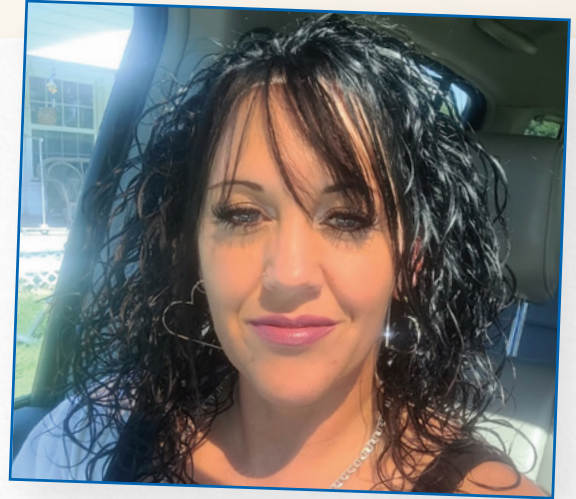


Forward Together: Stories from our Breastfeeding Peer Counselors

Kristina's Story

What made you want to become a Breastfeeding Peer

Counselor? I can work around my schedule, and the hours are flexible, allowing me to spend time with my children. When school stuff comes up, field trips, parent-teacher meetings, doctor appointments, or even emergencies occur, I have the freedom to be a better mom because I can be there and not miss out on important events. It is a bonus that I am also very passionate about breastfeeding and helping moms reach their breastfeeding goals. So, this is the perfect job for me and my family. I always feel fulfilled because I know I make a difference in someone's life, which is a good feeling!



What motivates you to keep providing breastfeeding peer counseling services? What motivates me to continue down the path of counseling WIC moms during their breastfeeding journeys is that I am helping mothers in a time in their lives that can seem so alone and isolated. The pressure to succeed in being a good mom can seem overwhelming, especially if you're struggling with breastfeeding. Most women want to be good mothers, and if I can offer them support during their time of need, then it is worth every second. Sometimes, a new mom just needs to hear that they are doing a good job, and a call from a familiar voice can uplift her enough to continue during a bad day. Also, I love giving a struggling mom tips or instructions on how to fix a breastfeeding issue. Then you hear from her later and she says, "Your advice helped me so much, and breastfeeding is going great now, thank you!" That encourages me to continue down this path. I will forever be grateful for the opportunity to help and support new breastfeeding moms in Alabama.

Who was there for you as a new breastfeeding mom? How did they help? My mother was there for me, and she was amazing—completely supportive and always ready with the tools I needed to succeed. I grew up around breastfeeding women, so it felt natural to do the same. My mom helped in so many ways, but a few moments stand out. When my daughter was just three days old, she brought me a nursing pillow that made everything more comfortable. She always had answers to my questions and was so kind and patient. One day, I asked how long and how often to nurse. She said, "Just nurse her until she's done, and if she's hungry again, nurse her again. Your body knows what to do." Her words gave me confidence. I miss her deeply and am so grateful for the time we had. I can only hope to be the kind of mother to my children that she was to us.



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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