

Benefits of Breastfeeding to Mom and Baby

Breastfeeding is a special time between mom and baby and has many benefits for both. A mother's milk contains the right amount of nutrients for baby including, fat, carbohydrates, proteins, vitamins and minerals. It is also full of antibodies from mom to help fight off illness.

Mom's who breastfeed have a decreased risk of illness and tend to lose weight faster. Babies who breastfeed have a decreased risk of becoming obese, get sick less often, have better mouth and dental development, and it is easier for baby to digest.



Make Your WIC Breastfeeding Peer Counselor Appointment Today

Tuesday Afternoons
1:30pm—5:00pm

Wednesday Mornings
1st and 4th- 8:30am—12:00pm
2nd and 3rd- 9:30am—1:00pm



Together Growing Stronger Families

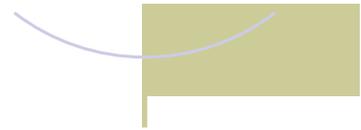
Breastfeeding Peer Counselor
Tracy Metcalfe

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Bay City, MI 48708

Phone: 989-895-4002
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WIC Breastfeeding Peer Counselor



Supporting you and
your baby



Bay County Health Department
989-895-4002

As a new mom you may have heard many things on how to feed your baby. You may know that breastfeeding is the best way to give your baby a healthy start in life and you may wonder how you can fit breastfeeding into your life.

Mothers everywhere have discovered that breastfeeding **CAN** work and that there is support to help mothers be successful. Your WIC Breastfeeding Peer Counselor can Help!

What is a Breastfeeding Peer Counselor?

A Breastfeeding Peer Counselor is a mom just like you who has breastfed her own baby.

She has a passion for supporting and helping mothers succeed in breastfeeding their babies.



What does a Breastfeeding Peer Counselor do?

- ◆ Listens
- ◆ Talks to moms about their thoughts on breastfeeding.
- ◆ Discusses breastfeeding with pregnant moms.
- ◆ Helps new moms get breastfeeding off to a good start.
- ◆ Answer questions.
- ◆ Refers to a lactations consultant if needed.
- ◆ Helps you find ways to stay close to your baby after you return to work or school

Your Breastfeeding Peer Counselor will...

- ◆ Provide you with education and information on the benefits of breastfeeding
- ◆ Provide you with tips on how to breastfeed comfortably, even in public.
- ◆ Help you with preventing and solving common breastfeeding problems
- ◆ Facilitate a breastfeeding class or provide one-on-one support via a phone call or individual appointment

