

PARENTING, FEEDING, AND BACK TO WORK INFO

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

BreastfeedVermont.info – Infant feeding information from the Vermont Department of Health. Tips for new parents to succeed and return to work/school, local resources

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

Getting to Know Your Baby – video from California WIC with Dr. Jane Heinig talking to parents about infant sleep, baby cues, and crying

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

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

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 (Recursos en Español)

FirstDroplets.com – Information and videos on offering human milk in the first hour, latching your baby, hand expression, hands-on pumping, and maximizing milk supply from Jane Morton, MD

GlobalHealthMedia.org – Videos with step-by-step visual instructions in multiple languages

HealthyChildren.org – American Academy of Pediatrics gives short articles covering A–Z about feeding your baby

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

KellyMom.com – Answers questions parents ask about nursing and gives trusted internet links

La Leche League International – Lactation information from A–Z, online support

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

LowMilkSupply.org – How to manage low milk supply and oversupply

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

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 (Morrisville Office) – Vermont Department of Health

802-888-7447; International Board Certified Lactation Consultant and 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 your WIC breastfeeding peer counselor. She's there for you!

Copley Hospital

- **Birthing Center:** 802-888-8304; Breastfeeding warm line, breastfeeding/chestfeeding and parenting advice 24 hours a day. Childbirth and breastfeeding classes.
- **The Women's Center:** 802-888-8100; Pregnancy and postpartum care including breastfeeding/chestfeeding support. IBCLC on staff.

Appleseed Pediatrics

802-888-7337; Individualized care for infants and children, breastfeeding/chestfeeding 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. Pumps and accessories for rent or sale through Lactation Resources of Vermont. Free breastfeeding/chestfeeding and new parent groups

- Baby Chat Group
- Breastfeeding Families Group

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:** 802-888-5229, x141
- **Lamoille Home Health & Hospice:** 802-888-4651

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.

Lactation Resources of Vermont

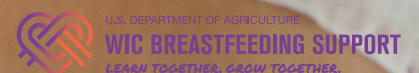
802-878-6181; In-person consults with Vicki (Sacco) Rich.

Corporate Lactation Services

802-875-5683 or 888-818-5653; Vermont based mail order pumps.

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

This project has been funded at least in part by the U.S. Dept. of Agriculture (USDA), Food & Nutrition Service. 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. This institution is an equal opportunity provider. All photos used with permission. © July 2015, Revised October 2023



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 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 infant feeding. Ask about:
 - Childbirth & breastfeeding/chestfeeding 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 how you plan to feed breast milk and for how long.
- Learn about birth options and their potential effect on infant feeding.
- Attend a prenatal breastfeeding/chestfeeding class.
- Watch breastfeeding videos at home with your family to prepare for feeding healthvermont.gov/breastfeeding/success, wicbreastfeeding.fns.usda.gov, and firstdroplets.com
- 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 human milk if your baby needs supplemental human 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 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 discreetly if you are not 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 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 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 & I'M MAKING ENOUGH MILK:

- 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 (no water, sugar water or formula).

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: _____