



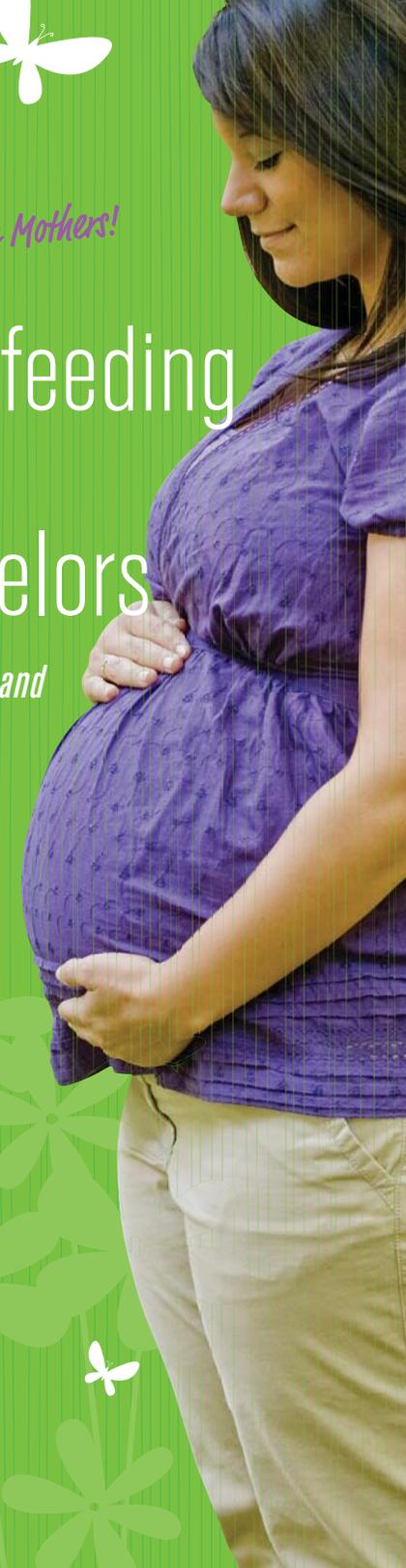
Ask about seeing a
WIC Breastfeeding
Peer Counselor
today.



Mothers Helping Mothers!

Breastfeeding Peer Counselors

*Supporting You and
Your Baby*



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...cheer you on.

Local Agency Information:

California WIC Program, California Department of Public Health
This institution is an equal opportunity provider.

1 (800) 852-5770 | IC# 910222 (01/13)



Your WIC Breastfeeding Peer Counselor will:

listen to you and encourage you

share current information with you

respect your wishes and help you meet your goals

see you at WIC and talk with you on the phone or by text or email

answer your questions and concerns

connect you with other moms and groups

arrange for you to see a breastfeeding expert, if needed

help you understand your baby's sleep, cues and crying

“Thank you for your help and support when Autumn and I were learning to breastfeed. Your patience and direction were so helpful. Because of you Autumn and I are doing wonderful and nursing strong.”

WIC Mom



WIC mom-to-mom group

