



**WIC  
BREASTFEEDING  
SUPPORT**

*LEARN TOGETHER. GROW TOGETHER.*

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My Buddy's First Name

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Contact Information

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My Name

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Date

**CONGRATULATIONS** on expanding your breastfeeding support team! The most important part of the Buddy Program is communicating with your buddy. Review the expectations and sign to get started!

***AS A BUDDY, I AGREE TO:***

- Support my buddy: listen, share, encourage, and celebrate.
- Decide how best to communicate with my buddy and how often.
- Determine ahead of time how much of our interactions we want to keep confidential.
- Decide with my buddy how structured or not structured we want to be with each other.
- Treat my buddy with respect.
- Let my peer counselor or WIC staff know if I am unable to continue to be a buddy.
- Reach out to WIC staff if I have breastfeeding questions and encourage my buddy to do the same.