



Prairie Band Potawatomi Nation Breastfeeding Peer Counselor Program



What is a Breastfeeding Peer Counselor?

- A Breastfeeding Peer Counselor is a mother who has exclusively breastfed her child(ren) and has a passion in helping mothers to reach their breastfeeding goal.
- Peer Counselors give mother to mother support and encouragement in a nurturing manner. They listen to the mothers concerns and offer evidence based solutions.
- Peer Counselors also know when to refer mothers that need additional help to a Lactation Consultant.

What does a Breastfeeding Peer Counselor Do?

- Breastfeeding Peer Counselors help breastfeeding mothers and mothers-to-be. They are trained in answering common breastfeeding questions and often share their own personal breastfeeding experience to support and encourage mothers.
- Peer Counselors have an important role in educating and supporting mothers. They provide services through different communication channels such as in-person support groups, phone calls, private online support groups, one-on-one counseling sessions and classes.

Who is the Prairie Band Potawatomi Nation BFPC?

Stephanne Rupnicki (Ks Kickapoo), married to John Rupnicki Jr (PBPB). They have five sons and have lived on the PBPB Reservation since 2009. She has breastfed all her sons and is currently nursing their youngest. She is very passionate about breastfeeding and being a support system for our community. She is looking forward to offering in-home sessions and being at the PBPB Health Clinic in the near future for mothers to visit with her after their midwife appointments and for one-on-one breastfeeding clinic times. She is looking forward to what this program will bring to the community as well as what the future holds for her with this position.

