

380.85

Minimum Contact Schedule for Breastfeeding Peer Counselors

Introduction The Breastfeeding Peer Counselor will contact WIC pregnant and breastfeeding participants in a consistent manner.

Policy All WIC breastfeeding peer counselor programs in Iowa use the schedule of contacts in this policy in order to provide a common baseline of service to mothers. Additional contacts may be added based on the local agency’s funding and community partnerships and client need.

Contact schedule The table below indicates the minimum schedule of contacts for breastfeeding peer counselors.

If the WIC participant is...	Then contact the mother...
Pregnant	<ul style="list-style-type: none"> ● Monthly during pregnancy and weekly two weeks prior to expected delivery date, and ● More frequently as indicated.
1 st week	<ul style="list-style-type: none"> ● Every two or three days during the first week, and ● Within 24 hours if a problem occurs
2-4 weeks old	<ul style="list-style-type: none"> ● Weekly, and ● Within 24 hours if a problem occurs.
1-6 months old	<ul style="list-style-type: none"> ● Monthly, ● Within 24 hours if a problem occurs, ● Two weeks before the breastfeeding mother returns to work or school and within three days after she starts back, and ● Around the time baby’s appetite spurt occurs: six weeks, three months and six months.
7-12 months old	<ul style="list-style-type: none"> ● Monthly, and ● Within 24 hours if a problem occurs.

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