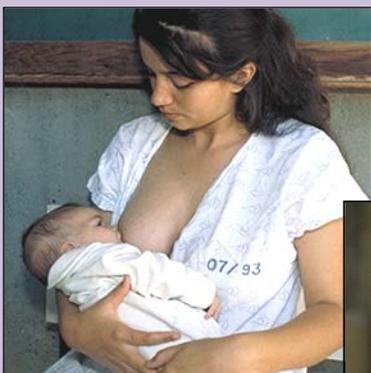


What is a Peer Counselor?

A peer counselor 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.



BFHD WIC Breastfeeding helpline:
509-460-4256

BFHD WIC Appointments:

Kennewick – 509-460-4202

Pasco – 509-460-4203



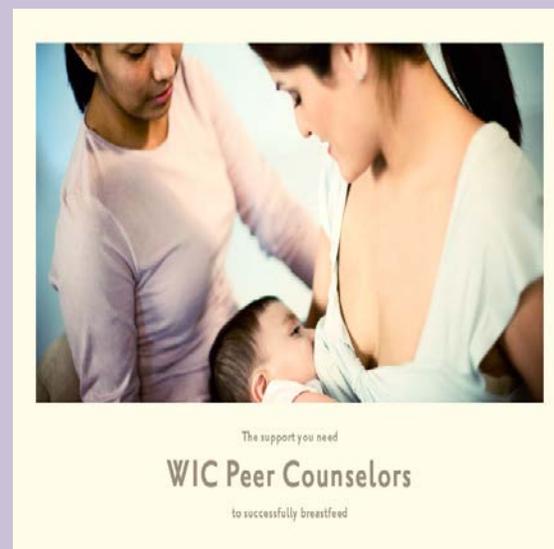
This institution is an equal opportunity provider.
Washington State WIC Nutrition Program
doesn't discriminate.

BFHD-PHS-WPC-001G

Having a peer counselor is optional and will not affect your WIC benefits.

Benton-Franklin Health District

WIC Breastfeeding Peer Counselor Program



Mom to Mom Breastfeeding Support Available 24/7

How can a Peer Counselor help you?

Your peer counselor can give you:

- Tips for breastfeeding 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 friends and family
- Ways to get a good start with breastfeeding
- Tips for making plenty of milk for your baby
- Encouragement and support as you reach your breastfeeding goals
- Help with breastfeeding concerns
- Information on how to get more help from other healthcare professionals, if needed.

You can expect to receive a phone call from your peer counselor soon. She will listen to your concerns and questions, and talk with you about your goals. Your peer counselor will call or meet with you once a month during your pregnancy, with more frequent interactions as you near your due date, and in the early weeks of breastfeeding.

“While Breastfeeding may not seem like the right choice for every parent, it is the best choice for every baby.” ~Amy Spangler



“I’M NOT SAYING IT’S GOING TO BE EASY. I’M JUST SAYING IT’S GOING TO BE WORTH IT.”



Why you should breastfeed your baby?

- Breast milk is the best choice of food you can offer your baby.
- Breast milk contains Anti-viruses, Growth factors, Hormones, Anti-parasites, Enzymes, Anti-allergies & Antibodies which are **not** found in formula.
- Breastfeeding burns calories and can make weight loss easier for mothers after giving birth.
- Studies show that babies who breastfeed, have a reduced risk of Sudden Infant Death Syndrome (SIDS) and those babies that are breastfed for at least six months have less allergies, asthma, colds and ear infections.
- Breastfeeding is our natural way of bonding with our baby.