



## **BREASTFEEDING:**

### **MOMS HELPING MOMS**

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

## **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 is hired and trained 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
- Tips for making plenty of breast milk for your baby
- Help with breastfeeding concerns



## WHAT DOES A PEER COUNSELOR DO?

- Listens to you
- Contacts you during your pregnancy to answer questions about feeding your baby
- Helps you prepare for having a new baby
- Answers breastfeeding questions or concerns after your baby is born
- Shows you how to get more help from other health care professionals

## CONTACT WIC IN YOUR COMMUNITY



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MAKES BREASTFEEDING WORK



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