

BEDHD WIC Breastfeeding Peer Counselor Program



Call Us: Barry: 269-945-9516
Eaton: 517-541-2630

After Hours: Call or Text: 269-838-9985
(Breastfeeding Peer Line Only)

What is a WIC Breastfeeding Peer Counselor (PC)?

WIC Breastfeeding Peer Counselors are WIC participants that have breastfed. They are a tool for you to have in your back pocket to help accomplish your feeding goals.



What to Expect from your PC:

- Regular contact to provide support and education throughout pregnancy and post-partum periods.
- A PC will call, text, mail, or email you in order to build a relationship with you to help you accomplish your feeding goals!



When to Contact your PC:

- With any questions you have about infant feeding or pregnancy.
- With any breastfeeding issues that come up outside of normal office hours.



Why PCs are Important:

- So small infant feeding issues don't snowball into big issues
- To have someone in your corner to support you through your journey
- To talk to someone who may have gone through similar experiences as you
- To have a safe space to talk about what is going on with infant feeding
- PCs have fact-based knowledge of breastfeeding as well as experience



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Barry-Eaton District
Health Department
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Have I asked my Peer Counselor about...



1st Trimester

- ☐ changes to my body that will happen during pregnancy
- ☐ my previous infant feeding experience or what I already know about breastfeeding
- ☐ their breastfeeding experience
- ☐ how to set my infant feeding goal
- ☐ any barriers I have or am worried about that could keep me from accomplishing my goal

2nd Trimester

- ☐ how to talk to partners, family & friends and set up my support network
- ☐ why I may be leaking colostrum
- ☐ any concerns I have about feeding my baby
- ☐ how WIC supports breastfeeding parents
- ☐ my plans for returning to work or school and how to still provide milk to my baby

3rd Trimester

- ☐ how to know my baby is hungry and full
- ☐ the importance of skin to skin after delivery
- ☐ why my baby should stay with me in my hospital room
- ☐ how my body actually makes milk
- ☐ when I can call them after delivery

Postpartum

- ☐ signs that I am making enough milk
- ☐ how to handle engorgement and other common breastfeeding problems