

When to Yield Handout

Peer counselors provide basic breastfeeding information, encouragement and support to WIC participants. You should remain close to the information provided during your training and work within the peer counselor scope of practice.

In your role as a peer counselor, you must yield anything beyond basic breastfeeding support. Situations that are not breastfeeding related, are complicated or unusual, or cause you to feel uncomfortable should be referred to the WIC staff and /or other trained professionals. You will continue to provide support while the designated expert is addressing the issue, unless the supervisor or peer counselor supervisor determines that it is best to discontinue peer support.

Yield if a mother expresses concern about:

1. Any health issues related to her or her baby
2. Her baby's weight or other growth issues
3. Her milk production or ability to satisfy her baby
4. Her baby's ability to latch and suck effectively

Yield if a mother:

1. Has any breastfeeding problem that remains unresolved per moms report after 24 hours despite your help
2. Wants to supplement with formula or stop breastfeeding
3. Has a situation beyond basic breastfeeding, such as breastfeeding more than one baby or breastfeeding an adopted baby
4. Has a physical challenge, a hormonal condition, or a chronic or acute illness
5. Has prior breast or gastric bypass surgery
6. Has nutritional issues or questions (e.g., obese, following a special diet, losing weight, questions about diet, etc.)
7. Appears depressed or at risk for physical abuse
8. Is suspected of abusing alcohol or drug and other harmful substance abuse
9. Is having problems and unable to follow your suggestions

Adapted from the Minnesota WIC Program, "Yield List"