

# Welcome Peer Counselors!

Breastmilk... Every Ounce Counts



If 90% of US moms breastfeed exclusively for 6 months, \$13 billion annually would be saved.  
- US Surgeon General

## What do WIC Peer Counselors do?

- > They serve as role models
- > They provide breastfeeding information
- > They provide referrals
- > They offer after hours breastfeeding support

## Mother-To-Mother Support

Mothers, as **peers**, can help and influence other mothers in ways that health professionals (such as doctors, midwives, nurses) may not.

**Peer counselors** go through special training that helps them go beyond their own experiences to give mothers breastfeeding help and advice.

And it works—studies have shown that mothers who talk to a **peer counselor** during pregnancy are more likely to breastfeed.

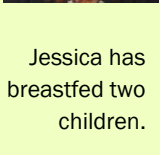
**Peer Counselors** at Mid-Michigan District Health Department are:

- Making supportive phone calls to pregnant and breastfeeding WIC clients.
- Meeting one-on-one with individuals in the WIC clinic
- Offering breast pump instruction
- Providing community breastfeeding support
- Making referrals when extra support is needed.

### Meet the Peers



Cassie has breastfed two children.



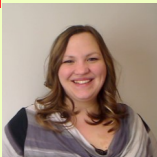
Jessica has breastfed two children.



Tammara has breastfed six children.



Nicole has breastfed three children.



### Contact Information

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Type Mid Michigan District Health Department Breastfeeding Peer Counselors into your search bar and like us  
OR

If you are an iPhone or Android carrier with a QR Code Reader, please scan.



**After Hours: 7-8:00am and 5-9:00pm Monday thru Friday and 7:00am-9:00pm weekends and Holidays Call: 989.506.2623**

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