

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 (St. Albans Office) – Vermont Department of Health

802-524-7970; 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!

Northwestern Medical Center – Family Birth Center

802-524-1040; International Board Certified Lactation Consultants on staff

La Leche League of St. Albans

Monthly groups offering breastfeeding/chestfeeding support for pregnant and nursing parents; Accredited leaders. Find a local group: visit Facebook.com/lllmarivt or search Facebook for La Leche League of Vermont.

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:** 802-782-6768
- **Franklin County Home Health Agency:** 802-527-7531

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; www.lactationresourcesvt.com
Vermont based mail order pumps and supplies.

Corporate Lactation Services

802-875-5683 or 888-818-5653; www.corporatelactation.com
Virtual consults; Vermont based mail order pumps and supplies.

Acelleron

877-932-6327; www.acelleron.com
Massachusetts based mail order pumps and supplies.

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MY
FEEDING
PLAN



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: _____