

Mom to Mom Breastfeeding Support at WIC

Please feel free to reach out to me anytime.

**Text or call
920-765-4375**

Families need to be connected with those who can help them plan for and reach their goals. The more support families receive, the more prepared and successful they will be.

[Setting your breastfeeding goals](#)

Start learning how to build your support team.

<https://coffective.com/build-your-team/>

WATCH VIDEO

Click below for the USDA breastfeeding Learn Together. Grow Together. program for great support and education

Hello! My name is Rachael Young - I am the Breastfeeding Peer Counselor for the WIC program in Winnebago County. I talk with all Winnebago WIC moms during pregnancy and after the birth of baby and am here to promote and provide support in breastfeeding. I nursed two babies and have enjoyed my unique breastfeeding journeys so much, that I want to help other moms succeed with breastfeeding too. Becoming a mother has allowed me to

experience a bond that is incomparable to any other. As with any new role, there can be obstacles—this is where WIC played an important role in my own family.



While breastfeeding is normal and natural, there may be some challenges along the way. The support of the WIC staff, my family, and community resources gave me the encouragement, education and support to reach my breastfeeding goals. My goal is to help other moms succeed in nursing their babies, too. And please remember, no matter how you chose to feed your baby, WIC is here to support you.

The advantages of breastfeeding are

Amazing - both for mom and baby.

<https://wicbreastfeeding.fns.usda.gov/breastfeeding-benefits>

Breastfeeding is Better for

Baby

- Stronger immune system
- Higher IQ
- Reduces risk of SIDS
- Less diarrhea/constipation
- Fewer colds/ear infections
- Better vision
- Breast milk is the perfect food and is always ready

Breastfeeding is better for

Mom

- Faster weight loss after birth; nursing burns about 500 calories/day
- Lowers risk of breast, ovarian and uterine cancer, diabetes and heart disease
- Less post partum bleeding
- Fewer urinary tract infections
- Increase calmness, self esteem and confidence



U.S. DEPARTMENT OF AGRICULTURE

**WIC
BREASTFEEDING
SUPPORT**

LEARN TOGETHER. GROW TOGETHER.



Public Health
Prevent. Promote. Protect.