



## Breastfeeding

The WIC Program promotes breastfeeding as the primary method of feeding babies. At Macon County WIC, breastfeeding promotion and support include the following:

- Lactation room within the Health Department
- Appointments can be made for Breastfeeding education for WIC participants
- Electric breast pump loan program
- Breastfeeding Peer Counselor Program

## Breastfeeding Peer Counseling Program

Macon Co. WIC Program participates in the Breastfeeding Peer Counseling Program. The peer counselor is a trained individual enthusiastic with their own personal breastfeeding experience. Her job is to talk with pregnant women about breastfeeding, offering support and assistance once the baby arrives. The majority of support is carried out in the WIC office or by telephone. One goal of the BFPC Program is to increase both the initiation and duration of WIC mothers who choose breastfeeding.

## Breastfeeding Pump Information

Please refer to the [WIC Frequently Asked Questions](#) for detail about the breast pump program.

## Additional Breastfeeding Help

- Breastfeeding Peer Counselor : 828-349-2451
- [OWH Helpline](#) - The Federal Office on Women's Health (OWH) [Helpline](#) is staffed with breastfeeding peer counselors who can answer your breastfeeding questions, support you through breastfeeding challenges, and connect you with other resources to help if needed. The OWH Helpline is staffed Monday through Friday, 9 a.m. to 6 p.m. EST. Call 800-994-9662. Closed on federal holidays.
- [La Leche League](#)- There are no local La Leche League groups but you can pick up your telephone and dial 1-800-LALECHE (525-3423) (US) for help and answers to common questions
- Appalachian Breastfeeding Network – after hours breastfeeding helpline: 888-588-3423
- MotherToBaby: 1-800-532-6302 or text: 855-999-3525. Visit [www.MotherToBabyNC.org](http://www.MotherToBabyNC.org) – Questions about medications, alcohol, or other exposures during pregnancy or breastfeeding