



## Breastfeeding Peer Counseling

WIC Breastfeeding Peer Counselors are moms like you. They breastfed their babies...will support you and answer your questions...be by your side if you need help...cheer you on.

Your WIC Breastfeeding Peer Counselor will:

- Listen to you and encourage you.
- Share current information with you.
- Respect your wishes and help you meet your goals.
- See you at WIC and talk with you on the phone or by text or email to answer your questions and concerns.
- Connect you with other moms and groups.
- Arrange for you to see a breastfeeding expert, if needed help you understand your baby's sleep, cues, and crying.

## Meet Your Breastfeeding Peer Counselor

Hi! My name is April Krumenauer. I am the Breastfeeding Peer Counselor for the Chippewa County WIC program.

I would like to introduce my family: my husband-Jason, Avalyn, Molly, and Wilson.

While breastfeeding is natural, there may be some challenges along the way. I have successfully breastfed all three of my children with ups and down throughout the journey. It is amazing how much more confidence and success you have when you have the support of family, friends, doctors, WIC staff, and the community. I was fortunate to have this support throughout my breastfeeding journey and was able to reach my breastfeeding goal.

I am excited to get to know you and be a part of your support team!

