

BREASTFEEDING RESOURCES



WIC Breastfeeding Peer Counselors:

- ♥ are WIC breastfeeding mothers, just like you.
- ♥ receive training to provide support to WIC mothers on the benefits of breastfeeding and basic breastfeeding skills.
- ♥ are just a phone call away.



WIC Lactation Consultant:

- ♥ is a trained professional, certified by the International Board of Lactation Consultant Examiners, that provides support to breastfeeding mothers with concerns.
- ♥ services are free to WIC mothers.



Breast Pump Program:

- ♥Pumps are available to WIC clients for various reasons.
- ♥A Breastfeeding Peer Counselor or Nutritionist will help you determine which breast pump best meets your needs.



Do you want to know how to access these resources?
Call your Breastfeeding Peer Counselor at:

Northeast WIC	713-633-7985
Magnolia WIC	713-852-7417
Northwest WIC	713-932-1274
Sunnyside WIC	713-732-5050
Alief WIC	713-568-1192
Acres Home WIC	713-742-1465
Denver Harbor WIC	713-670-2150
Northside WIC	713-742-1300
Airline WIC	713-742-1584
Hunting Bayou WIC	713-515-8184
Southwest WIC	713-516-0043
La Nueva Casa WIC	713-855-5322
Braesner WIC	713-502-9934
Aldine WIC	713-494-9157
Sharpstown WIC	713-557-3709
West End WIC	713-393-5900



For after hours breastfeeding support,
call the City of Houston Breastfeeding Helpline at:

713-306-9573

MON – FRI 6:00 pm – 7:30 pm
SAT & SUN 10:00 am – 7:30 pm

For Internet Breastfeeding Resources Visit:

WIC

www.breastmilkcounts.com

La Leche League

www.LLLHouston.org/gethelp.html

National Women's Health Information Center

www.4women.gov/breastfeeding



To schedule a WIC appointment call: 713-794-9090

This institution is an equal-opportunity provider.