



# 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.**





## Your WIC Breastfeeding Peer Counselor will:

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listen to you and encourage you

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share current information with you

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respect your wishes and help you meet your goals

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



WIC mom-to-mom group

answer your questions  
and concerns

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connect you with other  
moms and groups

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arrange for you to see a  
breastfeeding expert, if needed

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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**

## Local Agency Information:

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Ask about seeing a  
WIC Breastfeeding Peer  
Counselor today.



**California Department of Public Health, California WIC Program**

*This institution is an equal opportunity provider.*

**1-800-852-5770 | [MyFamily.WIC.ca.gov](http://MyFamily.WIC.ca.gov)**

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