

# Promises



*I am keeping my promise to my baby. I asked for help instead of giving up breastfeeding. My WIC Breastfeeding Peer Counselor was there when I needed her. She helped me continue breastfeeding so I could keep the promise I made to my baby.*

## WIC Breastfeeding Peer Counselors are:

- Moms just like you
- Available day and night
- Experienced at breastfeeding
- Trained to help solve breastfeeding concerns
- Trained to know when medical help is needed

Many breastfeeding concerns can be easily fixed.

## Talk to your peer counselor:

- If you have questions about breastfeeding
- If friends or family are pushing you to stop breastfeeding
- If you are getting frustrated
- When you need someone to tell you that you are doing a good job
- When you want to hear that you are a good parent
- When you just need someone to talk to
- **BEFORE** you pick up that can or bottle of formula

**Breastfeeding...it's what we do!**  
New York State Women Infants & Children Program



[breastfeedingpartners.org](http://breastfeedingpartners.org)

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New York State Department of Health