



The Mother-to-Mother
Breastfeeding
Support Program

Also provides referrals to:

- ♥ Parenting Resources
- ♥ Nutrition Programs/information
- ♥ Local community agencies



Breastfeeding Peer Counselors

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The Mother-to-Mother Breastfeeding Support Program



Encouragement, Support, and
Information for
breastfeeding moms!



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MICHIGAN STATE
UNIVERSITY
EXTENSION
OAKLAND COUNTY

Benefits of Breastfeeding For Mom and Baby

- ✎ Builds a closer bond between mom and baby
- ✎ Baby is healthier
- ✎ Mom gets back in shape faster
- ✎ Easy for baby to digest
- ✎ It's easy—no mess with bottles
- ✎ Diapers are less smelly
- ✎ Breast milk provides the best nutrition
- ✎ Breastfed babies are less likely to become obese
- ✎ Breast milk is FREE and always ready!
- ✎ You can still receive your WIC card



What We Can Do For You!

The Breastfeeding Peer Counselor is a specially trained mom like yourself who has breastfed her baby.

WIC and MSUE are happy to be able to provide this service to you!

- ✎ Home Visits
- ✎ Phone Support
- ✎ Breastfeeding Classes
- ✎ Breastfeeding Clubs



The Mother to Mother Breastfeeding Support Program is FREE and offers support to WIC eligible women.

Want to breastfeed? Already Breastfeeding?

We can help you with the following concerns:

- ♥ Not sure about Breastfeeding
- ♥ Don't know anyone who has breastfed
- ♥ Wondering if the things that you heard are true about breastfeeding
- ♥ Want to know how to breastfeed successfully
- ♥ Want to know how to breastfeeding works
- ♥ Would like to have someone to talk to about breastfeeding
- ♥ Not sure if you have enough milk
- ♥ How to store breast milk and go back to work or school
- ♥ Wondering how to breastfeed around other people
- ♥ Just need support and encouragement

