

## What if I have questions?

- \* You can consult with one of our Breastfeeding Peer Counselors, who will listen to your concerns and answer your questions.
- \* Breastfeeding peer counselors offer a "one-to-one" class, at your convenience, 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.

*The Breastfeeding Peer Counselor program is sponsored in full or part by a grant provided by USDA through the Illinois DHS Peer Counseling Program.*



Clay County Health Department  
601 E. 12th Street, Flora, IL 62839  
PH:(618) 662-4406 or (800) 544-4406  
Website: [www.healthdept.org](http://www.healthdept.org)

For more information concerning the Breastfeeding

Peer Counselor Program contact:

Noel Whitehead, BF Peer Counselor  
email: [nwhitehead@healthdept.org](mailto:nwhitehead@healthdept.org)

Doris Lusk, BF/PC Coordinator, CLC  
email: [dlusk@healthdept.org](mailto:dlusk@healthdept.org)

(618) 662-4406 or (800) 544-4406

Monday - Friday 8 a.m. to 5 p.m.

For after-hour breastfeeding questions  
or concerns please call or text  
Doris at: (618) 508-3183

Please feel free to text or phone whenever you have  
a question or concern about your  
breastfeeding experience!

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Clay County  
**Health Department**

**Breastfeeding Peer Counselors**

*Follow Your Heart*



**Providing Information,  
Encouragement, and Support for  
Breastfeeding Moms!**

**Breastfeeding  
Together**  
*Providing Positive Peer Support to families*

Like us on Facebook at:  
**ClayBreastfeeding**





"What do Breastfeeding Peer Counselors do and how can they help?"

### Peer Counselors will:

- ♥ Listen to your concerns.
- ♥ Contact you during your pregnancy to answer your infant feeding questions and help you prepare for having a new baby.
- ♥ Visit you at the hospital at your request.
- ♥ Answer any questions or concerns you might have after your baby is born.
- ♥ Offer free breastfeeding classes for pregnant moms and support groups for breastfeeding moms.
- ♥ Provide tips on how to breastfeed comfortably and discreetly, even in public.
- ♥ Show you how to get more help from other health care professionals, if needed.
- ♥ Give you ideas for getting support from your family and friends.
- ♥ Share ways you can stay close to your baby through breastfeeding after you return to work.



### "Who is a Breastfeeding Peer Counselor?"

A peer counselor is a mother just like you. She lives in your community and has breastfed her own baby.

She has been carefully selected and trained to give new mothers and expectant mothers information about feeding their babies. She is here to give you support to meet your own goals for feeding your baby.

As a new or expectant mother, you may have heard many things about how to feed your baby. You may know breastfeeding is the best way to give your baby a healthy start and wonder how to fit it into your life. Mothers everywhere have found that breastfeeding **CAN** work.

**A peer counselor CAN help!**



### *BREASTFEEDING THE NATURAL CHOICE*

Breastfeeding is one of the best things you can do for your baby.  
And it's good for you!

- ♥ Breastfed babies and mothers who breastfeed get sick less often.
- ♥ Breast milk is free and always ready. No packaging or preparation required!
- ♥ Breastfeeding is better for the environment-no formula cans and plastic waste from bottle supplies.
- ♥ Breastfeeding helps you lose weight faster without making big changes to your diet.
- ♥ You are the only one who can breastfeed your baby. That makes it something special between just you and your baby.

We encourage you to take breastfeeding "one day at a time" and enjoy the experience!



*Breastfeeding is  
Baby's Best Start*