

## STAFF ROLES - PEER COUNSELORS: ROLES AND RESPONSIBILITIES

### LEVEL 2 HANDOUT: PC JOB DESCRIPTION

#### General Description:

- A WIC Breastfeeding Peer Counselor is a paraprofessional support person who gives basic breastfeeding information and encouragement to WIC pregnant and breastfeeding mothers.
- Qualifications:
  - Has breastfed at least one baby (does not have to be currently breastfeeding).
  - Is enthusiastic about breastfeeding and wants to help other mothers enjoy a positive experience.
  - Can work about 10 hours a week.
  - Has a telephone and is willing to make phone calls from home.
  - Has reliable transportation.

#### Training:

- Completes Levels 1 and 2 of the FNS WIC Breastfeeding Curriculum
- Observes other peer counselors and breastfeeding experts helping mothers breastfeed.
- Reads assigned books or materials about breastfeeding.

**Supervision:** The peer counselor is supervised by the \_\_\_\_\_

#### Specific Duties of the WIC Peer Counselor:

1. Completes FNS WIC breastfeeding training classes to become a peer counselor.
2. Receives a caseload of WIC mothers and makes routine periodic contacts with all mothers assigned.
3. Gives basic breastfeeding information and support to new mothers, including telling them about the benefits of breastfeeding, overcoming common barriers, and getting a good start with breastfeeding. Helps mothers prevent and handle common breastfeeding concerns.
4. Counsels WIC pregnant and breastfeeding mothers by telephone, home visits, and/or hospital visits at scheduled intervals determined by the local WIC Program.
5. May counsel women in the WIC clinic.
6. Is available outside the WIC clinic and the usual 8 to 5 working schedule to new mothers who are having breastfeeding problems.
7. Respects each mother by keeping her information strictly confidential.
8. Keeps accurate records of all contacts made with WIC mothers.
9. Refers mothers, according to clinic-established protocols, to:
  - WIC CPA
  - Local agency breastfeeding coordinator.
  - WIC Designated Breastfeeding Expert
  - Other community resources following agency-approved protocols
10. Attends and assists with prenatal classes and breastfeeding support groups.
11. Attends monthly staff meetings and breastfeeding conferences/workshops as appropriate.
12. Continues education following agency-approved guidelines.
13. Reads assigned books and materials on breastfeeding that are provided by the supervisor.
14. May assist WIC staff in promoting breastfeeding peer counseling through special projects and duties as assigned.

I understand the above job responsibilities and agree to perform these duties as assigned.

---

WIC Breastfeeding Peer Counselor

---

Date