

Forward Together: Stories from our Breastfeeding Peer Counselors

Mary's Story

What made you want to become a Breastfeeding Peer Counselor? Initially, the flexible schedule motivated me. I had been off of work for two years so I could stay home and breastfeed my second child. I was ready to return to work, but I did not want to sacrifice my ability to be at all of my kids' things and pick them up every day. This job worked perfectly with that goal.



What motivates you to keep providing breastfeeding peer counseling services? I love seeing how breastfeeding education or support I have provided changes a mom's perspective about her ability to breastfeed. I love seeing moms go from feeling defeated to thriving. I love it when a mom says that they wouldn't have breastfed or wouldn't have breastfed for as long without me. Being able to positively help another mom's journey and impact their family's health for generations brings me great joy!

Who was there for you as a new breastfeeding mom? How did they help?

I had a breastfeeding peer counselor who helped support me in both of my breastfeeding journeys, an International Board Certified Lactation Consultant who taught me all the basics of breastfeeding my firstborn in the NICU, and a little sister who helped me to be confident breastfeeding in public.



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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