

You have questions...

I don't know anyone who has breastfed...

My baby wants to eat all the time...do I have enough milk?

Is it normal for my breastfed baby to do this...?

We have answers!



SCHD

WIC Breastfeeding Peer:

Rebecca Meyer

(810) 648-4098 ext. 110

**Phone line available
afterhours!**



In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) Mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; (2) Fax: (202) 690-7442; or (3) Email: program.intake@usda.gov. This institution is an equal opportunity provider.

**Sanilac County WIC
Breastfeeding
Peer Counselor Services**



Mothers supporting mothers



Healthy babies, happy families!



171 Dawson St. Ste. 123

Sandusky, MI 48471

Phone: (810) 648-4098

Fax: (810) 648-5276

Website: www.sanilachealth.com

What is a Breastfeeding Peer Counselor?

A Breastfeeding Peer Counselor is a mom just like you. She lives in your community, has breastfed her own babies, and has a passion for helping other mothers to succeed in nursing their babies, too. She will give you support and encouragement to meet your own goals for breastfeeding your baby.

... the difference between going it alone, and getting there with the help of others, is a question of time -- and the quality of the results.

"It's wonderful to have someone to understand breastfeeding and can support you in your efforts."

- unknown



What does a Breastfeeding Peer Counselor do?

Breastfeeding Peer Counselors help breastfeeding mothers and mothers-to-be learn about the benefits of breastfeeding and help families set and accomplish goals related to breastfeeding. They are trained in answering common breastfeeding questions and often share their own personal breastfeeding experiences to support and encourage mothers in their journey.

How can a Peer Counselor help you?

Your Breastfeeding Peer Counselor can give you:

- Ideas for getting support from family and friends, including how dad can bond with the baby
- Ways to get a good start with breastfeeding
- How to prepare/what to expect while at the hospital
- Secrets for making plenty of breast milk for your baby
- Tips to comfortably breastfeed
- Ways to continue breastfeeding after returning to work or school
- Help with breastfeeding concerns
- Help with breast pumps
- After hours phone support



(810) 648-4098 ext. 110