



BREASTFEEDING INFORMATION AND SUPPORT FOR YOU AND YOUR BABY

The Community Bridges WIC Program supports and protects exclusive breastfeeding for approximately the first six months of life, and continued breastfeeding for at least the first year, as recommend by the American Academy of Pediatrics (AAP).

At Community Bridges WIC, we provide:

- Prenatal breastfeeding classes
- Prenatal nutrition and breastfeeding counseling
- Help in accessing an electric breast pump for breastfeeding mothers returning back to work or school

In addition, our Breastfeeding Program, Regalo de Amor, and Peer Counselor Program, provide:

- Mother-to-mother breastfeeding support and information by our trained WIC Peer Counselors, in person, over the phone, and by text.
- Hospital bedside lactation support
- Hands on lactation support by Board Certified Lactation Consultants as well as trained Lactation Counselors

Regalo de Amor: 831-722-7121 ext. 116