

PARENTING, FEEDING, AND BACK TO WORK INFO

Websites, videos, and more to help you reach your feeding goals.

- [HealthVermont.gov/Breastfeeding](#) * – Infant feeding information from the Vermont Department of Health. Tips for new parents to succeed and return to work/school, local resources
- [BabyGooRoo.com](#) – Advice & [videos](#) * on feeding and child nutrition
- [BiologicalNurturing.com](#) – Video and information about laid-back feeding positions to help babies self-attach, ([information](#) * in French)
- [BreastmilkCounts.com](#) * – Breastfeeding 101, self-care, working parents’ tips and more from Texas WIC
- [CDC.gov/Breastfeeding & Recommendations](#) – Benefits, what to expect, special circumstances, and directions for storage and preparation of expressed milk
- [Getting to Know Your Baby](#) – YouTube video from California WIC with Dr. Jane Heinig talking to parents about baby cues, sleep, and crying
- [FirstDroplets.com](#) * & [Stanford Medicine](#) – Information and videos on feeding in the first hour, latching baby, hand expression, hands-on pumping, and increasing milk supply from Jane Morton, MD
- [GlobalHealthMedia.org](#) * – Step-by-step videos in multiple languages
- [HealthyChildren.org](#) *– American Academy of Pediatrics gives short articles about feeding your baby and has information on many topics
- [IBOnline.ca](#) *– Handouts and [videos](#) in multiple languages from Dr. Jack Newman’s clinic, the International Breastfeeding Centre
- [LLL1.org](#) *– Lactation information and support from La Leche League International, topics from A–Z, online support
- [Lacted.org/IABLE-Video](#) * & [Handouts](#) * – Videos on paced bottle-feeding, latch/sandwich hold, fitting pump flanges, & more
- [PhysicianGuideToBreastfeeding.org](#) – Guidance from Katrina Mitchell, MD, IBCLC, PMH-C, breast surgeon and breastfeeding medicine specialist
- [USBC Breastfeeding and Human Milk Resource Guide for Parents](#) – Website links with information to support you on your journey
- [WICBreastfeeding.FNS.USDA.gov](#) * – Information and support for all stages of the infant feeding journey
- [WomensHealth.gov/Breastfeeding](#) * – National Women’s Health Information Center covers top questions about infant feeding

* Spanish or multiple languages

The contents of this publication do not necessarily reflect the view or policies of the USDA, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government.

All photos used with permission. © July 2015, Revised March 2025

LOCAL BREASTFEEDING RESOURCES

Please call anyone on this list for advice, help or support!
In-home lactation consults may be covered by Medicaid or private insurance.
Not on WIC? Apply online at [HealthVermont.gov/ApplyToWIC](#)

- [WIC \(White River Junction Office\) – Vermont Department of Health](#)
802-295-8820 or 888-253-8799; WIC breastfeeding peer counselor on staff, support, breastfeeding and nutrition information, monthly food benefit, and pumps for breastfeeding/chestfeeding parents. Referrals to lactation consultants for in-home/virtual consults.
- Call or text your WIC breastfeeding peer counselor. We are there for you!**
- [Dartmouth Hitchcock Medical Center](#)
 - Birthing Pavilion:** 603-650-7281
 - Breastfeeding and Lactation Clinic:** 603-650-6159; Lactation consults available by phone and outpatient visits.
 - [Women’s Health Resource Center:](#) 603-650-2600; Breastfeeding support groups, classes, lactation consults, and breast pumps.

- [Gifford Medical Center – Birthing Center](#)
802-728-2257; 24-hour postpartum and breastfeeding support phone line for those who delivered at Gifford; breast pump rentals.
- [Corporate Lactation Services – Heather Chase, MS, RN, IBCLC](#)
802-875-5683; Lactation consults in Chester office by appointment; accepts Medicaid and private insurance.
- [La Leche League](#)
Breastfeeding/chestfeeding support for pregnant and nursing parents; Accredited leaders. Find a local group: visit [Facebook.com/lllmarivt](#) or search Facebook for La Leche League of Vermont.
- [Strong Families Vermont – Nurse Home Visits](#)
Short-term visits to support your breast/chestfeeding goal or ongoing home visiting program supporting your pregnancy, lactation, and parenting journey.
 - [Children’s Integrated Services:](#) 802-649-3268
 - [Visiting Nurse and Hospice for VT and NH:](#) 800-575-5162

PUMPS & SUPPLIES

Insurance coverage may vary. Medicaid provides pumps for pregnant members with a prescription from a medical provider, 60 days before due date and up to 120 days after baby’s birth. Pumps also available from WIC.

- Corporate Lactation Services;** 802-875-5683 or 888-818-5653
[CorporateLactation.com](#) ; Virtual consults, mail order pumps & supplies
- Lactation Resources of Vermont;** 802-878-6181
[LactationResourcesVT.com](#); Virtual consults, mail order pumps & supplies
- Acelleron:** 877-932-6327; [acelleron.com](#)

This institution is an equal opportunity provider.



MY
FEEDING
PLAN



- 1

DURING PREGNANCY

Planning to feed your baby

☐ Learn about the importance of feeding your baby your milk.

☐ Discuss your plans for feeding your baby with your health care provider(s).

☐ Prepare for lifestyle changes, such as quitting smoking, drinking, or using substances, and find support for these changes.

☐ Connect with a WIC peer counselor or other breastfeeding/chestfeeding support before the birth.

☐ Check with your insurance to see if breastfeeding classes, lactation consults, or breast pumps are covered.

Nursing is normal and natural, but you and your baby may need help as you learn how to do it. WIC can help if there are challenges.

- 2

PREPARING FOR THE BIRTH

Getting off to a great start

☐ Talk to your partner, family, and friends about how you plan to feed your baby your milk and for how long.

☐ Learn about birth options and how they will effect infant feeding.

☐ Attend a prenatal breastfeeding/chestfeeding class.

☐ Watch videos at home with your family to prepare for feeding your baby.

- 3

THE HOSPITAL STAY

Making the most of your hospital stay

☐ Hold your baby skin-to-skin right after birth.

☐ Feed your baby at the breast/chest within the first hour.

☐ Express colostrum (first milk) if your baby does not latch in the first hour.

☐ Express your own or request pasteurized donor human milk if your baby needs supplemental human milk.

☐ Keep your baby in your room in the hospital (“room-in”)

☐ Limit visitors so you can rest and learn how to nurse your baby.

☐ Call for help if your baby has trouble latching.

- 4

THE FIRST WEEKS AT HOME

Nursing baby is easy & natural, but challenges are common

☐ Hold your baby skin-to-skin as much as possible.

☐ Contact your health care provider or lactation consultant if your baby has difficulty latching on or if your nipples are sore.

☐ Sleep or rest when your baby sleeps.

☐ Ask for help with housework and child care if needed.

- 5

THE NEXT FEW MONTHS

Preparing to spend time away from your baby

☐ Learn how to express, collect, and store milk.

☐ Talk with your employer about supporting your infant feeding goals and milk expression after returning to work.

☐ Choose a child care provider who understands and supports the importance of offering expressed milk.

☐ Practice ways to nurse your baby if you are not comfortable feeding in front of others.

WHEN TO CHECK WITH A DOCTOR OR LACTATION CONSULTANT:

- ☐ My baby acts fussy when we nurse and does not seem satisfied after most feedings.

☐ My baby is not nursing at least 8 times every 24 hours.

☐ My nipples hurt during feeding, even after my baby is first latched on.

☐ I can’t hear my baby gulping or swallowing, or I can’t tell.

☐ I think I’m not making enough milk.

☐ I think my baby isn’t gaining weight.

SIGNS THAT FEEDING IS GOING WELL & MAKING ENOUGH MILK FOR BABY:

- ☐ My baby is nursing at least 8-12 times every 24 hours.

☐ My baby is having 3-4 poops and 6-8 wet diapers each day.

☐ I can hear my baby gulping or swallowing at feedings.

☐ My nipples do not hurt when my baby nurses.

☐ My baby is receiving only my milk.

MY GOAL

My goal is to feed my baby my milk for _____ months.

WELCOME BABY!

Baby’s name: _____

Birthday: _____

Time of birth: _____

Birth weight: _____

Discharge weight: _____

Baby’s weight at check-up 2 days after discharge: _____

(It is common to lose up to 7% from birth)

Baby’s second week weight: _____

(Baby should regain birth weight by 10 - 14 days)

YOUR HEALTH CARE PROVIDERS AND
WIC ARE HERE TO HELP YOU.

Health care provider: _____

Phone: _____

Lactation support provider: _____

Phone: _____

Strong Families Vermont home visitor: _____

Phone: _____

WIC peer counselor (if available): _____

Phone: _____

My WIC contact is: _____

Phone: _____