



WIC PEER BREASTFEEDING SUPPORT PROGRAM

At WIC, we understand that infant feeding can look many ways and we are here to support you on that journey. WIC offers additional lactation support through our Breastfeeding Peer Counselor Program.

WIC Peers are parents with personal breast/chestfeeding experience who can share valuable advice. Their goal is to help families reach their infant feeding goals. WIC peers are available by phone or text as well as in the evenings and on weekends.

Who is eligible for a breastfeeding peer counselor?

- WIC participants who are pregnant and are planning to or are unsure about breast/chestfeeding.
- WIC participants who are providing human milk to an infant up to age one. It doesn't matter the amount or how it is provided.

What does a peer counselor do?

- Listens to you.
- Contacts you during your pregnancy to answer questions about feeding your baby.
 - Helps you prepare for having a new baby.
 - Answers breast/chestfeeding questions or concerns.
 - Connects you to other health care professionals, if needed.

How to sign up for a peer counselor:

Talk to a WIC staff person
at your next visit

Call 952-891-7525

Monday – Friday
8:00 am to 4:00 pm

Participating in the Breastfeeding Peer Counselor Program is voluntary. Even if you decide not to get additional support from a peer, WIC is always there to support you.



This institution is an equal opportunity provider.

Dakota County Public Health Department
952.891.7500 / www.DakotaCountyMN.gov
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