

What other moms are saying about their peer counselors:

*“It means knowing that you are not alone on how to breastfeed your baby. You have someone who cares and helps you with all your needs.”*



*“The best thing was making friends with another mom who could guide me and answer my questions.”*



*“She told me a lot about breastfeeding that I didn’t know. I learned a lot!”*



Oregon Health Authority

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# *Loving Support through Peer Counseling*



*“She always let me know I was doing great. It made me want to continue breastfeeding no matter what.”*



- A new mom talking about her WIC breastfeeding peer counselor

- \* Meet monthly with other moms who are due at the same time.
- \* Learn what you can't find in pregnancy books or at childbirth classes.
- \* Get free gifts, including a Mother's Journal.
- \* Attend a celebration party to meet all the babies born to the moms in your group!



**If you are less than 5 months pregnant (20 weeks), you may qualify for additional support!**

A **peer counselor** is a mother who has breastfed her own baby and wants to help other moms with breastfeeding.



Peer counselors help mothers gain confidence in their mothering and breastfeeding abilities by providing encouragement and answering questions.

The Breastfeeding Coordinator at my agency is:

Please provide the following information so your peer counselor can contact you:

Today's Date: \_\_\_\_\_

Name: \_\_\_\_\_ WIC ID #: \_\_\_\_\_

Address: \_\_\_\_\_ City, ZIP: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Best time to call: \_\_\_\_\_ When is your baby due? \_\_\_\_/\_\_\_\_/\_\_\_\_

*Thank you for doing this for yourself and your baby!*