

## Breastfeeding Consultations

Our Breastfeeding Medicine Specialist and International Board Certified Lactation Consultants (IBCLCs) work one-on-one with moms & babies who are experiencing any number of breastfeeding concerns. Call to schedule an appointment.



- MilkWorks is in-network with all major private insurance plans and all Nebraska Medicaid plans for breastfeeding consultations and breast pumps.
- If you do not have insurance, we can offer a reduced rate.

## Breast Pumps + Scales



We carry high quality Spectra & Medela Personal Use Pumps (PUPs), and file directly with insurance. Our process is simple and most moms go home with a breast pump the same day. Our *Pump Service Plan*

is provided with our PUPs. We also rent medical need pumps & scales. Please call or visit our website for additional details.

## Information + Classes

Our *Breastfeeding Information Center*, which is based on years of experience, current best practices, and the latest research, is available 24/7 on our website, or by calling either location during open hours. We offer classes that cover breastfeeding basics, tips for returning to work, and introducing solids.



Visit [www.milkworks.org](http://www.milkworks.org) for current class information & Mom Talk dates + times!

## Baby Weigh Station

Drop in and weigh your baby on an accurate digital scale during our open hours, 6 days a week! No appointment or fee is required. We will fax a report to your baby's doctor upon request.



## Mom Talk Groups

Come and join other moms at one of our Mom Talk groups! Discuss the ups and downs of being a new mom & share breastfeeding information. Weekly groups are led by a Breastfeeding Educator. No need to register, no fee to attend & older siblings are welcome.



## Community Outreach

We have Community Outreach locations in Lincoln, Omaha, and throughout Nebraska for baby weigh stations, breast pumps & consultations. Visit our website for details!



## Shop Local, Feel Great!

We carry high quality breastfeeding and baby care products for new parents. Proceeds from our retail sales support our education and outreach programs.



## Support on Facebook



Amazing support can also be virtual! Search *MilkWorks - MilkWorks O - MilkWorks York* or *MilkWorks Return To Work Moms*.

# We are here for you!

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**Masks** are required  
for all customers



**Free** curbside pick up  
& shipping of all  
breast pumps



**Virtual** lactation care,  
classes, & support  
groups



**In-person** lactation  
care & shopping  
at limited capacity

Please call **402.423.6402** before entering.

Thank you for understanding.

**Open Mon - Sat from 10am to 4pm**