

**IT'S M.O.M.S. CALL!**  
**Moms Offering Moms Support**

- Free confidential support for breastfeeding families.
- Help provided over the telephone.
- Promotes the importance of exclusive breastfeeding for the first six months.
- Good support and information increase breastfeeding duration.
- Mothers who have successfully breastfed; have volunteered to become breastfeeding peer mentors.
- Provides confidential mother-to-mother, telephone support to expectant mothers planning to breastfeed, or new mothers who are breastfeeding.
- Information sharing and encouragement increase a new mother's self-esteem and confidence.

For additional information or to register call the  
Northwestern Health Unit

Or

Healthy Babies Healthy Children toll free at:  
1-800-465-4377