

WIC Supports Breastfeeding Moms and Babies

- Breastfeeding education classes or one on one counseling sessions offered
- Moms who need special breastfeeding advice will be referred to a lactation consultant
- Breast pumps are available for moms based on need
- Breastfeeding moms can remain on the WIC program for up to 1 year!



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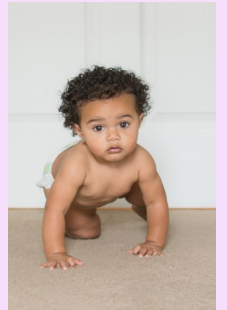


Adapted from Pike County Health Department

This institution is an equal opportunity provider.

Kentucky WIC Breastfeeding Peer Counseling Program

It's about moms helping moms



What is WIC?

The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) provides at no cost:

- Nutritious foods like milk, cheese, cereal, juice, eggs, peanut butter, beans, fruits, and vegetables
- Nutrition education
- Infant feeding information including breastfeeding support

Who can receive WIC benefits?

Recipients must meet income guidelines

- Pregnant women
- Women who have delivered a baby or miscarried in the past 6 months
- Breastfeeding women until their baby is 1 year old
- Infants and children up to their 5th birthday.

What is the Breastfeeding Peer Counseling Program?

WIC understands that being a new mom is a big task and moms may have lots of questions about breastfeeding. Breastfeeding peer counselors are WIC moms who have breastfed their children and can offer new moms advice and encouragement. They also have special training to help new moms through their breastfeeding journey.



This program offers moms someone to talk to about their new baby and how to provide him or her with the best nutrition available.



Information the Breastfeeding Peer Counselor shares with WIC Moms:

How breastfeeding helps babies and moms

Tips for getting breastfeeding off to a good start

How to comfortably position and hold baby while nursing



How to help baby latch onto the breast well

Tips to help breastfeeding go smoothly

How to know baby is getting enough to eat

Tips on continuing to breastfeed after returning to work

And lots of encouragement!