

Become a

PEER BREASTFEEDING COUNSELOR



Sponsored by:



Eligibility/ Seeking

BIPOC

Seeking BIPOC individuals for this project.

At least 1 person who is Spanish speaking.

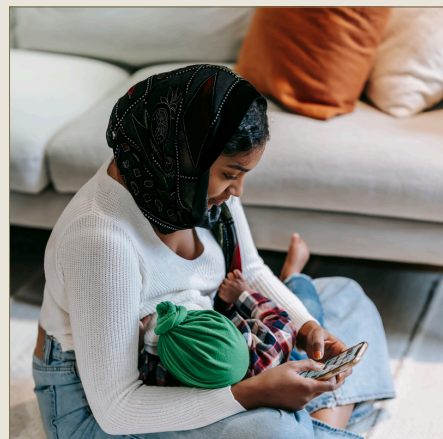


Experience

Must have first hand experience with breastfeeding at least one child for a minimum of 6 months.

Availability/Location

Must live in Waterbury, have your own transportation, and be available on Saturday afternoons for trainings. The program is anticipated to run May-July 2025



What is a Peer Breastfeeding Counselor?

A PEER BREASTFEEDING COUNSELOR IS A TRAINED INDIVIDUAL, OFTEN A MOTHER WITH PERSONAL EXPERIENCE IN BREASTFEEDING, WHO PROVIDES SUPPORT AND GUIDANCE TO OTHER MOTHERS TO HELP THEM SUCCESSFULLY BREASTFEED THEIR BABIES. THEIR ROLE IS TO OFFER EMOTIONAL SUPPORT, PRACTICAL ADVICE, AND INFORMATION ON BREASTFEEDING TECHNIQUES, ADDRESSING CONCERNS OR CHALLENGES SUCH AS LATCH ISSUES, MILK SUPPLY, POSITIONING, AND MORE.

PEER BREASTFEEDING COUNSELORS TYPICALLY WORK IN COMMUNITIES, HOSPITALS, CLINICS, OR OTHER SUPPORT SETTINGS. THEY USE THEIR OWN BREASTFEEDING EXPERIENCES TO RELATE TO NEW MOTHERS, PROVIDING A NON-JUDGMENTAL AND EMPATHETIC ENVIRONMENT. WHILE THEY ARE NOT MEDICAL PROFESSIONALS, THEY OFTEN WORK CLOSELY WITH HEALTHCARE PROVIDERS TO ENSURE THAT THE MOTHER AND BABY ARE GETTING THE BEST CARE AND ADVICE.

Program Details

Training

Participants will attend 4 live classes via in-person and virtual settings.

Once the 4th class is complete, participants will demonstrate learned skills by supporting breastfeeding mothers at a pop-up breastfeeding clinic. Classes and clinic are anticipated to fall on Saturdays sometime between 1pm and 4pm.

Included in training

Participants will receive a breastfeeding book and any necessary training materials. As well as a gift bag upon completion. Gift bag will include some helpful tools that can be used in your daily practice.

Completion

Upon completion of the program, participants will earn a certificate as a Certified PEER Breastfeeding Counselor. This certificate may allow you opportunities to work where PEER Breastfeeding Counselor positions are available such as WIC or even possible opportunities with Woman's Choice

Apply

Visit;

Womanschoiceperinatal.com/non-profit