

"I APPRECIATE THE HELP AND SUPPORT YOU HAVE GIVEN ME, IT HAS GONE FAR PAST BREASTFEEDING. HAVING SOMEONE CHECK IN MADE A HUGE DIFFERENCE FOR MY BREASTFEEDING JOURNEY."

– WIC PARENT

"WE WERE NERVOUS ABOUT BEING FIRST TIME PARENTS, AND YOU EXPLAINED WHAT TO EXPECT WITH A NEW BABY. YOU HELPED US HAVE CONFIDENCE IN FEEDING AND LEARNING OUR NEW BABY. THANK YOU."

– WIC PARENT



## ASK ABOUT SEEING A WIC BREASTFEEDING PEER COUNSELOR TODAY

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotope, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: [https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf\(link is external\)](https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf(link%20is%20external)), from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. **mail:** U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410;
2. **fax:** (833) 256-1665; or (202) 690-7442
3. **email:** [program.intake@usda.gov](mailto:program.intake@usda.gov)

This institution is an equal opportunity provider.



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SUPPORTING YOU AND YOUR BABY

# BREASTFEEDING PEER COUNSELORS



## WIC BREASTFEEDING PEER COUNSELORS ARE MOMS LIKE YOU!

They breastfed their babies, will support you and answer your questions, be by your side if you need help, and cheer you on!

**MOTHERS HELPING MOTHERS!**



### YOUR WIC BREASTFEEDING PEER COUNSELORS CAN:

Respect your wishes and help you meet your goals.

Meet with you at the WIC clinic and talk with you on the phone, through text, or by email.

Support you with expressing your milk, if needed.

Listen to you and encourage you.

Connect you with other mothers and groups.

Answer your questions and concerns.

Arrange for you to see and talk with a breastfeeding expert, if needed.

Help you understand your baby's sleep, cues, and crying.

Share current information with you.

Be available to you outside of WIC clinic hours.

