

## HERE'S HOW TO REACH YOUR WIC PEER COUNSELOR

Peer Counselor Name \_\_\_\_\_

Phone \_\_\_\_\_

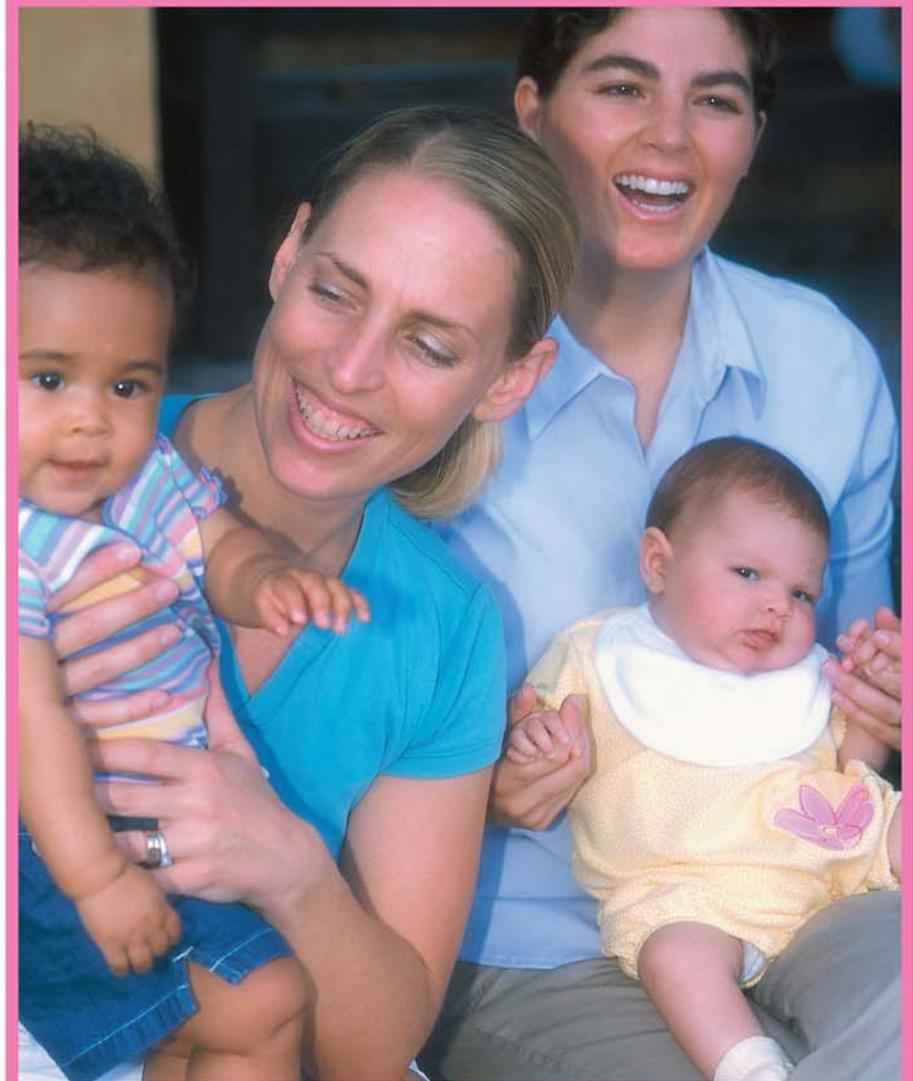
E-Mail \_\_\_\_\_

WIC Clinic \_\_\_\_\_



“My daughter is 8 months old, 16 lbs, and still breastfeeding. She has hit every single milestone early. The doctors cannot believe how well she’s done. She is never sick and she greets everyone with a smile and a giggle. I have no doubt in my mind that WIC got us where we are today.”

*WIC Mother*



**MOMS HELPING MOMS**  
Meet Your WIC Breastfeeding Peer Counselor

*Loving*  *support*  
makes breastfeeding work



“Being a peer counselor has allowed me the opportunity to help new moms do the best they can to give their babies the healthiest start possible. When a mom tells me how helpful I was, it makes me proud to have made a difference in her life.”

*WIC Breastfeeding Peer Counselor*

As a new mother, you may have heard many things about how to feed your baby. You may know breastfeeding is the best way to give your baby a healthy start in life, and wonder how to fit it into your life. Mothers everywhere have found that breastfeeding **CAN** work. Your WIC peer counselor can help!

### WHO IS YOUR WIC PEER COUNSELOR?

A peer counselor is a WIC mother just like you. She lives in your community and has breastfed her own baby. She has been carefully selected by WIC to help give new mothers information about feeding their babies. She is here to give you support to meet your own goals for feeding your baby.

### HOW CAN A PEER COUNSELOR HELP YOU?

Your WIC peer counselor can give you:

- Tips for how to breastfeed comfortably and discreetly, even in public;
- Ways you can stay close to your baby through breastfeeding after you return to work or school;
- Ideas for getting support from your family and friends;
- Ways to get a good start with breastfeeding;
- Secrets for making plenty of breast milk for your baby; and
- Help with breastfeeding concerns.

### WHAT DOES A PEER COUNSELOR DO?

- Listens to you.
- Contacts you during your pregnancy to answer your infant feeding questions and helps you prepare for having a new baby.
- Answers any questions or concerns you might have after your baby is born.
- Shows you how to get more help from other healthcare professionals, if needed.

