



TIPS FOR SUCCESS

1. Contact your insurance company about breast pumps and offered services.
2. Line up lactation support, even before the baby comes.
3. Create your own support network for breastfeeding.
4. Remember that we're always here if you need a helping hand.

FYI: Medicaid patients must call WIC for breast pumps & services.

P: 802-863-7323

<https://www.womenshealth.gov/files/documents/your-guide-to-breastfeeding.pdf>

Image source from <http://worldbreastfeedingweek.org>.

Who We Are

About Us

Maitri Health Care for Women is a group of female health care providers united in 2003 to create a comprehensive, compassionate health practice for women of all ages.

Contact Us

P: 802.862.7338

F: 802.862.8411

www.maitriobgyn.com



Maitri Health Care for Women

Lactation Resources



**MAITRI HEALTH CARE
FOR WOMEN**

185 Tilley Dr.

So. Burlington, VT

05403



What are my lactation resources?

COMMUNITY CONSULTANT SERVICES

Many patients have questions about lactation following childbirth. Some insurance companies will cover the cost of lactation visits after you leave the hospital. When questions arise, Community Lactation Consultants can assist you with any lactation needs.

NO REFERRAL NEEDED!

CHITTENDEN COUNTY:

- **The UVM Medical Center**
Inpatient Lactation Consultants
M-F 9am-9pm 802.847.5249
Outpatient Breastfeeding Clinic
M-F by appointment 802.847.2237
- **Chittenden Country Community Lactation Consultants**
Alice T. Gonyar 802.488.4333
Alice Norris 802.373.4956
norris.alice@gmail.com
Mary Bibb 802.899.4845
Tricia Cassi 802.355.2082
Sally McFadyen 802.865.2562
Kristen Bird 802.922.2568
- **Visiting Nurses of Chittenden County**
Ask for IBCLC 802.658.1900

- **Lamoille County**
Lactation and Birthing Solutions
Vicki (Sacco) Rich 802.888.3470

- **Addison County**
Vicki Kirby 802.236.4136 or
802.948.2172

Laura McCormick 802.985.8228
lauramccormick.ibclc@gmail.com

- **Rutland County**
Diane Dressler 802.483.6820

- **Washington County**
-**In Home:** Central VT Home Health and Hospice (ask for IBCLC 802.223.1878
Alice Norris 802.373.4956
-**Clinic:** The Center for Breastfeeding at CVMC
802.371.4415 or 802.371.4299

Breast Pump Sales and Rentals

- **Vermont:**
-Lactation resources of VT
802.878.6181
-Lactation and Birthing Solutions
802.888.3470
-Natural Beginnings
802.235.4136
- **New York:**
-**CVPH Gift shop** (doesn't bill ins.)
518.562.7992
-**CVPH Lactation Clinic**
518.562.7142
-**Mom's Program** (Medicaid eligible no prescription needed)
518.873.3500

New York Continued...

- Debbie Merrick of Malone**
800.724.0479
- Saranac Lake Health Dept.**
518.891.4471
- Plattsburgh WIC Office**
518.565.48353
- Clinton County Health**
518.565.4848
- Nature's Way Mother's Café**
Every 3rd Thursday 6-8pm
Every 1st Tuesday 9:30-11:30am

La Leche League

Offering mother-to-mother support to women who want to breastfeed. La Leche helps mothers and families meet their breastfeeding goals through:

- Experienced breastfeeding leaders.
- Meetings through phone, email, and social media.
- Creating a supportive community.
- Educating mothers about the stages of breastfeeding.

La Leche League meetings in VT

- Burlington
- Essex Jct
- Middlebury
- Montpelier
- St. Johnsbury

*For more info on La Leche League, call
802.847.3000*