Here to Help

It's easy to contact a Mother to Mother Peer:

Contact your local MSU Extension or WIC Office or the Mother to Mother Peer on the back of this brochure.

Local County Office Contact Information:

WIC Birthline: 1-800-26-BIRTH
Food & Nutrition Helpline: 1-800-481-4989

This project has been partially funded with Federal funds from the United States Department of Agriculture (USDA), Supplemental Nutrition Assistance Program by way of the Michigan Department of Human Services and the Supplemental Nutrition Assistance Program at Michigan State University. The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income.

In Michigan, you can call the Center for Civil Justice Food & Nutrition Helpline (1-800-481-4989) or your local Human Services office listed in the county government (blue) pages of your phone book.

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Michigan State University, U.S. Department of Agriculture Supplemental Nutrition Assistance Program and counties cooperating.

The Michigan Department of Community Health is an equal opportunity provider.

“This program helps me to be more confident with breastfeeding.”
Why breastfeed your baby?

Breastfeeding your baby is a special way to begin your life together. Breastfed babies are less likely to have ear infections, diarrhea or get sick. Breastfeeding is the basis for a healthy lifestyle for moms and babies.

You can do it!

The Mother to Mother Program is a free program that offers breastfeeding information, encouragement and support to WIC and SNAP participants.

Mothers who have breastfed are trained as peers to help you:

- In your home.
- At your WIC office.
- By phone.

We can help!

Your Mother to Mother Peer can provide you with nutrition and breastfeeding education throughout your pregnancy. This will help you get to know your peer, so you will be comfortable calling her after your baby is born.

Mother to Mother Peers are moms, so they know what life is like with a new baby.

When you need someone to talk to or help you find the answers to your questions about feeding your baby, your Mother to Mother Peer can help. She can help you find out how to make breastfeeding work for you.

Breastfeeding is not hard, but it takes some practice. Once you and your baby learn how, it becomes easy.