

Promises



I am keeping my promise to my baby.

I asked for help instead of giving up breastfeeding.

My WIC Breastfeeding Peer Counselor was there when I needed her. She helped me continue breastfeeding so I could keep the promise I made to my baby.

WIC Breastfeeding Peer Counselors are:

- Moms just like you
- Experienced at breastfeeding
- Trained to help solve breastfeeding concerns
- Trained to know when medical help is needed

WIC wants to help you reach your breastfeeding goal.

Talk to your peer counselor:

- If you have questions about breastfeeding
- If friends or family are pushing you to stop breastfeeding
- If you are getting frustrated
- When you need someone to tell you that you are doing a good job
- When you just need someone to talk to
- **BEFORE** you give your baby a bottle of formula

Breastfeeding... Love to grow on!



New Hampshire Department of Health and Human Services
Division of Public Health Services
WIC Nutrition Program
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1-800-WIC-4321