

Breastfeeding Resources in Vermont

Breastfeeding Facts

- The American Academy of Pediatrics recommends exclusive breastfeeding for 6 months and some breastfeeding for 1 year
- Breast milk is free and includes almost all the nutrients your baby needs for the first 6 months
- Breastfeeding is associated with health benefits
- Many families are unable to or choose not to breastfeed
- Babies can also get good nutrition from formula

Recommendations Before Baby Arrives

- Learn about options for feeding your baby
- Identify local supports that can help if challenges arise
- Recognize that many families have challenges with feeding. If you are having difficulty, you are not alone!

Local Resources for Support

Breastfeeding classes

- Beginnings Childbirth
- Lactation Resources

<https://beginningschildbirth.com/>

<http://lactationresourcesvt.com/>

Group support

- La Leche League

<https://www.lllmarivt.org/findagroup>

Lactation consultants

- Available in newborn nursery, by appointment, for in-home visits, and virtual
- Often covered by insurance
- Detailed list of lactation consultants in VT including contact information at website below

<https://www.healthvermont.gov/family/wic/you-can-do-it>

Helpful Websites

Should I Breastfeed my Baby?

- *Information to help you choose how to feed your baby*

<https://www.uvmhealth.org/medcenter/wellness-resources/health-library/uz1667>

Vermont Health and WIC Breastfeeding

- *Links to breastfeeding information, resources, and laws in Vermont*

<https://www.healthvermont.gov/breastfeeding>

<https://www.healthvermont.gov/family/wic/wic-breastfeeding>

La Leche League International & KellyMom

- *Detailed information about many topics related to breastfeeding*

<https://www.llli.org/>

<https://kellymom.com/>

Vermont Donor Milk Center

- In Vermont, 40% of newborns need supplemental feeding in the first few weeks
- The Vermont Donor Milk Center helps support families during that critical time with pasteurized donor human breast milk
- Reasons for supplementation with donor milk include low milk supply, preterm birth, difficulty with latch, adoption, and many more
- See website for more information about receiving or donating milk: <https://vtdonormilk.com/>