



## ONE-ON-ONE SUPPORT

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

### **WHO IS YOUR WIC PEER COUNSELOR?**

A peer counselor is a WIC parent just like you. They live in your community and have breast/chestfed their own baby. Peer counselors are hired and trained by WIC to help give new parents information about feeding their babies. Peer counselors are 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 feed your baby comfortably and discreetly, even in public
- Ways you can stay close to your baby through breast/chestfeeding after you return to work or school
- Ideas for getting support from your family and friends
- Tips for making plenty of milk for your baby
- Help with feeding 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 breast/chestfeeding 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



loving support.®

MAKES BREASTFEEDING WORK



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