

WIC Breastfeeding Peer Counselors at the Pike County Health Department

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If you are
Pregnant or Breastfeeding
or would like more information,
please contact:

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Pittsfield, IL 62363

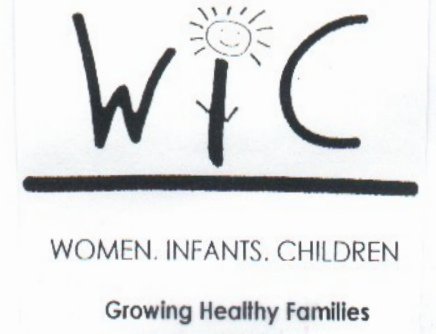
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BREASTFEEDING PEER COUNSELOR PROGRAM

Moms Helping Moms



Healthy People 2010 Goals

Healthy People 2010 is a set of disease prevention and health promotion objectives for the United States to achieve.

It identifies a wide range of public health priorities and specific, measurable objectives. There is one specific to breastfeeding.

By the year 2010 the goal is that 75% of the women giving birth initiate breastfeeding in the hospital, 50% of these women to be still breastfeeding by six months, and 25% to be still breastfeeding by one year.

Purpose of the Program

The WIC Breastfeeding Peer Counselor Program is designed to help impact breastfeeding rates, especially increasing duration rates.

The Peer Counselors are here to help pregnant women on the WIC program make an informed choice about breastfeeding, help and encourage WIC breastfeeding moms to continue breastfeeding as well as to promote and educate the community about the many benefits of breastfeeding.

Benefits to Mom:

- Back in shape
- Sense of well being
- Weight loss
- Convenience
- Cost (less expensive)
- Protection from disease and infection such as:
 - * Ovarian cancer
 - * Urinary tract infections
 - * Osteoporosis
 - * Breast Cancer
- Bonding
- Sweet smelling

Benefits to Baby:

- Superior nutritional content
- Protection from disease and infection such as:
 - * Protect ear, respiratory and intestinal tract infections
 - * Fewer illnesses and hospitalizations
- Less Allergies
- Easily digested
- Higher IQ
- No overeating
- Preventing future illnesses such as childhood diabetes and some types of cancers
- Enhanced tooth and jaw development bonding

Breastfeeding Tips

Positioning

- ♥ Position baby on his side, facing mother “tummy to tummy” baby’s nose at mom’s nipple
- ♥ Tip of baby’s nose and chin should touch breast when latching on

Frequency

- ♥ Breastfeed within first hour of life or as soon as possible
- ♥ Feed on baby’s cue (i.e. hand to mouth, rooting and sucking movements)

Signs of Adequate Breast Milk Intake

- ♥ Nursing 8 - 12 times per 24 hours
- ♥ At least 6 wet diapers per 24 hours

Growth Spurts

- ♥ Baby will want to nurse more often for approximately 1 - 3 days
- ♥ Likely during first days at home 10 - 14 days, 4 - 6 weeks, 3 and 6 mos.