

# What is a Peer Counselor?

A Peer Counselor is a mom who has used WIC and has breastfed.

A Peer Counselor:

- Supports your breastfeeding goals without judgement
- Provides reliable information about normal breastfeeding
- Wants to help you meet your breastfeeding goals
- Can connect you to breastfeeding resources at WIC and in the community
- Celebrates your breastfeeding success with you
- Listens when breastfeeding becomes difficult
- Teaches Infant Feeding Classes
- Contacts you by phone or text at important times throughout your pregnancy and along your breastfeeding journey

## \*\*Breast Pumps\*\*

WIC offers different breast pumps to meet your specific need after your baby is born and can help you get a pump through your insurance.

You can contact the Breastfeeding Peer Counselors for information about pumps:

**607-778-3904**

Broome County WIC  
Health Department  
225 Front St.  
Binghamton, NY 13905



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[www.wicstong.com](http://www.wicstong.com)

Broome County WIC

# Infant Feeding

& Breastfeeding Peer Counselor Services

**Saturday Classes available!**



For Pregnant and Nursing Women  
and Their Families

**(607)778-3904**

## What Breastfeeding Does

\*Breastfeeding provides newborns with protection against many types of illnesses such as: colds, flu, diarrhea and ear infections.

\*Breastmilk is always readily available, the right temperature and does not need any preparation or cleanup.

\*Breastmilk is easy for babies to digest leading to less spit-up and gassiness.

\*Breastfeeding reduces the risk of childhood obesity, certain cancers and diabetes.

\*Breastfeeding saves a lot of time and money – \*\*\*Up to \$2000.00 in 1 year!!

\*Breastfeeding completes pregnancy by helping your uterus return to its normal size

## WIC Supports Breastfeeding by:

\*Recognizing breastfeeding as the completion of the reproductive cycle & the normal feeding method for infants

\*Having Peer Counselors available to answer any questions or help with any problems or pain

\*They can also offer support in the hospital right after delivery!

\*Offering an enhanced food package to women who are breastfeeding up to 1 year

\*Offering support, encouragement and information throughout pregnancy, breastfeeding and weaning

\*Working with women to meet their own breastfeeding goals

# Infant Feeding Class Schedule

Oct. 2018 – Apr. 2019

## Monday Classes

Monday Oct. 22, 2018 4-6 pm

Monday Nov. 19, 2018 10-12 Noon

Monday Dec. 17, 2018 4-6 pm

Monday Jan. 28, 2019 10-12 Noon

Monday Feb. 25, 2019 4-6 pm

Monday Mar. 25, 2019 10-12 Noon

Monday Apr 22, 2019 4-6 pm

## Saturday Classes

Saturday Oct. 27, 2018 10-12 Noon

Saturday Nov. 17, 2018 10-12 Noon

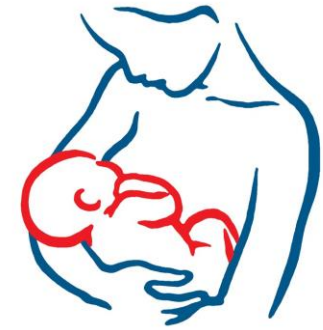
Saturday Dec. 15, 2018 10-12 Noon

Saturday Jan. 26, 10-12 Noon

Saturday Feb. 23, 10-12 Noon

Saturday Mar. 23, 10-12 Noon

Saturday Apr. 27, 10-12 Noon



WIC offers an Infant Feeding Class for pregnant moms and their families.

Topics discussed will include

- What to expect in the first 3-5 days feeding your baby
- The importance of practicing Skin To Skin with your baby
- What we know about Artificial Baby Milk and new bottle feeding methods
- How to know when feeding is going well and when to get help
- Support resources available

The class is free of charge and you are encouraged to bring a support person (Dad is welcomed, too!) with you.

Classes are held at WIC  
225 Front St, Binghamton