

## **PEER COUNSELOR I**

**GRADE: 02**

### **GENERAL DESCRIPTION**

Support the federally mandated requirement for WIC breastfeeding promotion program by providing basic counseling, education and assistance to women who choose to participate in the program.

### **EXAMPLES OF WORK PERFORMED**

Provides counseling and education to pregnant and breastfeeding women to encourage initiation and increased lactation during of breastfeeding

Confers with physicians, nutritionists and nurses regarding the health of clients and their children

Monitors WIC centers to ensure the environment is conducive to promotion of the breastfeeding program

Documents breastfeeding assessment and counseling in medical records at WIC centers and hospitals

Assesses breastfeeding problems and provides appropriate referrals

Uses appropriate counseling techniques/protocols in responding to a variety of culture and family situations

Monitors WIC breastfeeding rates to ensure they meet the performance/program objectives in the contract with the Texas Department of Health

Completes lactation educator certification and participates in regular continuing education

Performs all other related duties as assigned

### **GENERAL QUALIFICATION GUIDELINES**

#### **Experience and Education**

High School diploma or equivalent required. Complete lactation educator certification within six (6) months of employment; must have breastfed one child successfully for six (6) months. Must be participating or have participated in the WIC program within the past year; can give at least a one (1) year commitment.

## **Knowledge, Skills, and Abilities**

Must have the ability to read, write and comprehend English and Spanish language

Must have transportation and telephone availability

Must have a valid Texas Driver's License

## **PHYSICAL DEMANDS:**

The physical demands described here are representative of those that must be met by an employee to successfully perform the essential functions of this job.

While performing the duties of this job, the employee is regularly required to talk or hear. The employee frequently is required to stand. The employee is occasionally required to walk; sit; use hands to find, handle, or feel objects, tools or controls; reach with hands and arms; climb or balance; stoop and kneel.

The employee must occasionally lift and/or move over 25 pounds. Specific vision abilities required by this job include close vision, depth perception, and the ability to adjust focus.

## **WORK ENVIRONMENT:**

The work environment characteristics described here are representative of those an employee encounter while performing the essential functions of this job.

The noise level in the work environment is usually moderate.

## **SAFETY REQUIREMENTS:**

Maintain physical conditions appropriate to the performance of assigned duties and responsibilities which may include the following:

- sitting for extended periods of time
- standing for extended periods of time
- operating assigned equipment

Maintain mental capacity which permits:

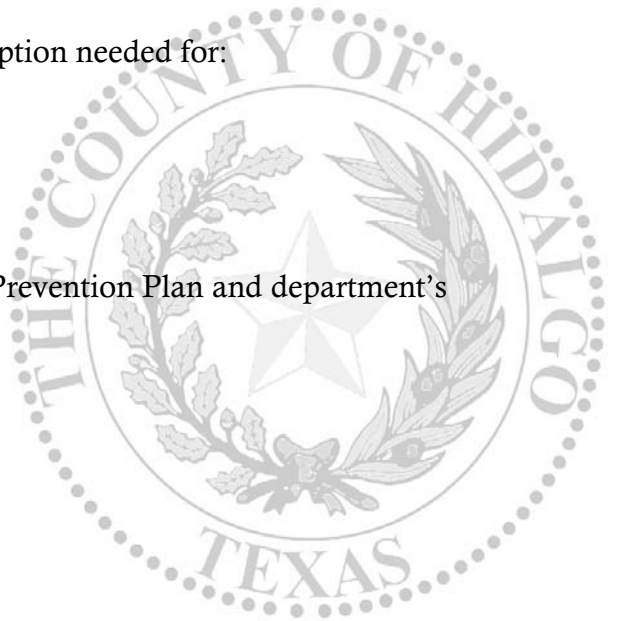
- making sound decisions and using good judgment
- demonstrating intellectual capabilities

Effectively handle a work environment and conditions which involve:

- working closely with others
- working in a multi-task environment

Maintain effective audio-visual discrimination and perception needed for:

- making observations
- reading and writing
- operating assigned equipment
- communication with others
- required to follow the Hidalgo County Accident Prevention Plan and department's safety regulations



## COMMUNITY PEER COUNSELOR

**GRADE: 05**

### **GENERAL DESCRIPTION**

Employee responsible for breastfeeding promotion of WIC participants. Work involves communicating with WIC participants individually through community group breastfeeding education classes, or one to one counseling in the hospitals. Organize activities related to breastfeeding promotion and present accurate breastfeeding information. Must be able to document and keep accurate records. Accurate breastfeeding information must be presented in an enthusiastic manner. She should be a model of good parenting and breastfeeding skills.

### **EXAMPLES OF WORK PERFORMED**

Provide advance breastfeeding counseling to breastfeeding patients who encounter minor breastfeeding problems and provides follow-up. Perform hospital visits according to the standards set by the local hospital

Counsel pregnant and breastfeeding mothers individually about normal breastfeeding methods and how to avoid common breastfeeding problems

Record counseling encounters accurately

Counsel WIC pregnant or nursing mothers by telephone as requested or assigned. Follow up with new mothers by telephone

Teach nutrition education classes for pregnant and breastfeeding women enrolled on the WIC program

Distributes breastfeeding information in prenatal/ breastfeeding classes. Provides accurate information and promotion of the benefits of breastfeeding

Addresses specific concerns of expectant mothers and correct misinformation which may prevent a pregnant woman from breastfeeding

Promote breastfeeding within the clinic by preparing bulletin boards and displays

Promotes breastfeeding in the community in conjunction with outreach activities

Oversee the issuance of breast pumps. Issue breast pumps to eligible breastfeeding women according to the WIC-established procedures

Explain proper pump use before distribution. Follow up with those issued breast pumps to assure success of use

Attend WIC staff meetings on a monthly basis

Performs related work as assigned

## GENERAL QUALIFICATION GUIDELINES

### Experience and Education

Two (2) years experience in patient care preferred. Graduation from a standard senior high school supplemented by advanced breastfeeding training generally preferred. Two (2) years of experience maybe substituted for one (1) year of education.

### Knowledge, Skills, and Abilities

Understanding of use of State WIC computer

Able to operate a TV-VCR

Be able to use a personal computer, including use of Word, Excel, and the internet.  
Knowledge of access helpful

Able to operate and instruct patients about Breast pumps, manual and electric

### **PHYSICAL DEMANDS:**

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The employee must occasionally lift and/or move over 25 pounds. Specific vision abilities required by this job include close vision, depth perception, and the ability to adjust focus.

### **WORK ENVIRONMENT:**

The work environment characteristics described here are representative of those an employee encounter while performing the essential functions of this job.

The noise level in the work environment is usually moderate.

### **SAFETY REQUIREMENTS:**

Maintain physical conditions appropriate to the performance of assigned duties and responsibilities which may include the following:

- sitting for extended periods of time
- operating assigned equipment

Maintain mental capacity which permits:

- making sound decisions and using good judgment
- demonstrating intellectual capabilities

Effectively handle a work environment and conditions which involve:

- working closely with others
- working in a multi-task environment

Maintain effective audio-visual discrimination and perception needed for:

- making observations
- reading and writing
- operating assigned equipment
- communication with others
- required to follow the Hidalgo County Accident Prevention Plan and department's safety regulations

