

I am interested to learn more about breast-feeding. I would like:

To attend the Prenatal Breast feeding Class

To attend the Post –partum Breast feeding Class

To see a Breastfeeding Counselor

A visit by a Breastfeeding Peer Counselor

at the Hospital

at Home

**Ask any WIC Clinic Staff to fill out
BFPC REFERRAL/ENROLL FORM.**

A Breast Milk Song by Aunt Alicia



My mommy makes the best milk
It's Y-U-M-M-Y.

My mommy makes the best milk
And now I will tell you why.
She makes it fresh everyday
And it's good for me the doctor say.
So if you give me formula
I'll spit it up and say "NO WAY."

Some Breast feeding Topics you want to discuss:

- Not having enough milk
- Plan to work or go back to school
- Nobody to help
- It seems hard
- It may hurt
- Embarrass/Shy especially in public places
- C-Section
- Poor eating habits
- My breast may sag
- Sore Nipples
- Flat Nipples
- Latch-on Problems
- Jaundiced Infant
- Premature Baby
- Twins/Multiple Babies
- Breast implants
- Breast Surgery
- Taking Medications
- Mom is sick

Other Related Topics to breastfeeding:

- Hepatitis
- HIV Positive
- Drug Use
- Smoking
- Tuberculosis
- Handicap
- Seizures
- Others _____

"GUAM WIC PROGRAM is an equal opportunity provider."



Department of Public Health
& Social Services



Guam WIC Breast feeding Promotion and Support Services



All Pregnant and
Breast feeding Women
are Invited !!!

Bring someone who will
support your
breastfeeding decisions.

Tel: 475-0302



Guam WIC Breastfeeding Promotion and Support Services



The benefits of breastfeeding are exceptional. The American Academy of Pediatrics (AAP) stresses that Human Milk is the foundation of good infant nutrition. It is the most natural and perfect food for your newborn.

Most moms enjoy breastfeeding because of bonding. They feel closer to their babies.

It is convenient. No bottles to buy, to clean or to sterilize. Easier to feed at night.

Breastmilk is easy on baby's tummy. They have less diarrhea, less ear infection and less doctor's visit. They rarely get sick.

Because of these breastfeeding benefits, we would like to offer you our Guam WIC Breastfeeding Promotion and Support Services.

One-on One Breast feeding Counseling

This service is offered to all pregnant and post partum women who prefers a private, one-on-one breastfeeding discussion. Our qualified nutritionist are certified to satisfy any of your breast feeding questions or concerns.



If you desire to have a one-on-one Breast feeding Counseling Session, please let us know and we are glad to schedule you.

Pre-natal Breastfeeding Class

This 30-minute class is offered to all pregnant women regardless with or without any breastfeeding experience.



This class gives you great information about breast feeding such as why breast milk is the best, what to expect the first few days of life, how do I know if my baby is hungry or full, techniques on how to hold

the baby properly, latching-on, and the key to have good milk supply.

If you have questions like these, we would like to invite to join our pre-natal breast feeding class. If you are not sure how to feed the baby yet , come join this class to make well-informed decision.

Grandmas, mother-in-laws, mother of mothers and spouses or partners are welcome too.

Post-Partum Breast feeding Class

All breastfeeding mothers are invited to this class.

It provides opportunity for breastfeeding mothers to share their breastfeeding experience. Mothers can safely discuss their breastfeeding concerns with other mothers.



If you have a breastfeeding baby and would like to join the post-partum breast feeding class, please inform any WIC Clinic Staff.

Breast feeding Peer Counselor Program

This Breastfeeding Support Service is offered to all pregnant and post-partum women who may want assistance at home or at the hospital. Our Breastfeeding Peer Counselor Program will assist you at the home or at the hospital during the early days after delivery. Our BFPC are well qualified to help you succeed in breast feeding.



If you are interested, please request any WIC Clinic Staff fill out a BF Referral/Enrollment Card.

GUAM WIC PROGRAM

To answer any of your breastfeeding concerns or questions, please call:

BF Coordinator

@ 475-0302 or 888-2808

Dededo Nutritionist @ 635-7473

Tiyan Nutritionist @ 475-0294

Mangilao Nutritionist @ 735-7183

Sta Rita WIC Clinic @ 565-3537

(Tuesday ONLY)

Your privacy and confidentiality is highly respected in all WIC clinics.