



Breastfeeding Peer Counselor



Mom to Mom Support

Hi! I'm Rachael

As another WIC mom, I am here to provide breastfeeding/pumping support and education during your pregnancy and after your delivery.

Being a mom has allowed me to experience a bond unlike any other. I nursed both my babies and enjoyed my unique breastfeeding journeys so much that I want to help other mothers feel confident that they can breastfeed too.

While breastfeeding is normal and natural, there may be challenges along the way—this is where WIC played an important part in my own family. The support I received gave me the encouragement and education to reach my goals. My new goal is to help other moms succeed!

Text or call anytime 920-580-7945

Email: ryoung@winnebagocountywi.gov

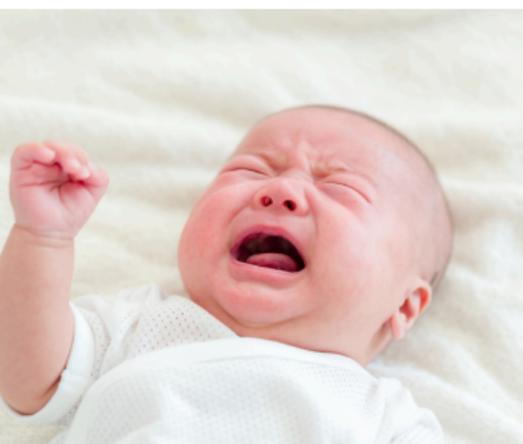


Public Health
Prevent. Promote. Protect.
Winnebago County, WI

This program in an equal opportunity provider



Free Breastfeeding Zoom Class and Educational Videos



Understanding and caring for your newborn.

Babies certainly communicate. If only they could speak our language! They talk with their bodies, and you can learn “to hear” and understand their body talk!



For more information and to sign up for the free class visit wchd.pub/hugyourbaby or scan this QR code.

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