



SUPPORTING YOU AND YOUR BABY

BREASTFEEDING PEER COUNSELORS



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, and cheer you on!

MOTHERS HELPING MOTHERS!



YOUR WIC BREASTFEEDING PEER COUNSELORS CAN:

Respect your wishes and help you meet your goals.

Meet with you at the WIC clinic and talk with you on the phone, through text, or by email.

Support you with expressing your milk, if needed.

Listen to you and encourage you.

Connect you with other mothers and groups.

Help you understand your baby's sleep, cues, and crying.



Answer your questions and concerns.

Arrange for you to see and talk with a breastfeeding expert, if needed.

Share current information with you.

Be available to you outside of WIC clinic hours.





“I APPRECIATE THE HELP AND SUPPORT YOU HAVE GIVEN ME, IT HAS GONE FAR PAST BREASTFEEDING. HAVING SOMEONE CHECK IN MADE A HUGE DIFFERENCE FOR MY BREASTFEEDING JOURNEY.”

– WIC PARENT

“WE WERE NERVOUS ABOUT BEING FIRST TIME PARENTS, AND YOU EXPLAINED WHAT TO EXPECT WITH A NEW BABY. YOU HELPED US HAVE CONFIDENCE IN FEEDING AND LEARNING OUR NEW BABY. THANK YOU.”

– WIC PARENT

MEET YOUR BREASTFEEDING PEER COUNSELOR!



FAVORITE BREASTFEEDING TIP

Did you know that breastfeeding makes your heart happy AND healthy?! It is true that breastfeeding is good for baby, but it's also good for you. Research shows breastfeeding can:

- Lower the risk of heart disease and stroke.
- Lower the chances of dying from cardiovascular disease.
- Reduce the risks of type 2 diabetes and some cancers.

ABOUT ME

Hi, my name is Dayanna Jacob and I have worked for WIC for over 3 years. I have two kiddos (ages 2 and 4) and I breastfed them both. I faced many unknowns and challenges throughout my pregnancy and breastfeeding journey. Thanks to the help of others, WIC Peers and other Health Public Staff, I was able to continue working on my breastfeeding goals while gaining more knowledge about breastfeeding. Thanks to these experiences, I was determined to help others like me that faced similar challenges. This led me to become a Breastfeeding Peer Counselor here at the WIC office where my goal is to support and encourage WIC pregnant and breastfeeding mothers so that they have a good breastfeeding experience. I am also Bilingual in English and Spanish, and I enjoy helping the Hispanic community.

CONTACT INFORMATION

NAME: Dayanna Jacob

PHONE: (262) 666-3422

E-MAIL: djacob@waukeshacounty.gov

WIC CLINIC: Waukesha County Health and Human Services Bldg.
Waukesha County Public Health / WIC Clinic
514 Riverview Avenue
Waukesha, WI 53188

MEET YOUR BREASTFEEDING PEER COUNSELOR!



FAVORITE BREASTFEEDING TIP

When breastfeeding, your milk supply regulates to make the perfect amount of milk for your baby. When baby is around three months old, it is completely normal for your breasts to not feel quite as full. This does not necessarily mean that your milk supply is down.

ABOUT ME

Hi, my name is Lizzy Meyrose and I have been a peer counselor with WIC since 2021. After I had my daughter, I decided to breastfeed and discovered my passion for women's health. Even though breastfeeding was not always easy, I felt determined to overcome the different challenges, knowing the health benefits it provided for my baby and me. I ended up breastfeeding for over one year! Everyone's breastfeeding journey is different, and I enjoy helping other moms reach their own breastfeeding goals.

CONTACT INFORMATION

NAME: Elizabeth (Lizzy) Meyrose

PHONE: (262) 666-3424

E-MAIL: emeyrose@waukeshacounty.gov

**WIC
CLINIC:** Waukesha County Health and Human Services Bldg.
Waukesha County Public Health / WIC Clinic
514 Riverview Avenue
Waukesha, WI 53188

ASK ABOUT SEEING A WIC BREASTFEEDING PEER COUNSELOR TODAY



In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: [https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf\(link is external\)](https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf(link%20is%20external)), from any USDA office,

by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

- 1. mail:** U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- 2. fax:** (833) 256-1665; or (202) 690-7442
- 3. email:** program.intake@usda.gov

This institution is an equal opportunity provider.



FOLLOW US
@WICMOMSTRONG

