

WHAT DOES A PEER COUNSELOR DO?

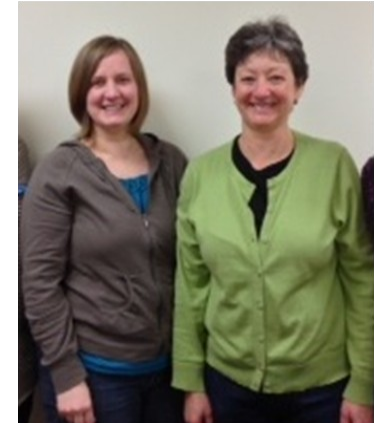
- Listens to you
- Contacts you during your pregnancy to answer your questions
- Gives basic breastfeeding information
- Offers help and support after your baby is born
- Answers any questions or concerns you might have after your baby is born
- Tells you how to get more help from other healthcare professionals, if needed
- Builds your confidence
- Encourages you if things don't go as expected.



2230 S Park Street Madison WI 53713
2705 E Washington Ave. Madison WI 53704
WIC line: 608-267-1111
Breastfeeding line: 608-243-0449
Website:
<http://www.publichealthmdc.com/family/breastfeeding/>

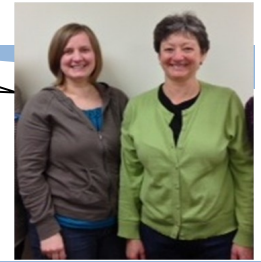


We are WIC Breastfeeding Peer Counselors!



**Breastfeeding line
608-243-0449**

We are the WIC breastfeeding peer counselors in Public Health Madison and Dane county



Your baby deserves to start life with the best nutrition possible—your milk. We want to help make breastfeeding an enjoyable and successful experience for you and your baby.



WHO IS YOUR WIC PEER COUNSELOR?

A peer counselor is a mother just like you. She lives in your community and has breastfed her own baby. She is trained by WIC to provide moms-to-be and mothers with information and encouragement. Her goal is to answer your questions so you can have a successful breastfeeding experience.



HOW CAN A PEER COUNSELOR HELP YOU?

By giving you breastfeeding information and support on:

- Ways to get a good start breastfeeding
- What to expect
- How to make plenty of breast milk
- How to gain support from your family and friends
- Continuing to breastfeed when you return to work or school
- How to breastfeed comfortably in public

