



Breastfeeding Peer Counsellors

The La Leche League community Breastfeeding Peer Counsellor Programme supports mums and whanau to breastfeed with confidence. The programme training offers knowledge and skills to enable women who have had experience breastfeeding to become a peer support to other breastfeeding mums. This informal support compliments the knowledge offered by health professionals.

Often the best learning is from someone who has 'been in the same shoes' which is what makes a Breastfeeding Peer Counsellor unique. [A Peer Counsellor can provide basic breastfeeding support, share experiences while offering reassurance to a mum experiencing breastfeeding challenges.](#) Our Peer Counsellors can be contacted through various ways – including face to face, email, phone calls or text messages.

Strengthening these relationships will support breastfeeding women and whanau in our community while promoting breastfeeding as the norm.

