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LOCAL BREASTFEEDING RESOURCES
Please call anyone on this list for advice, help or support!
In-home or virtual lactation consults may be covered by Medicaid or private insurance. Not on WIC? Text VTWIC to 855-11 to sign up.

WIC (Morrisville Office) – Vermont Department of Health
802-888-7447; International Board Certified Lactation Consultant (IBCLC) on staff, support, breastfeeding and nutrition information, monthly food benefit, and breast pumps for breastfeeding parents. Referrals to lactation consultants for in-home/virtual consults.

Copley Hospital
• Birthcenter: 802-888-8304; Breastfeeding warm line, breastfeeding and parenting advice 24 hours a day. Childbirth and breastfeeding classes.
• The Women’s Center: 802-888-8100; Pregnancy and postpartum care including breastfeeding support. IBCLC on staff.

Appleseed Pediatrics
802-888-7337; Individualized care for infants and children, breastfeeding management and support, IBCLC on staff.

Lactation & Birthing Solutions – Vicki (Sacco) Rich, RN, IBCLC, CCE, CD
802-888-3470; Consultations and support in home or office. Breast pumps and accessories for rent or sale through Lactation Resources of Vermont. Free breastfeeding and new parent groups

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.

Appleseed Pediatrics
802-888-5229, x141

Lamoille Home Health & Hospice: 802-888-4651

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.

Lactation Resources of Vermont
802-878-6181; In-person consults with Vicki (Sacco) Rich.

Corporate Lactation Services
802-875-5683 or 888-818-5633; Vermont based mail order breast pumps.

Acelleron: 877-932-6327; Massachusetts based mail order breast pumps.

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

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

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

Women’s Health Info on 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

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MY BREASTFEEDING PLAN

WIC VERMONT DEPARTMENT OF HEALTH
100 State Street, Room 511
Montpelier, VT 05602
802-828-2636
WICinfo@vermont.gov

WIC (Morrisville Office) – Vermont Department of Health
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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.

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.

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.

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: ____________
(Do not worry if your baby loses weight at this time. 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: __________________________