

# Maine Center for Disease Control and Prevention WIC Nutrition Program

Effective: October 1, 2012

Policy No. BFPC-3

Revised: October 1, 2022

## Training of Breastfeeding Peer Counselors

### Authority

22 MRSA §255 and §1951

10-144 CMR Chapter 286, §II.J.8

USDA All States Memorandum 04-27, “Breastfeeding Peer Counseling Grants/Training”  
(April 8, 2004)

### Policy

1. Peer counselors shall, at a minimum, complete the WIC Breastfeeding curriculum prior to starting peer support activities.
2. Peer counselors shall be offered breastfeeding trainings and shall successfully complete and document a minimum of six (6) credit hours annually.
3. The State Agency shall have the option to increase the training requirements.

### Procedures

1. The breastfeeding peer counselor supervisor shall:
  - 1.1. Train peer counselors in alignment with program policies and standards using the WIC Breastfeeding curriculum prior to starting peer support activities. Contact the Local Agency Designated Breastfeeding Expert or State Agency Breastfeeding Coordinator for instructions on how to access the WIC Breastfeeding curriculum.
  - 1.2. Arrange continuing education opportunities for breastfeeding peer counselors.
  - 1.3. Mentor new breastfeeding peer counselors and provide routine follow-up, evaluation, and guidance.
  - 1.4. Train breastfeeding peer counselors on procedures such as proper documentation of contacts, reimbursement procedures, and other administrative processes.
  - 1.5. Train breastfeeding peer counselors on policy and procedures for protecting participant confidentiality.

2. Ongoing training shall be offered through:
  - 2.1. WIC clinic staff meetings
  - 2.2. Breastfeeding conferences and workshops
  - 2.3. State in-services