



WIC PEER BREASTFEEDING PROGRAM

WE'RE HERE TO HELP!

Peer Breastfeeding Counselors are paraprofessionals trained to give basic breastfeeding information to pregnant and nursing mothers.



Peer Counselors are available to talk 24/7 via phone, text, or email—on holidays, weekends, and even nights!



They are rock stars at helping moms find ways to make breastfeeding work for their families!



They have breastfed at least one baby and love to help nursing moms with questions.



Peers stay up-to-date on breastfeeding research through trainings and ongoing education.



Peers stay in touch with current events regarding breastfeeding and know the laws that protect nursing mothers!



They lead fun support groups that give moms the chance to interact and learn more about breastfeeding!

MEET OUR PEERS!

Aimee is a mother of three kids. She loves knitting, crafting, cooking and good coffee.

phone: 507.829.4190



Laura is a mom of three kids, and she is fan of running, chocolate, and camping with her family.

Phone: 507.829.4930

SWHHS WIC Program 507.537.6713

