

## 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 FEEDING 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](https://healthvermont.gov/applytowic)

### WIC (Burlington Office) – Vermont Department of Health

802-863-7323; International Board Certified Lactation Consultant and WIC breastfeeding peer counselors on staff, support, infant feeding and nutrition information, monthly food benefit, and breast pumps. Referrals to lactation consultants for in-home/virtual consults.

**Call your WIC breastfeeding peer counselor. She's there for you!**

### University of Vermont Medical Center

- Mother-Baby Lactation Consultants: 802-847-5249
- Mother-Baby Floor: 802-847-2730
- Obstetrics & Midwifery Outpatient Breastfeeding Clinic: 802-847-2237

### Beginnings

802-658-5959; Childbirth preparation and breastfeeding classes.

### La Leche League of Chittenden County

Monthly mother/baby/toddler groups offering information and support for pregnant and nursing parents; Accredited leaders. Lending library in Burlington and Essex Junction.

[facebook.com/LLLburlingtonvt](https://facebook.com/LLLburlingtonvt) and [facebook.com/LLLEssexJunctionVT](https://facebook.com/LLLEssexJunctionVT)

### Strong Families Vermont – Nurse Home Visits

Short-term visits to support your infant feeding goals or ongoing home visiting program supporting your pregnancy, lactation, and parenting journey.

- **Children's Integrated Services:** 802-860-4426
- **UVM Health Network Home Health & Hospice:** 802-860-4420

## 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](http://www.lactationresourcesvt.com)

Vermont based mail order pumps and supplies; pick up optional

### Corporate Lactation Services

802-875-5683 or 888-818-5653; [www.corporatelactation.com](http://www.corporatelactation.com)

Virtual consults; Vermont based mail order pumps and supplies.

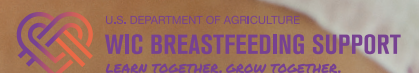
### Acelleron

877-932-6327; [www.acelleron.com](http://www.acelleron.com); MA based mail order pumps & 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](http://healthvermont.gov/breastfeeding/success), [wicbreastfeeding.fns.usda.gov](http://wicbreastfeeding.fns.usda.gov), and [firstdroplets.com](http://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: \_\_\_\_\_