

# 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)

This institution is an equal opportunity provider.  
New York State Department of Health