



BREASTFEEDING PEER COUNSELORS

- A peer counselor is a WIC mom who has breastfed her own child and is trained to support moms in breastfeeding.
- A peer counselor can give:
 - Ways to get a good start with breastfeeding
 - Secrets for making plenty of breast milk for baby
 - Ways to breastfeed & return to work or school
 - Tips for how to breastfeed in public
 - Help with breastfeeding concerns
 - Ideas for getting support from friends & family
- A peer counselor:
 - Listens to moms
 - Contacts moms during pregnancy to teach breastfeeding and prepare for new baby
 - Helps with breastfeeding after baby is born
 - Shows moms where to get extra breastfeeding help

