

## Local Breastfeeding Resources

Please call anyone on this list for advice, help or support!

**WIC (Burlington Office, serving all of Chittenden County) - VT Dept. of Health**  
802-863-7323; WIC breastfeeding peer counselors, support, nutrition information, monthly food benefit and breast pumps for moms returning to work or school. International Board Certified Lactation Consultant on staff.

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

### Fletcher Allen Health Care

- **Mother-Baby Unit** 802-847-2730
- Pre-birth breastfeeding classes 802-247-2237
- Lactation Consultants 802-847-5249
- Lintilhac Breastfeeding Clinic 802-247-2237
- Post-birth breastfeeding classes 802-847-1245

### Beginnings

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

### Carenet

802-658-2184; Childbirth prep and breastfeeding classes.

### Lactation Resources of VT

802-878-6181; In-home Lactation Consultants, breastfeeding classes, supplies, pump rentals.

### La Leche League of Chittenden County

Referral line: 800-879-3000. Monthly mother/baby/toddler groups, lending library in Burlington and Essex Jct.

### Visiting Nurse Association of Chittenden County

802-860-4420; In-home visits in preparation for birth and post birth support.

## Breastfeeding and Parenting Resources

**HealthVermont.gov/YouCanDoIt** – The WIC Mother Baby Breastfeeding page with resources, video tips and more to help you keep breastfeeding, from the VT Dept. of Health

**BabyGooRoo.com** – Breastfeeding and child nutrition for parents and professionals

**BreastfeedingPartners.org** – Breastfeeding information from New York WIC

**CDC.gov/Breastfeeding** – Breastfeeding information for parents and professionals

**GotMom.org** – Breastfeeding information and resources for mothers and families from the American College of Nurse-Midwives

**ILCA.org** – International Lactation Consultant Association. Find a lactation consultant in your area and get other helpful resources.

**KellyMom.com** – Breastfeeding information and internet links for mothers

**WomensHealth.gov** – Breastfeeding questions and answers from the National Women's Health Information Center, Health and Human Services

## Breastfeeding and Working Resources

**HealthVermont.gov/WIC/Food-Feeding Breastfeeding** – Information about current laws regarding breastfeeding mothers in public and the workplace

**WorkAndPump.com** – Information about breastfeeding for working moms

**YouTube.com/user/cobfcvideos** – Three videos about moms, employers and breastfeeding friendly workplaces, developed by the Colorado Breastfeeding Coalition

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# My Breastfeeding Checklist for Pregnancy through the First Weeks

My breastfeeding goal is to exclusively  
breastfeed my baby for \_\_\_\_\_ months.



Loving  support  
makes breastfeeding work



Plan for your breastfeeding success and communicate your wishes about breastfeeding your baby.  
**Knowledge + Support + Confidence = Success**

## 1 DURING PREGNANCY

### Planning to feed my baby

- I will learn about the importance of breastfeeding.
- I will discuss breastfeeding with my doctor or other health care providers.
- I am preparing for lifestyle changes, like quitting smoking, drinking or using, and will seek support for these changes.
- I plan to connect with a peer counselor or mom to mom group before the birth.
- I understand that breastfeeding is normal and natural, but my baby and I may need help as we learn how to do it.
- I know that WIC can help if there are challenges.
- I will call my health insurance provider and learn what benefits I have to support birth and breastfeeding.

## 2 PREPARING FOR THE BIRTH

### Getting off to a great start

- I will tell my partner, family, friends and health care provider about my plan to breastfeed, and for how long.
- I will become informed about birth options and their potential effect on breastfeeding.
- I will attend a prenatal breastfeeding class.
- I will bring my completed Infant Feeding Plan (from the back of the Hospital Experience booklet) with me to the hospital.
- I plan to have my baby skin-to-skin right after birth.
- I plan to feed my baby within the first hour.
- I plan to room-in with my baby in the hospital.
- I will limit visitors so we can rest and learn how to breastfeed.
- If my baby is having trouble latching-on in the hospital, I will ask to see the lactation consultant.

## 3 THE FIRST WEEKS AT HOME

### Breastfeeding isn't always easy in the beginning. Reach your goal with a little help.

- Two people that I can trust and call on for helpful advice are.  
 \_\_\_\_\_ & \_\_\_\_\_
- For my first week at home, these people can help with:  
 Laundry: \_\_\_\_\_ House cleaning: \_\_\_\_\_  
 Groceries: \_\_\_\_\_ Errands: \_\_\_\_\_  
 Care of older children: \_\_\_\_\_ Pets: \_\_\_\_\_  
 Meals: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_  
 Check out MealTrain.com – a free website to organize meal giving and receiving.
- If my baby seems to be having difficulty with latching on, or if my nipples become sore, I will contact: \_\_\_\_\_.
- If I start feeling sad, I know this is common, I will talk to  
 \_\_\_\_\_ about ways to help me feel better.
- I will sleep when my baby sleeps.

**Your health care providers and WIC are here to help you every step of the way.**

My health care provider is: \_\_\_\_\_

Phone: \_\_\_\_\_

My WIC peer counselor (if available) is: \_\_\_\_\_

Phone: \_\_\_\_\_

My WIC contact is: \_\_\_\_\_

Phone: \_\_\_\_\_