

Secret Ingredient Stories: Whatever Each Day Brings

WIC parents and caregivers find support to make informed choices about what's best for their families.

WIC Nutritionist Lauren Christie knows from personal experience how challenging it can be to feed one's infant, especially in the earliest months together.

At one point, in the midst of navigating her own infant feeding journey with her first child, Lauren remembers thinking, "I don't know how people do this. I'm a certified lactation consultant, and it's really hard."



Part of the difficulty, Lauren came to realize, was that she'd gone into it with the subconscious mindset that it *shouldn't* be hard—and that there was a "right" way to nourish her child.

But now she knows better. Since becoming a mom herself, Lauren has gained a much greater appreciation for the fact that everyone's path looks different. She's also learned the importance of giving oneself grace and reaching out for help.

This is a lesson that we at WIC wish to share with all of our WIC families.

"Breastfeeding is not easy, and formula feeding is not easy. They're both a challenge in their own way. It just depends on that specific family and their situation. It's good to have options." – Nicole, WIC Participant



It took WIC participant Nicole time and patience to figure out what methods of feeding worked best for her family, along with ready access to education and support.

What works best may differ not just between families, but between individual children, and from day-to-day. Gracie, another WIC participant, could not—for various reasons—breastfeed her daughter, but she was later able to breastfeed her son.

“When he latched, it was like fireworks.” – Gracie, WIC Participant

Being aware that she had more than one option available to her, and that it was okay to ask questions, was crucial for Gracie in making it through breastfeeding her youngest child.



Sometimes, the key to infant feeding is simply knowing that somebody else who's walked in your shoes has your back.

Kimberly Williams, a WIC Peer Counselor, makes sure to tell all the caregivers she works with that she's there for them, without judgment, no matter what they need.

“I think everybody likes a cheerleader. Everybody wants to have somebody behind the rooting for them, encouraging them and telling them that they're doing a great job. Support is the backbone of everything.”
– Kimberly Williams, WIC Peer Counselor



It's normal to have questions about infant feeding. WIC can help you find the answers. Whatever each day brings, the secret ingredient is you.