



Central Michigan District Health Department  
Promoting Healthy Families, Healthy Communities

# CONNECT WITH A BREASTFEEDING PEER COUNSELOR

## HOW CAN A PEER COUNSELOR HELP YOU?

### PEER COUNSELORS CAN OFFER:

- Tips for increasing breastmilk supply
- Tips for breastfeeding comfortably
- Assessment of baby's latch
- Tips on breastfeeding while at work or school
- Help with breastfeeding concerns
- A great foundation for a successful breastfeeding journey!



SCAN HERE TO  
BEGIN REFERRAL



QUESTIONS? CALL 989-422-8275