

Breastfeeding Peer Counselors

Moms Helping Moms



For more information contact Arkansas WIC Nutrition and Breastfeeding
1-800-445-6175 | www.healthy.arkansas.gov/breastfeeding

Breastfeeding your baby can be an amazing, incredible thing that you just don't want to miss! We all need help in the beginning. Call your Peer Counselor.

Your Peer Counselor is:



Who is a WIC Breastfeeding Peer Counselor?

She is a mom just like you! She is a mom from your community that breastfed her own baby. She knows what it is like to be a new mother!

How can your Breastfeeding Peer Counselor help you?

A Breastfeeding Peer Counselor is there for you. She is there to answer your questions and offer you her support. Call her if you have questions. Meet with her if you need help getting started breastfeeding. Join other mothers at a Breastfeeding Support Group meeting and become part of mothers supporting mothers.

Your Breastfeeding Peer Counselor can:

- Help you be ready to breastfeed as soon as your baby arrives!
- Show you what is normal for a breastfeeding newborn.
- Prepare you for normal changes before they happen.
- Listen to your concerns.
- Refer you or your baby to a health professional if needed.
- Help you plan how breastfeeding can work even when you and your baby can't be together.

