
When can a mother talk to her Peer Counselor?

Your peer counselor will call to introduce herself to you. Together, you can decide how often you would like to hear from her.

Peer counselors usually call at key times in the breastfeeding relationship.

The peer counselor is available at flexible hours. She is someone you can call when you have a question or concern. She is someone you can count on for helpful, accurate information.

New mothers usually feel most comfortable speaking to a Peer Counselor on the phone from the comfort of their own home. However, mothers may also visit the Peer Counselor at the WIC clinic.



How is Peer Counseling Done?

A Peer Counselor is there to work with a mother and her family. She is an important part of their support system and will work with families to solve problems, answer questions, celebrate successes, and to help the mother and her family realize their potential.

The ABC's of Peer Counseling
Always Available
Best for Mom and Baby
Convenient

For More Information, Please Contact:
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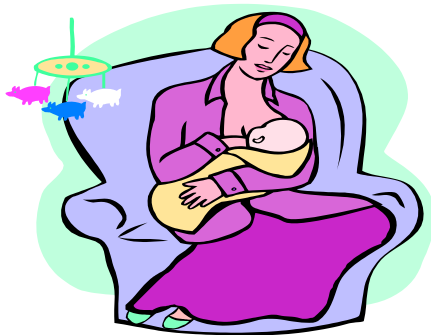
Breastfeeding Support Team of Washington County **Peer Counseling Program**



**The Peer Counseling Program is
presented by Washington County
WIC.**

What is Peer Counseling?

Peer counseling is a program designed to promote breastfeeding among WIC participants. The goals are to increase both the number of mothers who choose breastfeeding and the duration of their breastfeeding experience. The Breastfeeding Counseling Program is a part of the Washington County WIC Program through Washington County Public Health. Peer counseling typically begins before the baby's birth and continues as needed throughout the breastfeeding relationship. It is a supportive system for mothers who have questions or concerns about their own well-being.



Why is Peer Counseling Helpful?

Many new mothers wish to breastfeed their babies. They know that breast milk is best. However, they often have questions or concerns about breastfeeding, but have no one to whom they can turn for help. The Counselor's role is to provide that help.

The Peer Counselor offers information, encouragement and support. She does this by contacting the mother during pregnancy and after birth. Mothers then feel comfortable calling their counselor to ask for help and/or to discuss problems.

Records show that among women who have a Peer Counselor, 60-80% breastfeed and do so for longer periods of time.

This institution is an equal opportunity provider.

Who is a Peer Counselor?

A Peer Counselor has successfully breastfed one or more children.

She has graduated from a specialized training program led by local WIC staff members. Training topics include lactation, breastfeeding management, and counseling skills.

The Counselor uses her practical experience and education to provide information on feeding methods and to offer support.

