

“What if I
have questions?”

*YOU CAN CONSULT WITH A BREASTFEEDING
PEER COUNSELOR, WHO WILL LISTEN TO YOUR
CONCERNS AND ANSWER YOUR QUESTIONS.*

Breastfeeding peer counselors teach a class to help you learn more about breastfeeding and are also available to provide new mothers with support and advice.

By having our peer counselors to talk and share with, new mothers become more confident and comfortable with learning to breastfeed.



For more information, contact:

ILLINOIS DEPARTMENT OF HUMAN SERVICES

Division of Community Health and Prevention

Bureau of Family Nutrition

535 W. Jefferson Street

Springfield, IL 62702

800.323.GROW (Voice & TTY)



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SUPPORTING YOUR SUCCESS
with Breastfeeding

“What is a Peer Counselor?”

BREASTFEEDING PEER COUNSELORS ARE MOMS WHO HAVE BREASTFED AND WANT TO HELP OTHER MOMS SUCCEED IN NURSING THEIR BABIES, TOO.



Breastfeeding peer counselors are everyday women who have breastfed and who want to help provide moms-to-be and new moms with information and encouragement. They will answer your questions and share their own personal experiences, so that you, too, can have a successful breastfeeding experience.

Breastfeeding peer counselors help new mothers who are beginning to breastfeed learn what to expect in the first days and weeks. They are available during and after business hours to answer any questions or concerns new moms may have.

“For me, I have had wonderful success in breastfeeding. When I almost gave up, I remembered all the things I was taught at the Health Department about breastmilk and the great benefits for my baby.”

“My baby spent 25 days in NICU. This was a difficult time for me. My breastfeeding peer counselor, Kim, called when I needed someone to talk to. She was always there to support and assist me with breastfeeding.”

Peer counselors are here to encourage and to educate — but more importantly — they are here to connect with new moms, like you, in a special way, for a very good reason . . . to help you and your baby.

