



WIC BREASTFEEDING PEER COUNSELOR PROGRAM

Supporting You and Your Baby!

MOMS HELPING MOMS!

They will support you, answer your questions, and cheer you on during and after your pregnancy!

Well Child Center

620 Wing Street
Elgin IL 60123
847-741-7370

Greater Family Health

450 Dundee Ave
Elgin IL 60120
844-599-3700 ext. 4450/4453

Aunt Martha's Community Health Center

3003 Wakefield Drive
Carpentersville IL 60110
847-551-8041

VNA Health Care

801 Villa Street
Elgin IL 60120
630-482-8103

Call or text your WIC peer counselor

TODAY!

Line #1: 630-391-0001

Line #2: 224-828-1479



WIC BREASTFEEDING PEER
COUNSELORS ARE MOMS LIKE
YOU!

They breastfed their babies and want to
help you reach your feeding goals!



YOUR WIC BREASTFEEDING PEER COUNSELORS CAN...

Talk with you in person or over the
phone about your feeding goals.

Be a safe space to talk to someone
who may have gone through similar
experiences as you.

Share fact-based knowledge of
breastfeeding as well as personal
experience, like...



Signs you are making enough
milk.



How to know when your baby
is hungry and full.



How to hold your baby during
feedings.



How your body makes milk.

