

# WIC Breastfeeding Peer Counselor Program

Jessamine County Health Department's WIC Program is pleased to bring you the Breastfeeding Peer Counselor Program.

**Breastfeeding Peer Counselors** are moms who have successfully breastfed their children and can offer other new moms breastfeeding information, support & encouragement.

Information they can provide:

- How breastfeeding helps moms and babies.
- How to position and latch the baby for comfortable/effective feeding.
- How to tell if the baby is getting enough to eat.
- Tips to help breastfeeding go smoothly.



If you have questions about breastfeeding or the peer counselor program, feel free to contact our Nutrition Services Supervisor, Ann Stevens at (859) 885-4149 Ext. 1007.

*This institution is an equal opportunity provider.*



The Peer Counselors are available by phone outside of normal business hours to assist moms who may have questions about breastfeeding.

A peer counselor will be assigned to you after a WIC certification.



Our Lactation and Breastfeeding Support Team:



Ann Stevens, Nutrition Services Supervisor, Dietitian, Lactation Counselor



Melissa Myers, Peer Counselor



Cindy Revelette, Dietitian, Lactation Counselor



Debbie Kuhn, Peer Counselor