



Pregnancy Edition

From Marisela,
WIC Breastfeeding Peer
Counselor

Marisela: 920-948-2759

(Spanish speaking)

WIC is an equal opportunity provider

You will soon be coming to the end of your pregnancy and meeting your new baby! This is an exciting time but can also be a little scary. I want you to know that I am here to help after you have your baby. As a mom of three boys, I know how important it is to have that mom-to-mom support.

I will be available to you via text, phone, or in person. I am able to visit you in the hospital and can help you feel more confident about feeding your baby before you go home. I can also visit you at your house or in the WIC office; whatever you feel most comfortable with. I am here to support you and your needs!



Helpful suggestions and reminders for breastfeeding in the hospital:

- Your baby's first feeding should be breast milk
 - The first milk, called colostrum, is a great first gift. Colostrum is rich in proteins, carbs, fats, and immune factors. The benefits of colostrum are enormous.
- All the feeding in the hospital should be at the breast if possible
 - The baby's instinct to look for breast and latch is strongest in the first few days. The more often your baby feeds, the sooner you will start to increase the supply of milk you have for your baby.
- No bottles, pacifiers, or formula
 - A newborn's sucking energy should be spent at the mother's breast. Babies can experience "nipple confusion" if exposed to different textures.

I hope your hospital stay is everything you hope for and remember to take advantage of my breastfeeding support services—it can make going home easier. Also, I'd love to meet your new baby!
