

Did you know?

- Breastmilk is the perfect food for your baby. It has all the right ingredients in just the right amounts for your baby.
- It is cheaper to breastfeed than to bottle feed.
- Breastfeeding will help you lose the weight you put on during pregnancy.
- Breastfeeding helps prevent breast cancer (and some other types of cancers).
- Breastmilk has special antibodies that help protect your baby from colds, flu, ear infections, and illnesses like asthma, eczema.
- Breastfed babies have fewer allergies than formula-fed babies.
- Breastmilk is always available and at the right temperature. You can feed your baby any time and any place.



**“Babies were born to
breastfeed...
always have been...
always will be”**

For more information
on breastfeeding go to
www.breastfeedingpartners.org



For more information about
the WIC Program please call
315.435.3304

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Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov. This institution is an equal opportunity provider.

For other complaints contact: (1) mail: WIC Program Director, NYSDOH, Riverview Center Room 650, 150 Broadway, Albany, NY 12204; or (2) phone: The Growing up Healthy Hotline at 1-800-522-5006; or (3) email: NYSWIC@HEALTH.NY.GOV



**Healthy Families Division
WIC Program**

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WIC Program
*Breastfeeding
Services*



**Onondaga County
WIC Program**

315.435.3304 • ongov.net/health
307 Gifford Street
Syracuse, NY 13204



Peer Counselor Program

The Peer Counselor Program will help you get the support you need to help you reach your breastfeeding goals.

WIC Breastfeeding Peer Counselors are:

- Moms just like you
- Experienced at breastfeeding
- Are there for you-to help with your breastfeeding concerns
- Trained to know when medical help is needed

Talk to Your Peer Counselor:

- If you have questions about breastfeeding.
- When you need someone to tell you that you are doing a good job
- If you are getting frustrated
- If family or friends do not know the facts about breastfeeding
- When you just need someone to talk to!

Breast Pump Program

If you need a breast pump the WIC program may be able to help. A breast pump can be issued after you deliver your baby as long as you are breastfeeding.

Manual Pumps:

- Can be issued to any breastfeeding mom enrolled in WIC
- For occasional use
- No fee—pump becomes the property of the mother
- Issued after delivery upon request
- Issued during your regular WIC appointment

Hospital Grade Electric Pump:

- For use when mother and baby are not together for long periods of time
- Ideal for moms going back to work (or school) full time or for NICU infants
- No fee—issued as part of a pump loaner program
- Based on availability
- Pumps must be returned as per loan contract agreement
- Pumps are issued by special appointment only

Other Breastfeeding Benefits/Services

Other benefits and services that WIC provides for breastfeeding families include:

- Extra food for mothers who are fully breastfeeding
- Extra food for babies who are fully breastfed (at 6 months of age)
- Breastfeeding website for WIC moms www.breastfeedingpartners.org
- Registered Dietitian services
- Certified Lactation Counselor services
- Referrals on where you can find community support
- Breastfeeding column in WIC newsletter
- Breastfeeding-friendly WIC clinic

