

Subject: Breastfeeding Peer Counseling Program**Item: Contacts**

PURPOSE:

Provides information Breastfeeding Peer Counseling (BPC) contacts.

POLICY:

- I. All local agencies (LA) with a BPC Program must ensure Peer Counselor (PC) contact with the participants assigned to them, as stated in this policy.

PROCEDURE(S):

- I. Frequency of Contacts
 - A. The LA must meet the following minimum contact frequency intervals:
 1. Prenatal women:
 - a. Monthly.
 - b. At a minimum by the third trimester.
 - c. Every 1-2 weeks in the last month before the expected delivery date.
 2. Postpartum women:
 - a. Every 2-3 days in the first week postpartum.
 - b. Within 24 hours if the mother reports a problem with breastfeeding and again until the problem is resolved.
 - c. Weekly for the rest of the first month postpartum.
 - d. 1-2 weeks before returning to work or school and 2-3 days after she starts back to work or school.
 - e. Monthly for infants from 1 to 6 months of age.
 - II. Communication
 - A. The LA staff must ensure that BPC Program participant contacts are two-way interactions which can include by telephone, in person, in a hospital, at home, or electronically.
 - B. The LA staff must have a policy regarding confidentiality, safety and social etiquette for staff and participants if using electronic communication or social media associated with the BPC Program.
 - III. Documentation
 - A. The BPC Program staff must document all contacts in the Peer Counselor Database (PCDB) on a daily basis. If internet access is not available, the PCs
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must use hardcopy screen prints of the PCDB and input data into the PCDB as soon as internet access is available or at least within 2 business days.

- B. The LA staff must ensure that incomplete or attempted contacts that are not two-way and do not meet contact frequency requirements, are logged in the PCDB as a comment.

DEFINITION(S):

Contact – a two-way interaction between a PC and a BPC Program participant verbally, face-to-face or electronically.

AUTHORITY:

All State Memorandum (ASM) 04-27 – Breastfeeding Peer Counseling Grants/Training, April 8, 2004

Loving Support© Through Peer Counseling: A Journey Together – For WIC Managers, November, 2011

Loving Support© Frequently Asked Questions 2011

Loving Support© Model for a Successful Peer Counseling Program

Allowable Costs for Breastfeeding Peer Counseling Funds, USDA November 2011.

Loving Support© Through Peer Counseling, a Journey Together for Training WIC Peer Counselors, 2011, Handout 9.3