



Mom-to-mom
breastfeeding
support



Colorado WIC
Breastfeeding
Peer Counselor
**Texting/Phone
Program**

Receive texts about your
nutrition, breastfeeding,
and infant nutrition
during your pregnancy
and after.



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To enroll, text “bfmom” to 839863

Receive mom-to-mom breastfeeding education and support by text/ phone from a WIC Breastfeeding Peer Counselor. Learn more about breastfeeding and get answers to your questions. Support is available after hours and text/calls are returned within 12 hours. Community resources are provided if 1:1 breastfeeding help is needed.

Text “bfmom” to 839863 to enroll. Once you are enrolled, your Breastfeeding Peer Counselor will text you to introduce herself.

Text “STOP” to cancel at anytime.



Colorado Department
of Public Health
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