



SUPPORTING YOU AND YOUR BABY

BREASTFEEDING PEER COUNSELORS



WIC BREASTFEEDING PEER COUNSELORS ARE MOMS LIKE YOU!

They breastfed their babies, will support you and answer your questions, be by your side if you need help, and cheer you on!

MOTHERS HELPING MOTHERS!



YOUR WIC BREASTFEEDING PEER COUNSELORS CAN:

Respect your wishes and help you meet your goals.

Meet with you at the WIC clinic and talk with you on the phone, through text, or by email.

Support you with expressing your milk, if needed.

Listen to you and encourage you.

Connect you with other mothers and groups.

Help you understand your baby's sleep, cues, and crying.



Answer your questions and concerns.

Arrange for you to see and talk with a breastfeeding expert, if needed.

Share current information with you.

Be available to you outside of WIC clinic hours.





"I APPRECIATE THE HELP AND SUPPORT YOU HAVE GIVEN ME, IT HAS GONE FAR PAST BREASTFEEDING. HAVING SOMEONE CHECK IN MADE A HUGE DIFFERENCE FOR MY BREASTFEEDING JOURNEY."

- WIC PARENT

"WE WERE NERVOUS ABOUT BEING FIRST TIME PARENTS, AND YOU EXPLAINED WHAT TO EXPECT WITH A NEW BABY. YOU HELPED US HAVE CONFIDENCE IN FEEDING AND LEARNING OUR NEW BABY. THANK YOU."

- WIC PARENT



MEET YOUR BREASTFEEDING PEER COUNSELOR!

FAVORITE BREASTFEEDING TIP

Be a patient while your mature milk comes in.

When you're pregnant your body starts producing colostrum. Colostrum is a nutrient-rich, syrupy, pre-milk miracle that your baby needs in its first few days of life.

After two to three days your body typically starts producing mature milk however, it can take five or six days for some moms, and that's OK. If you're concerned, WIC is here to help.

ABOUT ME

Hi, my name is Julie and I am a Breastfeeding Peer Counselor for Sheboygan County WIC. I am a mom just like you who has breastfed my 3 babies and so glad I did. You too have the opportunity to give something to your baby that no one else can and that's Your Breast Milk! I am here to cheer you on and offer mom-to-mom support.

Here are a few things I can assist with:

- Listen to, encourage, and support you
- Respond to breastfeeding questions or concerns you may have
- Help you understand your baby's feeding cues
- Assist with back to work/school plans

CONTACT INFORMATION

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WIC

CLINIC:

Sheboygan County WIC Program

1011 N. 8th Street

Sheboygan, WI 53081

Available 7 Days a Week from 8am-8pm

ASK ABOUT SEEING A WIC BREASTFEEDING PEER COUNSELOR TODAY



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- 1. mail:** U.S. Department of Agriculture
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- 2. fax:** (833) 256-1665; or (202) 690-7442
- 3. email:** program.intake@usda.gov

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