

Southern Nevada

The Barbara Greenspun WomensCare Center of St. Rose
Dominican Hospitals
IBCLCs & CLCs available
Low cost private consults, classes, pumps, & bras
702-616-4908

Summerlin Hospital
IBCLC available
Warmline phone counseling
702-233-7542

Mom's Special Gift
IBCLCs & CLCs available
Medicaid only private consults, breast
pumps
702-257-5583

National Women's
Health Information
Center on Breastfeeding
Hotline:
1-800-994-9662
www.4women.gov

Northern Nevada

Renown Health
IBCLCs available for phone consultation **775-982-5483**
24 hr Health Hotline (Nurses available to answer Breastfeeding
questions)
775-982-5757

Carson Tahoe Regional Healthcare
Breastfeeding Center staffed by IBCLCs-Internationally
Certified Lactation Consultants and Certified Lactation Educators:
775-885-4748.

The Center also offers educational films and literature and
breastfeeding support equipment
Breastfeeding Support Hotline:
775-885-4748.

THINKING ABOUT BREASTFEEDING?



Why Breastfeed?

Breastfeeding provides many health, nutritional, economic and emotional benefits to mother and baby. Since a major goal of WIC is to improve the nutritional status of infants, WIC mothers are encouraged to breastfeed their infants.

Benefits for the Fully Breastfeeding Mom on WIC:

Extra Food Vouchers

Fully breastfeeding mothers on WIC are eligible to receive extra food vouchers for tuna, fresh carrots, more peanut butter or beans and more juice. The extra food is an encouragement for mothers not to take formula and the additional food provides for the increased calorie and nutrient needs while a mother is breastfeeding.

Extra 6 months

A mother who is exclusively breastfeeding or partial feeding will receive WIC vouchers up until the infant's first birthday, mothers who do not breastfeed only receive WIC vouchers until their infant is six months old.



Breastfeeding Incentives

All fully breastfeeding mothers who do not take formula from WIC will receive various breastfeeding incentive items (newborn t-shirt, nursing bra, sippy cup) within the first year of babies certification.



Nutrition Education

All WIC participants receive breastfeeding education counseling at each prenatal visit. Participants are scheduled into breastfeeding classes focusing on nutrition and general breastfeeding education. Postpartum participants electing to fully or combination feed receive additional breastfeeding education and are scheduled into breastfeeding clas-

Breast Pumps

The Nevada WIC program offers free loans of Electric breast pumps to mothers who qualify. Manual pumps are also available for free as well as other breastfeeding aids* (nursing supplementers, breast shells etc) to aid in the initiation and continuation of breastfeeding.

*eligibility and assessment required



How to Get the Help You Need

WIC staff are always available to help with breastfeeding, however there may be times when you may need assistance beyond the scope of WIC or need to speak with someone outside of clinic hours. When questions or concerns arise seek help immediately! See reverse for local resources.