

*“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*



### Here’s How to Reach Your WIC Breastfeeding Peer

Breastfeeding Peer Name \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

WIC Clinic \_\_\_\_\_

This institution is an equal opportunity provider.

# Moms Helping Moms

Meeting Your WIC Breastfeeding Peer



**Department of  
Health**

Women, Infants, and  
Children Program (WIC)

*“Being a breastfeeding peer 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



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 breastfeeding peer can help!

### **Who is your WIC Breastfeeding Peer?**

A breastfeeding peer 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 Breastfeeding Peer Help You?**

Your WIC Breastfeeding Peer Can Help You With:

- Tips for how to breastfeed comfortably 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 have a good start with breastfeeding.
- Tips for making plenty of breastmilk for your baby.
- Help with breastfeeding concerns.

### **What Does a Breastfeeding Peer 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.

