrea is there every step of the way with advice, encouragement and insight. One new mom summed it up best—“She’s so empowering and reassuring and makes you feel like you are not alone.”

Giving babies the best start in life is Andrea’s driving force. When Sierra Vista Regional Medical Center identified the need for a free weekly NICU Support Group, Andrea readily volunteered to co-host it, donating her time and even office space. The group is still active seven years later, and the mothers and fathers who participate continue to express their gratitude for this special community to share experiences and find comfort during difficult times.

Andrea, who specializes in newborn and infant feeding disorders and infant development, runs a solo practice focused on parenting and lactation called “Growing with Baby.” She offers private appointments, free parent/baby support groups and weigh-ins, as well as pump purchases and rentals. She also mentors many other breastfeeding advocates, educators, consultants, and health professionals on the Central Coast. Thanks in large part to the unwavering dedication of Andrea and her colleagues, San Luis Obispo County now ranks 4th in the state for exclusive breastfeeding within its hospitals!

**Thank you, Andrea.  
You are a true Hands-On Hero.**

*Look for more on all of our Hands-On Heroes on COE-TV channel 19!*



Hands-On Heroes is a special recognition of dedicated individuals who believe in and support the Children's Bill of Rights, an achievable vision that our children grow up with healthy minds, bodies and spirits that enable them to maximize their potential. This program is coordinated by First 5 San Luis Obispo County in collaboration with local organizations that make a difference in the lives of children in our community. To find out more about First 5 and the Children's Bill of Rights, please visit [first5slo.org](http://first5slo.org).



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