



SUPPORTING YOU AND YOUR BABY

BREASTFEEDING PEER COUNSELORS



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, and cheer you on!

MOTHERS HELPING MOTHERS!



YOUR WIC BREASTFEEDING PEER COUNSELORS CAN:

Respect your wishes and help you meet your goals.

Meet with you at the WIC clinic and talk with you on the phone, through text, or by email.

Support you with expressing your milk, if needed.

Listen to you and encourage you.

Connect you with other mothers and groups.

Help you understand your baby's sleep, cues, and crying.



Answer your questions and concerns.

Arrange for you to see and talk with a breastfeeding expert, if needed.

Share current information with you.

Be available to you outside of WIC clinic hours.





“I APPRECIATE THE HELP AND SUPPORT YOU HAVE GIVEN ME, IT HAS GONE FAR PAST BREASTFEEDING. HAVING SOMEONE CHECK IN MADE A HUGE DIFFERENCE FOR MY BREASTFEEDING JOURNEY.”

– WIC PARENT

“WE WERE NERVOUS ABOUT BEING FIRST TIME PARENTS, AND YOU EXPLAINED WHAT TO EXPECT WITH A NEW BABY. YOU HELPED US HAVE CONFIDENCE IN FEEDING AND LEARNING OUR NEW BABY. THANK YOU.”

– WIC PARENT

MEET YOUR BREASTFEEDING PEER COUNSELOR!



FAVORITE BREASTFEEDING TIP

Did you know that breastfeeding makes your heart happy AND healthy?! It is true that breastfeeding is good for baby, but it's also good for you. Research shows breastfeeding can:

- Lower the risk of heart disease and stroke.
- Lower the chances of dying from cardiovascular disease.
- Reduce the risks of type 2 diabetes and some cancers.

ABOUT ME

Hi, my name is Dayanna Jacob and I have worked for WIC for over 3 years. I have two kiddos (ages 2 and 4) and I breastfed them both. I faced many unknowns and challenges throughout my pregnancy and breastfeeding journey. Thanks to the help of others, WIC Peers and other Health Public Staff, I was able to continue working on my breastfeeding goals while gaining more knowledge about breastfeeding. Thanks to these experiences, I was determined to help others like me that faced similar challenges. This led me to become a Breastfeeding Peer Counselor here at the WIC office where my goal is to support and encourage WIC pregnant and breastfeeding mothers so that they have a good breastfeeding experience. I am also Bilingual in English and Spanish, and I enjoy helping the Hispanic community.

CONTACT INFORMATION

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**WIC
CLINIC:** Waukesha County Health and Human Services Bldg.
Waukesha County Public Health / WIC Clinic
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Waukesha, WI 53188

ASK ABOUT SEEING A WIC BREASTFEEDING PEER COUNSELOR TODAY



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- 1. mail:** U.S. Department of Agriculture
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- 2. fax:** (833) 256-1665; or (202) 690-7442
- 3. email:** program.intake@usda.gov

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