

The Benefits of Breastfeeding

For the Mother:

- Helps shrink your uterus to its pre-pregnant size
- May help you lose the fat gained during pregnancy.
- Saves time – no mixing, no heating, no bottles.
- Saves money
- Creates a special bond with your baby.
- Makes night time feedings easier.
- Means less time off from work because baby is healthier.

For your baby:

Breastmilk –

- Is the perfect food for your baby, nothing compares to breastmilk
- Protects against infections (less diarrhea!) and allergies
- Can lead to higher IQ
- Is easy to digest – less gas, colic, and spitting up.

Breastfeeding –

- Helps make teeth and jaw structure healthy.
- Means fewer doctor visits and hospitalizations the first year.

BREAST IS BEST



200 Maine, Suite B | Lawrence, KS 66044
OFFICE: 785/843-0721 **FAX:** 785/843-3161



What is a WIC Breastfeeding Peer Counselor?

A WIC Peer Counselor is a mom with breastfeeding experience who wants to help make your breastfeeding experience rewarding and enjoyable.

She is there throughout your pregnancy and postpartum months to answer questions you have involving the benefits, the technique and any concerns WIC mothers have involving breastfeeding.

Call Cary with any Breastfeeding concerns
840-6049



A program of the Lawrence-Douglas County Health Department, WIC program. You can reach WIC at (785)843-0721.

Meet your Peer Counselor

Hi, my name is Cary. I have four children ages 12, 10, 6 and 1.

I have breastfed all my children. Breastfeeding has been an important part of my mothering and has benefited me and my children in so many ways. I feel that my relationship with them is special in part because of the closeness we shared through breastfeeding. I think that it is important for mothers to feel confident and empowered in their choices.

Breastfeeding is a choice you can feel good about!



*The breastfed
baby is the
best fed baby!*



A Peer Counselor Can:

- Give you information on the benefits of breastfeeding.
- Answer questions you have during your pregnancy about breastfeeding to help you prepare for this wonderful event.
- Help you to resolve any problems and concerns that arise with breastfeeding including position and latch-on techniques.
- Help you handle any problems or concerns you have with continuing to breastfeed after returning to work.
- Give you information about breastfeeding clinics and support groups.