

*Breastfeeding is a gift  
only you can give your baby,  
but you don't need to do it alone.  
WIC is here for you.*



## ABOUT WIC

WIC is a program for **Women, Infants and Children**. We offer free services to Massachusetts families who qualify. WIC provides healthy food for nursing mothers, infants and children. We offer support for breastfeeding mothers and education about nutrition and health.

To see if you qualify or to make an appointment, call 1-800-WIC-1007. Many of our offices are open in the evenings and on Saturdays. Walk-ins are always welcome.

  
www.mass.gov/wic

To find out more about WIC, call 1-800-WIC-1007 or a program near you.

### BOSTON AREA

Blue Hill Corridor	(617) 822-5584
Brighton/Roslindale	(617) 254-0492
Cambridge/Somerville	(617) 666-5059
Chelsea/Revere	(617) 887-4340
Dorchester North	(617) 825-8994
Dorchester South	(617) 825-0805
East Boston	(617) 568-6440
Jamaica Plain	(617) 983-6086
Roxbury	(617) 989-3055
South Boston	(617) 464-5850
South Cove	(617) 521-6777
South End	(617) 425-2070

### CAPE

Cape Cod	(800) 942-2445
Outer Cape	(800) 675-1188

### CENTRAL

Framingham/Waltham	(508) 620-1445
North Central	(978) 345-6272 x1
South Central	(508) 765-0139
Worcester	(508) 860-7744

### NORTHEAST

Lawrence	(978) 681-4960
Lowell	(978) 454-6397
North Shore	(781) 599-7290
North Suburban	(781) 338-7578
Northern Essex	(978) 374-2191

### SOUTHEAST

Brockton	(508) 588-8241
Fall River	(508) 679-9349
New Bedford	(508) 997-1500
Plymouth	(508) 747-4933
Quincy	(617) 376-4190
Taunton/Attleboro	(508) 823-6346 x227

### WESTERN

Berkshire North	(413) 445-9429
Berkshire South	(413) 528-0457
Franklin/Hampshire/No. Quabbin	(413) 376-1160
Holyoke/Chicopee	(413) 534-2460
Springfield North	(413) 737-8868
Springfield South	(413) 693-1029



**EXPERT  
HELP FOR  
BREASTFEEDING  
MOMS**



form #318

WIC Nutrition Program • 1-800-WIC-1007  
Nutrition Division • MA Department of Public Health  
TD/TTY: (617) 624-5992 • Web: www.mass.gov/wic  
This institution is an equal opportunity provider.





**BREASTFEEDING MIGHT BE CHALLENGING IN THE BEGINNING, BUT THE BENEFITS LAST A LIFETIME!**

*Our breastfeeding services support you every step of the way.*



## ***Before you have the baby...***

### **INDIVIDUAL BREASTFEEDING CARE**

While you're pregnant and after your baby is born you can meet with a breastfeeding specialist or nutritionist at WIC. This is a good chance to talk with an expert who can answer your questions and give advice.

### **PRENATAL BREASTFEEDING CLASSES**

These classes give you a chance to talk about how you want to feed your baby. You can ask questions and get answers before your baby is born. Classes help you know what to expect when you start to breastfeed, and they are a great way to meet other moms who are going through the same experience.

### **EDUCATIONAL MATERIALS**

WIC has materials to answer the questions that most women commonly ask about breastfeeding. If there is something you want to learn about, ask us! Chances are, we'll have just the right resources for you.

## ***When the baby arrives...***

### **BREASTFEEDING PEER COUNSELORS**

A WIC Peer Counselor is a mom – like you – who breastfed her baby. She may have had the same questions or problems that you have. She is trained to help you and your baby. You can count on your Peer Counselor if you have questions. Call now to connect with a peer counselor who speaks your language. She will be ready to help any time you need her – day or night. She can even talk to you while you are in the hospital.

### **BREASTFEEDING SUPPORT GROUPS**

WIC helps new moms to learn from each other in a group setting. Groups are available at most WIC programs. Just ask!



### **HELP GETTING PUMPS**

Pumps can cost a lot! At WIC, we will help you get a pump through your health insurance plan, or our lending program. A peer counselor can also help you make a plan for pumping when you go back to work or school.

### **EXTRA FOOD FOR NURSING MOMS**

To help you stay strong while you nourish your newborn, you'll receive extra food in your WIC checks for up to a year after you have your baby. That's just another way WIC helps keep you and your new baby healthy!

### **INFANT NUTRITION AND INFORMATION**

Breastfed babies receive more food from WIC. WIC nutritionists can help you choose the best foods for your family. Have questions? We have answers.

**WIC. WE KNOW BREASTFEEDING.**