

Forward Together: Stories from our Breastfeeding Peer Counselors

Alexis' Story

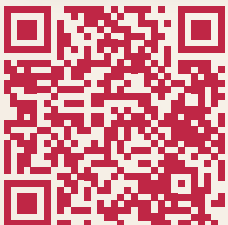
What made you want to become a Breastfeeding Peer Counselor?

My past and current medical history motivate me to keep providing breastfeeding peer counseling services. I was not breastfed as a baby; I was formula-fed. This was 30 years ago. So, all the information we have now about breastfeeding, the great benefits, services, and support that are available now weren't available when I was a baby/child. I was diagnosed with different cancers and several other illnesses and diseases that breastfeeding may have prevented. I didn't have the option as a child, nor did my mama have all the information that's available now about breastfeeding. And at that time, my mom was young. I believe if my mom did have all the resources that are available now, she would have chosen to breastfeed me. I say all this to say I am not able to go back in time to change the decision my mother made about feeding me. Still, I do have the chance now to help other mothers who are looking into breastfeeding, who may lack some knowledge about the great benefits of breastfeeding, mothers who want to breastfeed and don't have the support system, or whatever the case may be.



What motivates you to keep providing breastfeeding peer counseling services? As a breastfeeding peer counselor, I can help mothers look beyond formula feeding to find opportunities to lower the chances of illness and diseases. This can also reduce the chances of babies or moms going through what I have experienced. Not only does this motivate me to continue my services as a breastfeeding peer counselor and provide breastfeeding support to moms, but it also motivates me to keep pushing in my personal life by seeing how many people I can help.

I was told that I couldn't have kids due to my family being afraid of my medical history. I breastfed both of my daughters. My daughters have been healthy since birth (2014 & 2017). Neither of my kids has experienced anything I have been through.



Want to support other moms? Join our team!
We're hiring compassionate, dedicated individuals
who want to make a difference. Learn more at
alabamapublichealth.gov/wic/breastfeeding.html.

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