

## HAVE YOU HEARD OF OUR WIC PEER HELPER PROGRAM?

### A WIC Peer Helper can give you:

- Tips for how to breastfeed comfortably and discreetly, even in public.
- Ways you can stay close to your baby through breastfeeding after you return to work or school.
- Ideas for getting support from your family and friends.
- Ways to get a good start with breastfeeding.
- Secrets for making plenty of breastmilk for your baby.
- Help with breastfeeding concerns.

A Peer Helper is a WIC mother just like you, who lives in your community and has breastfed her own baby. She has been carefully selected by WIC to help you to meet your goals for feeding your baby. She is a friendly voice when you may be feeling a little unsure.

Reach out to one of our Peers at your local WIC clinic in Delaware, Morrow, or Union Counties!

Sara Bayless  
Breastfeeding Peer Helper  
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**MAKE AN APPOINTMENT BY  
CALLING (740) 203-2050**