

# TIFFANY

BREASTFEEDING PEER COUNSELOR

## ABOUT ME

I have breastfed two children and have four years of breastfeeding experience! I am trained to answer common breastfeeding questions and would love to share and help you through your own experience.

## SERVICES I CAN PROVIDE INCLUDE

- Basic breastfeeding information and support
- Helping you identify a breastfeeding support system and educating family members
- Connecting with you during pregnancy, early days of breastfeeding, and until the baby weans
- Education and assistance with positioning
- Helping you achieve your breastfeeding goals
- Helping breastfeeding mothers return to work
- Connecting with you via phone, in person, or during a home visit

