BREASTFEEDING, PARENTING, AND WORKING RESOURCES

HealthVermont.gov/wic/YouCanDoIt – Resources, video tips, and more to help you keep breastfeeding, from the Vermont Department of Health WIC Program

BreastfeedVermont.info – Breastfeeding information from the Vermont Department of Health

BabyGooRoo.com – Breastfeeding and child nutrition for parents and professionals

bfmedneo.com/resources/videos – Therapeutic breast massage video from Breastfeeding Medicine of Northeast Ohio

BiologicalNurturing.com - Laid-back breastfeeding positions to help babies self-attach

BreastfeedingPartners.org – Breastfeeding information from New York WIC, including the "Making It Work" toolkit for working families

BreastmilkCounts.com – Breastfeeding information from Texas WIC

CDC.gov/Breastfeeding – Breastfeeding information for parents and professionals

Global Health Media – Videos with step-by-step visual instructions in multiple languages.

IBConline.ca – Informational handouts and videos from Dr. Jack Newman's breastfeeding clinic, the International Breastfeeding Centre

ILCA.org – International Lactation Consultant Association; Find a lactation consultant in your area

KellyMom.com – Breastfeeding information and Internet links

Lacted.org/videos – Videos on paced bottle-feeding, asymmetrical latch/sandwich hold, cup feeding, and finger feeding

Med.Stanford.edu/newborns – Information and videos on breastfeeding in the first hour, latching, hand expression, hands-on pumping, and maximizing milk supply

wicbreastfeeding.fns.usda.gov – Information and support for all stages of the breastfeeding journey

WomensHealth.gov/breastfeeding – National Women's Health Information Center

WorkAndPump.com – Breastfeeding and pumping information for parents going back to work or school

TEXT MESSAGES FOR PARENTING INFORMATION

Text4Baby – Free text messages on prenatal care, baby health, parenting and more! Sign up by texting BABY (BEBE for Spanish) to 511411

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.

WIC (Barre Office)– Vermont Department of Health
802-863-7323 (M-F 7:45-4:30pm); Support, breastfeeding and nutrition information, monthly food benefit, breast pumps for breastfeeding parents.

University of Vermont Central Vermont Medical Center

- **The Center for Breastfeeding:** 802-371-4415; In-hospital lactation consults and postpartum phone counseling.
- **Bosom Buddies**: Breastfeeding support group, 1st Monday each month, 5:30-7pm, Women's & Children's Unit.

Gifford Memorial Hospital
802-728-2257; 24-hour postpartum and breastfeeding support phone line for those who delivered at Gifford; breast pump rentals.

Good Beginnings of Central Vermont
802-595-7953; www.goodbeginningscentralvt.org; Support and home visits for parent-infant attachment by trained volunteers. Email: info@goodbeginningscentralvt.org

La Leche League of Central Vermont
Mother-to-mother breastfeeding support for pregnant and nursing parents; Accredited leaders. Local group: www.lllmarivt.org/lll-of-central-vermont. Facebook: Search for La Leche League of Vermont.

Strong Families Vermont – Nurse Home Visits
Short-term visits to support your breastfeeding goal or ongoing home visiting program supporting your pregnancy, breastfeeding, and parenting journey.

- **Children's Integrated Services**: 802-262-3292
- **Central Vermont Home Health & Hospice**: 802-224-2209

BREAST PUMPS & SUPPLIES

Insurance coverage may vary. Medicaid requires prescription written after baby is born, up to 60 days after birth. Pumps also available from WIC.

Corporate Lactation Services
802-875-5683 or 888-818-5653; corporatelactation.com
Vermont based mail order breast pumps.

Lactation Resources of Vermont
802-878-6181; lactationresourcesvt.com

Acelleron: 877-932-6327; acelleron.com; MA based mail order breast pumps.

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WIC WOMEN INFANTS CHILDREN VERMONT DEPARTMENT OF HEALTH

VERMONT DEPARTMENT OF HEALTH

MY BREASTFEEDING PLAN

loving support. MAKES BREASTFEEDING WORK

1 DURING PREGNANCY
Planning to feed your baby

- ☐ Learn about the importance of breast/chestfeeding your baby.
- ☐ 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 seek support for these changes.
- ☐ Connect with a peer counselor before the birth.
- ☐ Call Medicaid or your private insurance provider to learn what benefits are available to support birth and breastfeeding. Ask about:
  - ☐ Childbirth & breastfeeding classes
  - ☐ In-home lactation consults
  - ☐ Breast pump

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 your plan to breast/chestfeed and for how long.
- ☐ Learn about birth options and their potential effect on breast/chestfeeding.
- ☐ Attend a prenatal breastfeeding class.
- ☐ Watch breastfeeding videos at home with your family to prepare for feeding healthvermont.gov/wic/youcandoit and wicbreastfeeding.fns.usda.gov
- ☐ Complete the Infant Feeding Plan (from the back of the Hospital Experience booklet) and bring to the hospital.

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 breast milk if your baby needs supplemental breast milk.
- ☐ Room-in with your baby in the hospital.
- ☐ 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

- ☐ Continue holding your baby skin-to-skin as often 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.
- ☐ Identify who can help with house work and child care (if you have older children at home.)
- ☐ Check out MealTrain.com – a free website to organize meal giving and receiving.

5 THE NEXT FEW MONTHS
Preparing to spend time away from your baby

- ☐ Learn to express, collect and store milk for when you are away from your baby.
- ☐ Talk with your employer about supporting continued breast/chestfeeding or milk expression after returning to work.
- ☐ Choose a child care provider who understands and supports breast/chestfeeding.
- ☐ Practice ways to nurse discreetly so you can become comfortable feeding your baby in front of others.
- ☐ Ask your health care provider for a prescription for a breast pump that will meet your needs. Medicaid or private insurance may cover a breast pump.

I WILL CHECK-IN WITH MY PEDIATRICIAN OR LACTATION CONSULTANT IF:

- △ My baby acts fussy when we nurse and does not seem satisfied after most feedings.
- △ My baby is not breast/chestfeeding 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 & I'M MAKING ENOUGH MILK:

- ○ My baby is breast/chestfeeding 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 human milk (no water, sugar water or formula).

MY GOAL

My goal is to feed my baby only breastmilk 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: _____