



# Western Upper Peninsula Health Department **BREASTFEEDING**

*The quarterly newsletter for breastfeeding information*



## HOW WE CAN SUPPORT YOU

*One of the biggest things you need to be successful with breastfeeding is having support! Here are a couple programs that you can be involved in so we can support you!*

### **MIHP (Maternal Infant Health Program) - What is it?**

MIHP is a home visiting service for pregnant moms and infants. The goal is to support healthy pregnancies and babies!

Here are the benefits:

- MIHP will give you access to transportation, WIC, birthing and parenting classes
- MIHP will provide help with breastfeeding
- Home visits (by a health care professional) will
  - answer questions about pregnancy, labor, delivery, caring for your baby, and birth control
  - help with prenatal care
  - help you get food or a place to live
  - help you learn about buying, making, and eating healthy foods

### **ALSO IN THIS ISSUE:**

Tech, Tools, or Tips;  
Lactation Consultant vs.  
Peer Counselor - 2



*Always remember you can ask for help by contacting your local WIC agency or breastfeeding peer support person*

## The Benefits of MIHP continued..

- help with health problems that could negatively affect your pregnancy
- help you with life changes you want to make, such as quitting or cutting down on smoking, alcohol or drugs
- help you if you are worried about abuse or violence in your life or feel unsafe
- connect you with community resources such as baby pantries, WIC food program, or electricity and heat

*For more information about MIHP, check out [www.michigan.gov/mihp](http://www.michigan.gov/mihp) or call your local WIC agency*



### Tech, Tools, or Tips:

Your local Western Upper Peninsula Health Department (WUPHD) helps connect you to breastfeeding support. That support includes Peer Counselor's (PC) and International Board Certified Lactation Consultant's (IBCLC). Here are the benefits of both and how they are different:

**International Board Certified Lactation Consultant:** IBCLC's are trained medical professionals that have gone through extensive breastfeeding education. IBCLC's can inform you on all things breastfeeding and help with a wide variety of medical issues that a PC cannot.

**Peer Counselor:** PC's are mothers who have personal breastfeeding experience. They are there to support you through your journey, and help you meet your breastfeeding goals. PC's are not medical professionals. Services they offer are breastfeeding education classes, an open warm line to contact at anytime with breastfeeding questions, help in addressing common breastfeeding challenges, resources to guide you in the right direction if you need further help, and more.

Peer Counselors should be your first contact with any questions about breastfeeding, or if you have concerns. They are there to support *you* and will make sure you receive the help you need.