

The Importance of Breastfeeding

For you:

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

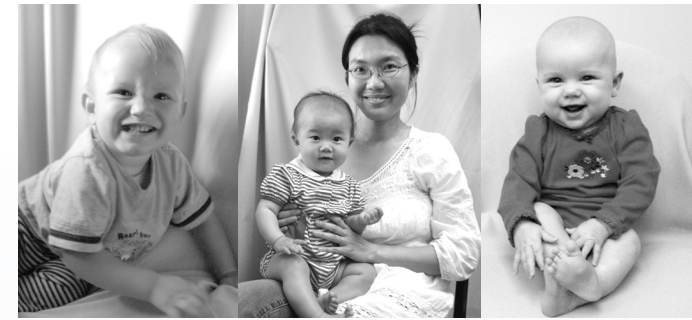
For your baby:

Breast milk...

- is the normal food for your baby (formula cannot compare to breast milk).
- protects against infections and allergies
- can lead to higher IQ
- is easy to digest - less gas, colic and spitting up.

Breastfeeding...

- means fewer doctor visits and hospitalizations in the first year
- is good for the environment.



Loving  Support
makes breastfeeding work

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 at (785) 840-6049 or Elizabeth at (785) 724-4724 with any breastfeeding concerns

Part of the Lawrence-Douglas County Health Department's WIC program.
You can reach WIC at **(785) 856-5350**.

LAWRENCE-DOUGLAS COUNTY
 Health Department
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Meet your peer counselors...

Cary

Hi, my name is Cary. I have four children ages 13, 11, 7 and 2.

I have breastfed all my children. Breastfeeding has been an important part of my mothering and has benefited my children and me 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!



Elizabeth

Hi, my name is Elizabeth. My husband, Pete, and I have four children ages 15, 12, 9 and 5 months.

All of my children were breastfed and I am currently breastfeeding my youngest.

Breastfeeding has been a very special time for my babies and me. I feel fortunate that I was able to share this

experience with them.

I want to help and support new moms with breastfeeding and be there for them so they can have the best possible breastfeeding experience.



A peer counselor can...

- Provide information to help you make a decision on how to feed your baby
- Help with common breastfeeding questions
- Help you learn strategies for successful breastfeeding
- Help you fit breastfeeding into your busy life
- Link you with breastfeeding clinics and support groups
- Support other family members
- Make home visits.

