



Breastfeeding Peer

My name is Dora Schieffer and I am the Breastfeeding Peer Counselor for the WIC program in Trempealeau County.

I am the happy mother of a 9 year old boy, who I breastfeed until he chose to be done at the age of 2. Like you, when I was pregnant and when my son was born I was a participant of the WIC program. Becoming a mother allowed me to experience the joys and challenges that go hand in hand with raising a little one, especially as a first time parent.

I encountered a variety of struggles with breastfeeding and had very little support while raising my son. However, the WIC staff was there for me by showing their support and genuine concern to help me overcome various challenges. The WIC program provided me with information and encouragement to find a way around my struggles and succeed with my desires to breastfeed my child. Without the help of the WIC program, I would not have been able to continue to breastfeed my child for as long as I did.

Today, my role at WIC is to be a personal support for you. I will listen to the challenges that you may encounter and work with you on finding a way to meet your goals. Together we will work on doing our best on solving the issues that arise through the most special first months of your child's life.

Bringing a child in to our life can be sometimes challenging as well as overwhelming and exciting. Please remember that you are not alone. WIC is here to guide you during this new journey of your life.

Contact Dora: 715-538-2311 x230 or doras@tremplocounty.com

Benefits of Breastfeeding

- ◆ Prevents some illnesses
- ◆ Decreases likelihood for asthma
- ◆ Reduces risk for obesity and SIDS
- ◆ Financially beneficial
- ◆ Fewer eye infections
- ◆ Fewer UTIs for mom and baby
- ◆ Helps mother lose weight
- ◆ Breast milk contains antibodies, hormones, anti-viruses, growth factors, enzymes, minerals, vitamins, protein, and much more.



Breastfeeding Peer Counselors Can

- ◆ Listen and encourage you
- ◆ Share current information
- ◆ Help you meet your goals
- ◆ See you at WIC or talk with you over the phone
- ◆ Home or hospital visits