

Calling all Breastfeeding Champions!

Are you:

- A mother currently breastfeeding a child?
- Interested in meeting other new moms in your area?
- Committed to breastfeeding your child and building a culture that supports breastfeeding?
- Interested in starting a Mother-to-Mother Support Group?

If these questions apply to you - please consider becoming a Breastfeeding Peer Counselor!

Ulster County's breastfeeding rates are low - only about 65% of women ever breastfed - with **only** 22% breastfeeding at 6 months. (2008 Pediatric Nutrition Surveillance - New York)

We can make a difference!!

Requirements:

- Participants must be breastfeeding mothers with a commitment to providing support and starting a peer counselor group in their area.
- Youngest Child must be at least 3 months of age.
- Participants should be willing to start a Mother-to-Mother support group in their area, as they feel comfortable. Groups do not need to be led by only one mother—if you would like to lead one with a friend, pass this information along to them! We can also work to pair you up with other women in your area.

We know that there are many Moms in our area that are passionate about breastfeeding and want to share that passion with others.

The Breastfeeding Initiative of Ulster County and New Baby, New Paltz want to empower women to share that passion with others!

Breastfeeding Initiative of Ulster County and New Baby, New Paltz present:

Breastfeeding Peer Counselor Training Program

Thursdays in February
(Feb 3, 10, 17, 24)
From 12 pm-3 pm



For more information, contact:
Donna Bruschi
845-750-4402
donnabruschi@yahoo.com

What is a Peer Counselor? How do I become one?

What is a peer counselor?

"Peer counselors are mothers in the community with personal breastfeeding experience who provide information and support to other mothers"

(www.breastfeedingpartners.com)

Many peer counselors begin mother-to-mother support groups, sharing their experiences with other mothers. The connection in mother-to-mother support groups can be very powerful.

As a peer counselor you will provide support and encouragement to other Ulster County mothers.

You will answer questions and address common concerns, and will refer to an expert with more difficult and complex questions.

Training includes:

-Four (4) 3-hour trainings on providing peer counselor support

-Training on Group Facilitation

-Training manual

-Information on starting a Breastfeeding Mother-to-Mother Support Group

-Attend ongoing monthly support once Mother-to-Mother Groups have started support

Details:

When: Thursdays in February (Feb 3, 10, 17, 24), 12pm—3pm. (Snow dates: March 3, 10)

Who: Currently Breastfeeding mothers who are interested in providing breastfeeding peer counselor support in their areas (child must be at least 3 months of age)

What: Breastfeeding Peer Counselor Training

Where: The Kingston Hospital, 4th Floor Family Education room off of the Blue Elevators

Cost: Sliding fee is available based on income: \$30-\$100 (Scholarships Available!!)

A yearly membership fee will apply for those that lead Peer Counselor support groups.

Registration Deadline: January 28th, 2011.

Lunch will be provided by the Family Birth Place of the Kingston Hospital

Babies are welcome!

There is no minimum age for mothers.

Training will be ongoing. If you are unable to join us in February, but are interested in joining us for then next training, please let us know and we will put you on the list.

Peer Counselor Training Sign-Up

Name

Address

Phone

Email address

Names and ages of children

Method of Payment

- Check (Made Payable to Donna Bruschi)
 Cash (to be paid on the first day of event)
 Visa
 MasterCard
 American Express

Credit Card #

Exp. date

Signature

Sliding fee amount to be paid

Registration and checks can be sent to:
Donna Bruschi
PO Box 80
Rifton, NY 12471

Or emailed to donnabruschi@yahoo.com

For more information, contact:
Donna Bruschi
845-750-4402

Registration Deadline: January 28th, 2011.