Breastfeeding Support can be big like a peer support program or small.....
How to obtain a Breast Pump Through Medical Assistance (MA)

**Step 1)** Call your medical clinic and ask them to fax a request to a medical equipment provider:

- **Allina Medical**: (Phone 651-628-4800/Fax 651-628-4715) *(Blue Plus, Health Partners, UCare)* Medela pump
- **Apria**: (Phone 952-404-1600/Fax 952-404-5493) *(UCare, Health Partners)* Medela pump
- **Handi-Medical**: (Phone 651-644-9770/Fax 651-644-0602) *(Blue Plus, Health Partners, UCare)* Hygeia and Ameda pumps
- **Midwest Medical**: (Phone 763-780-0100/Fax 763-780-0420) *(Health Partners)* Medela pump
- **North Spirit Medical/Setzers**: (Phone 651-488-0251/Fax 651-488-7517) *(Covers all three MA plans)* Ameda pump
- **Superior Medical**: (Phone: 651-735-9192/Fax 651-735-0011) *(Blue Plus, Health Partners)* Hygeia and Medela pumps

**Step 2)** Request should include: name, date of birth, address, phone number, MA policy number, social security number, M.D. name and phone number, Name of MA health plan and type of breast pump.

**Step 3)** Allow your medical clinic enough time to fax the request, then call the medical equipment provider, they will complete paper work and ask where the pump should be delivered. Written information on use and cleaning the pump should be included.

*Make sure you use an equipment provider that takes your insurance—see above.*

Like pump access or phone support information (available on magnets, brochures or web)
Top 10 Tips
My Clinic Gave Me About Breastfeeding

1. Told me that the American Academy of Pediatrics (AAP) recommends breastfeeding exclusively for at least six months and two months after introduction of solid foods.
2. Instructed me to keep baby close to me for the first month after birth to facilitate breastfeeding getting off to a great start.
3. Encouraged me to "hang in there" and reminded me that breastfeeding is a learned experience. It will occur with time, patience, and practice.
4. Suggested the daily intake of 550 to 600 calories and again at 1 to 3 months of age 1.5 calories/kg at 2 months of age, or the positive weight gain needs to be breastfed.
5. Offered the right information and made a schedule for starting to breastfeed.
6. Provided biological nurturing back position to help my baby feed more easily and more often.
7. Informed me that it is possible to have a breast pump through Medical Assistance to help me keep up my milk supply while the baby was learning to breastfeed.
8. Educated me on the benefits of breastfeeding and its importance in providing my baby with all the nutrients.
9. Encouraged me to breastfeed in a variety of positions to offer your baby a warm, close relationship.
10. Told me that it is a good option for starting assisted breastfeeding. This really helped my confidence.

Year Two of the New Food Packages

At the end of this calendar year WIC will complete the first two years with the new WIC food packages. Families will continue to enjoy:
- Low iron milk for 2 years and older
- Increased fiber through at least two whole grains and vegetables
- Exclusively breastfed infants receiving twice the amount of protein, fats, and vegetables
- Increased milk, cheese, eggs, whole grains without the need for exclusive breastfeeding/second-line breastfeeding mothers who receive the formula from WIC
- Low formula for partially breastfed infants and no formula for breastfed infants the first month to avoid supplementation

Inside This Issue
- Iodine Supplementation
- Childhood Obesity
- Peer breastfeeding counselors
- WIC Guidelines for Medical Formulas
World Breastfeeding Week mailing

• Breastfeeding Friendly (JCAHO bf standards and WABA Just 10 steps information)
• Magical bond of love poster
• Eradication of Poverty One Child at a Time through Breastfeeding – Ruth Lawrence M.D.

http://www.nal.usda.gov/wicworks/Learning_Center/support_bond.html
Child Care

Many Families Qualify for WIC

• Do you know someone who is pregnant or has children under the age of 5?
• Do you know families who would like to save on their food budget?
• Do you know families who have recently been laid off?

WIC is reaching out to key community members and child care providers to tell families about the WIC program. You may know working families who may be eligible for WIC and not be aware they qualify. WIC offers breastfeeding and nutrition information along with nutritious foods and referrals to community resources.

A WIC flyer is enclosed which includes the income guidelines. Families who might qualify can call the Saint Paul - Ramsey County Public Health WIC program to apply. | 651.266.1300.

We appreciate your help in reaching families.

Are you a child care provider who would like to support breastfeeding families?

Please find enclosed the Breastfeeding and Child Care Document (from the United States Breastfeeding Committee). This document talks about storing breastmilk, working with mom and baby’s schedule and why having a breastfed baby in your child care is a benefit.

For more information please contact us.
WIC Outreach and Breastfeeding Coordinator: Colly Huberty colleen.huberty@co.ramsey.mn.us | 651.778.0077

Attachments:
• WIC Brochure
• Breastfeeding and Child Care document (United States Breastfeeding Committee)
  http://www.usabreastfeeding.org/Workplace/ChildCareFacilities/index.aspx
Collaborated with a Child Care providers mentoring group:

Hunger Pangs – Breastfeeding and Child Care  
*Colly Huberty MPH, RD, IBCLC*  
*April 2010*

**Goals/Objectives of the Session:**

- To help families choose and continue breastfeeding upon return to work or school
- To help child care providers support their families to choose and continue breastfeeding
Public Health Work Force – Spaces to pump

Activities may include:
• Getting on the agenda of leadership teams
• Have stories for staff in need of space or those that benefit
• Short on space? Contact the maintenance person
Encourage Public Health leaders to include a breastfeeding statement and place information on intranet or share point for employees.
Mothers Rooms
Nursing Mothers Rooms are located in several County locations and provide a clean, private place for women to express breast milk during the workday. For more information or to request a brochure, call 651-266-2935 or send your name and mailing address to Health Promotion@co.ramsey.mn.us.

Breastfeeding Information

Document: Spaces to pump breast milk for Ramsey County Employees – Promoting the Health of Ramsey County Employees and Their Families.
Social Media –

*Healthy Ramsey* Face Book Link promoted in WIC clinics with a small sticker on the ID folder cover.
Example: Share how breastfeeding benefited you.