



# 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.



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  
and Environment