

Adams County Health Department Breastfeeding Peer Counselors

The Breastfeeding Peer Counselor program provides specialized education, encouragement, and hands-on support to pregnant women, new mothers, and their babies. By offering targeted resources, the program helps more mothers start breastfeeding and continue doing it longer. It also builds a strong support network for new moms. These efforts lead to critical health benefits, such as lower infant mortality rates, better brain development, and improved long-term health for growing children. Additionally, the program helps prevent health issues by reducing obesity rates in childhood and adulthood.

To meet these goals, peer counselors offer accessible, multi-layered care through phone calls and support groups. Along with emotional and educational support, they give practical help with skills like getting a good latch, comfortable positioning, and using breast pumps. Our peer counselors are breastfeeding mothers themselves. They combine real-world experience with professional lactation training to provide the best possible support.

Meet Our Team

"I chose to breastfeed to give my babies a healthy start, challenge my body's capabilities, and help our family save money along the way. Today, I love being a peer counselor and supporting women through motherhood. I joined this program because I wanted to be the resource I wished I had during my own experience. My goal is to bring compassion, support, and love to every mother's unique journey."



"Inspired by the deeply cherished bond of my own breastfeeding journey, I became a peer counselor to lift up other mothers. I love supporting moms through pregnancy and postpartum, helping them reach their unique goals. To me, mom-to-mom support is a beautiful partnership—empowering families, fulfilling my heart, and strengthening our community one connection at a time."