



## Breastfeeding Support

The WIC Breastfeeding Peer Counseling program provides personalized lactation support & education to pregnant & lactating WIC participants.



### AFTER DELIVERY

#### DURING PREGNANCY

- FREE Breastfeeding Class.
- Personalized Lactation Education & Support.
- What to Expect in the Last Month of Pregnancy & After Delivery.
- How to get Chest/Breastfeeding off to a Good Start.
- How to Use a Breast Pump.
- How to Communicate with Family, Work, & Hospital Staff about your Plans to Chest/Breastfeed.

- Help You Set & Reach Your Own Breastfeeding Goals.
- Chest/Breastfeeding Support via Text/Call & at the WIC Clinic, Hospital, & the Comfort of Your Own Home.
- Troubleshoot Normal Chest/Breastfeeding Problems, with Referrals to Certified Lactation Counselors for Additional Support, as needed.
- Help You Find Different Positions to Support a Comfortable Latch.
- Help You Gain Confidence in Chest/Breastfeeding.
- Help You Overcome Obstacles, such as: Returning to Work/School, Finding a Balance at Home, etc.
- Provide Breast Pump Education & Support.
- Assistance Receiving a Breast Pump with Select Insurances.
- New Parent Goodie Bag & Breastfeeding Supplies\*.

*\*while supplies last.*

