

HERE'S HOW TO REACH YOUR WIC PEER HELPER

Peer Helper 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 Helper

Loving  Support
makes breastfeeding work



“Being a peer helper 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 Helper

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 helper can help!

WHO IS YOUR WIC PEER HELPER?

A peer helper 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 HELPER HELP YOU?

- Your WIC peer helper 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 breastmilk for your baby; and
- Help with breastfeeding concerns.

WHAT DOES A PEER HELPER DO?

- Listens to you.
- Contacts you during your pregnancy to answer your infant feeding questions and help 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.

