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? Text VTWIC to 855-11 to sign up.

WIC (White River Junction Office) – Vermont Department of Health
802-295-8820 or 888-253-8799: Support, breastfeeding and nutrition information, monthly food benefit and breast pumps for breastfeeding parents.

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

Corporate Lactation Services – Heath Chase, MS, RN, IBCLC
802-875-5683; Lactation consults in Chester office by appointment; accepts Medicaid and private insurance.

La Leche League
Mother-to-mother breastfeeding support for pregnant & nursing parents; Facebook.com/lllmarivt or search Facebook: 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: 802-649-3268
- Visiting Nurse and Hospice for VT and NH: 800-575-5162

BREAST FEEDING, 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

IBCOpen.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

Lactated/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

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.

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

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

MY BREASTFEEDING PLAN

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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.
- Contact 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
- 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 fee 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: _______________
(If 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: ____________________________