

BREASTFEEDING SUPPORT AND COUNSELING

Breastfeeding Network

The North Country Breastfeeding Network is a group of individuals in your community who are committed to breastfeeding support and promotion for area families. Members represent business, health, education, service agencies and the public. Meeting regularly, the group plans activities that will promote human milk as the "Gold Standard" for infant feeding and provide community support for families. The group has been involved in the promotion of World BF Week, educational endeavors and is currently exploring the feasibility of establishing low cost breast pump rentals in our area.

Breastfeeding Peer Counseling

The Clinton County WIC program promotes breastfeeding as the Gold Standard for infant nutrition.

WIC participants that are pregnant or breastfeeding are offered a breastfeeding Peer Counselor. These women from the community are experienced breastfeeding moms and have had special training. They are friendly, knowledgeable and caring people who will offer encouragement, support and information.

WIC breastfeeding moms will be offered an enhanced food package and will have access to the Clinton County WIC breast-pump distribution program. This program offers high quality pumps at no cost to the mother.

The WIC staff and the Peer Counselors offer information, encouragement and support to moms that are considering or who are breastfeeding. They know that by breastfeeding, moms give their babies security, love and food all at once!

NOTE: The EPA has issued a "fish and shellfish" warning for pregnant or nursing women.

Some of the Benefits of Breastfeeding

It has the perfect balance of nutrients

Breastmilk contains antibodies that protect your baby

Its easier for the baby to digest

It saves money, that would be otherwise used for formula

It creates an intimate mother-child bond

Who is Eligible?

WIC participants must meet the following requirements:

Any Clinton County WIC participant that is pregnant or breastfeeding is eligible to request a Peer Counselor and have one assigned to her.

A WIC participant, once she has enrolled as a breastfeeding mother can request a breast pump.

How Much does it Cost?

There is no cost to the WIC mom for the Peer Counselor or the Pump program.

How do I Apply?

A Peer Counselor can be requested at anytime during the pregnancy or after the baby is born.

To be assigned a Peer Counselor a simple form is filled out by the participant listing basic information and giving the Peer Counselor permission to contact them.

Any currently enrolled WIC breastfeeding mother may request a breast-pump. The WIC staff, Peer Counselor or Breastfeeding Coordinator following State guidelines for eligibility will determine which, of a variety of pumps, will suit the needs of the mother and baby.

The State guideline are based on a mother's plans for breastfeeding, the use of formula and the number of hours spent at work or school.

Contact Us

To receive more information call or visit us at:

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