

Here to Help

*It's easy to contact
a peer counselor:*

Contact your local MSU Extension
or WIC Office or the peer counselor
on the back of this brochure.



*"This program helps me to be more
confident with breastfeeding."*

Mother to Mother

Breastfeeding Program



**Local County Office
Contact Information:**

**WIC Hotline: 1-800-26-BIRTH
Food Stamp Hotline: 1-800-481-4989**



Family and Consumer Sciences

**MICHIGAN STATE
UNIVERSITY
EXTENSION**

Michigan Department
of Community Health



Jennifer M. Granholm, Governor
Janet Olszewski, Director

This project has been partially funded with Federal funds from the United States Department of Agriculture (USDA), Food Stamp Program by way of the Michigan Department of Human Services and the Family Nutrition Program at Michigan State University. The Food Stamp Program provides nutrition assistance to people with low income.

In Michigan, you can call the Center for Civil Justice Food Stamp Hotline (1-800-481-4989) or your local Human Services office listed in the county government (blue) pages of your phone book.

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Michigan State University, U.S. Department of Agriculture Food Stamp Program and counties cooperating.

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We Are Here When You Need Us.



Breastfeeding is not hard, but it takes some practice. Once you and your baby learn how, it becomes easy.

Why breastfeed your baby?

Breastfeeding your baby is a special way to begin your life together.

Breastfed babies are less likely to have ear infections, diarrhea or get sick.

You can do it! We can help!

The **Mother to Mother Breastfeeding Program** is a free program that offers breastfeeding information, encouragement and support to WIC and Food Stamp participants.

Mothers who have breastfed are trained as **peer counselors** to help you:

- In your home
- In the hospital
- At your WIC office
- By phone

Peer counselors are moms, so they know what life is like with a new baby.

You can get to know your peer counselor while you are pregnant, so you will be comfortable calling her after your baby is born.

Helpful Advice.

Your peer counselor can show you and your baby how to breastfeed in a comfortable way. When you need someone to talk to about breastfeeding, we help you find the answers to your questions. If you have questions about how to make breastfeeding work for you, we are here to help.



Your peer counselor can help you get together with other breastfeeding moms.