



Addison County Breastfeeding Resources

Support Groups & Classes – pregnant mothers encouraged to attend!

- ♥ **La Leche League (LLL) 879-3000** – www.lalecheleague.org
Monthly mother-to-mother support for pregnant and nursing mothers • Lending library • Telephone help
 - **La Leche League of Addison County** Leaders: Samantha 382-1598, Emily 388-0363, JuneBug: 388-1055
First Thursday 10:00am at JuneBug Resale Shop, in the Star Mill Building on Park St, Middlebury
 - **La Leche League of Rutland County** Leaders: Lisa 802-325-2566, Diane 802-483-6820, Liz 802-483-6296
1st Mon 5 to 7 pm Rutland Regional Medical Center, 1st Wed 10:30am - noon Grace Church, 8 Court st, Rutland
- ♥ **Natural Beginnings Breastfeeding Support Group 236-4136 or 948-2172** – Vicki Kirby, RN, IBCLC and Elizabeth Curran - 3rd Tuesday each month from 11am to 1pm Ilsley Library, Middlebury
- ♥ **Prenatal Breastfeeding Classes** – Learn more about breastfeeding before your baby is born. Insurance may cover.
 - Porter Medical Center – 382-3413
 - Lactation Resources of Vermont – 878-6181
 - Beginnings – 658-5959
 - Lintilhac Breastfeeding Clinic – 847-2237

Insurance Coverage - Before your baby is born check with your insurance representative about your benefits.
(i.e. BC/BS-Better Beginnings Program provides visits and breastpumps to enrolled women. Medicaid/Dr. Dynasaur/others – home visit)

Hospitals Nurse assistance after birth to initiate breastfeeding; nurses to answer burning, middle-of-the night questions after discharge.

Fletcher Allen Health Care

- MotherBaby Unit (Shepardson 5) – 847-2730
- Lactation Consultants' direct line on MotherBaby Unit – 847-5249
- Outpatient clinic: Lintilhac Breastfeeding Clinic – 847-2237

Porter Medical Center Birthing Center – 388-4720

- Porter Care Connection – Postpartum staff will see mother and baby after discharge to answer questions and assist with breastfeeding.

Postpartum Breastfeeding Help

- ♥ **Addison County Home Health 388-7259** – Home visiting Maternal Child Health nurses, postpartum visits to provide assistance with early & on-going breastfeeding needs.
- ♥ **Natural Beginnings 236-4136 or 948-2172** – In-home lactation consult visits, education, counseling, mother's group, breast pump sales & rentals. Vicki Kirby, RN, IBCLC
- ♥ **Lactation Resources of Vermont 878-6181** – In-home lactation consult visits, education, counseling, breast pump sales & rentals. Kathleen Bruce, RN, BSN, IBCLC, Mary Bibb, BA, IBCLC.
- ♥ **Lintilhac Breastfeeding Clinic 847-2237** – Breastfeeding clinic – same day appointments, education, counseling, treatment, breast pump sales & rentals. Claire M. Lintilhac Nurse-Midwifery Service, Fletcher Allen Health Care. Kirsten Berggren, PhD, RN, IBCLC, Tricia Cassi, BSS, IBCLC, Martha Churchill, CNM, IBCLC
- ♥ **Vermont Department of Health 388-4644** – Middlebury District Office – 156 South Village Green – community resource assistance for all breastfeeding women; **WIC** program - nutrition counseling, prenatal breastfeeding counseling, postpartum breastfeeding support, extra food for breastfeeding mothers, breast pumps for WIC participants returning to work or school, Breastfeeding Peer Counselors available for support and information.
- ♥ **Nursing Nook 388-4644** – Breastfeeding support from WIC peer counselors in combination with the Parent Child Centers play groups. Follow School Calendar. Three locations 930-11 am: Bristol First Tuesday @ Baptist church on Park St. Vergennes Second Wednesday @ Congregational Church on South Waters St. Middlebury Fourth Tuesday @ Memorial Baptist Church on South Pleasant St.
- ♥ **Private Practice Lactation Consultants**

Vicki Kirby, RN, IBCLC	(802) 236-4136	Addison and Rutland Counties
Samantha Farrell- Schmitt, IBCLC	(802) 382-1589	Addison County
Tricia Cassi, BSS, IBCLC	(802) 355-2082	Addison & Chittenden Counties
Lisa Velasquez, IBCLC	(802) 325-2566	Rutland, Bennington, and Windsor Counties
Thriving Clinic(free) Lisa Velasquez IBCLC on 4th Tuesday, 3-5pm in Lactation Room, 2nd floor at Rutland Regional Medical Center		

Breast Pump Sales & Rentals (Medically necessary pumps may be covered by Medicaid or private insurance)

Natural Beginnings 236-4136 or 948-2172 • **Lintilhac Breastfeeding Clinic** 847-2237

Lactation Resources of Vermont 878-6181 (Addison County call: Kathleen Swindell 453-7675)

Keene Medical Products 863-2114 • **The Medical Store** 864-0908

* Please call VDH 388-5745 with updates.

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