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

KallyMom.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 or virtual lactation consultations may be covered by Medicaid or private insurance. Not on WIC? Text VTWIC to 855-11 to sign up.

WIC (Newport Office) — Vermont Department of Health
802-334-6707; 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 consultations.

North Country Hospital — Maternal Child Department
802-334-3245; Breastfeeding information, childbirth preparation classes, private prenatal lactation visits, and postpartum breastfeeding support. International Board Certified Lactation Consultants (IBCLC) on staff.

La Leche League
Mother-to-mother breastfeeding support for pregnant and nursing parents; Accredited leaders. Find a local group: visit Facebook.com/llmarivt or search Facebook 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: 802-334-2735
• Caledonia Home Health Care & Hospice: 802-802-748-8116

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; www.corporatelactation.com

Vermont based mail order breast pumps.

Keene Medical Products
802-334-5160; www.keenemedicalproducts.net

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

Acelleron
877-932-6327; www.acelleron.com

Massachusetts based mail order breast pumps.

MY BREASTFEEDING PLAN

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1 \textbf{DURING PREGNANCY} \\
\textbf{Planning to feed your baby} \\
\begin{itemize}
\item Learn about the importance of breast/chestfeeding your baby. 
\item Discuss your plans for feeding your baby with your health care provider(s). 
\item Prepare for lifestyle changes, such as quitting smoking, drinking, or using substances, and seek support for these changes. 
\item Connect with a peer counselor before the birth. 
\item Call Medicaid or your private insurance provider to learn what benefits are available to support birth and breastfeeding. Ask about: 
\begin{itemize}
\item Childbirth & breastfeeding classes 
\item In-home lactation consults 
\item Breast pump 
\end{itemize}
\end{itemize}

2 \textbf{PREPARING FOR THE BIRTH} \\
\textbf{Getting off to a great start} \\
\begin{itemize}
\item Talk to your partner, family, and friends about your plan to breast/chestfeed and for how long. 
\item Learn about birth options and their potential effect on breast/chestfeeding. 
\item Attend a prenatal breastfeeding class. 
\item Watch breastfeeding videos at home with your family to prepare for feeding 
\\hspace{1cm} healthvermont.gov/wic/youcandoit 
\\hspace{1cm} wicbreastfeeding.fns.usda.gov 
\item Complete the Infant Feeding Plan (from the back of the Hospital Experience booklet) and bring to the hospital. 
\end{itemize}

3 \textbf{THE HOSPITAL STAY} \\
\textbf{Making the most of your hospital stay} \\
\begin{itemize}
\item Hold your baby skin-to-skin right after birth. 
\item Feed your baby at the breast/chest within the first hour. 
\item Express colostrum (first milk) if your baby does not latch in the first hour. 
\item Express your own or request pasteurized donor breast milk if your baby needs supplemental breast milk. 
\item Room-in with your baby in the hospital. 
\item Limit visitors so you can rest and learn how to nurse your baby. 
\item Call for help if your baby has trouble latching. 
\end{itemize}

4 \textbf{THE FIRST WEEKS AT HOME} \\
\textbf{Nursing baby is easy & natural, but challenges are common} \\
\begin{itemize}
\item Continue holding your baby skin-to-skin as often as possible. 
\item Contact your health care provider or lactation consultant if your baby has difficulty latching on or if your nipples are sore. 
\item Sleep, or rest, when your baby sleeps. 
\item Identify who can help with house work and child care (if you have older children at home.) 
\item Check out MealTrain.com – a free website to organize meal giving and receiving. 
\end{itemize}

5 \textbf{THE NEXT FEW MONTHS} \\
\textbf{Preparing to spend time away from your baby} \\
\begin{itemize}
\item Learn to express, collect and store milk for when you are away from your baby. 
\item Talk with your employer about supporting continued breast/chestfeeding or milk expression after returning to work. 
\item Choose a child care provider who understands and supports breast/chestfeeding. 
\item Practice ways to nurse discreetly so you can become comfortable feeding your baby in front of others. 
\item 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. 
\end{itemize}

\begin{itemize}
\item \textbf{I WILL CHECK-IN WITH MY PEDIATRICIAN OR LACTATION CONSULTANT IF:} 
\begin{itemize}
\item My baby acts fussy when we nurse and does not seem satisfied after most feedings. 
\item My baby is not breast/chestfeeding at least 8 times every 24 hours. 
\item My nipples hurt during feeding, even after my baby is first latched on. 
\item I can’t hear my baby gulping or swallowing, or I can’t tell. 
\item I think I’m not making enough milk. 
\item I think my baby isn’t gaining weight. 
\end{itemize}
\item \textbf{SIGNS THAT FEEDING IS GOING WELL & I’M MAKING ENOUGH MILK:} 
\begin{itemize}
\item My baby is breast/chestfeeding at least 8-12 times every 24 hours. 
\item My baby is having 3-4 poops and 6-8 wet diapers each day. 
\item I can hear my baby gulping or swallowing at feedings. 
\item My nipples do not hurt when my baby nurses. 
\item My baby is receiving only human milk (no water, sugar water or formula). 
\end{itemize}
\end{itemize}

\begin{itemize}
\item \textbf{MY GOAL} 
\item My goal is to feed my baby only breastmilk for ________ months. 
\end{itemize}

\begin{itemize}
\item \textbf{WELCOME BABY!} 
\item Baby’s name: ___________________ 
\item Birthday: ___________________ Time of birth: ________________ 
\item Birth weight: ___________ Discharge weight: ________________ 
\item Baby’s weight at check-up 2 days after discharge: ________________ 
\item (It is common to lose up to 7% from birth) 
\item Baby’s second week weight: ___________________ 
\item (Baby should regain birth weight by 10 - 14 days) 
\end{itemize}

\begin{itemize}
\item \textbf{YOUR HEALTH CARE PROVIDERS AND WIC ARE HERE TO HELP YOU.} 
\item Health care provider: ___________________ 
\item Phone: ___________________ 
\item Lactation support provider: ___________________ 
\item Phone: ___________________ 
\item Strong Families Vermont home visitor: ________________ 
\item Phone: ___________________ 
\item WIC peer counselor (if available): ___________________ 
\item Phone: ___________________ 
\item My WIC contact is: ___________________ 
\item Phone: ___________________ 
\end{itemize}