



MilkWorks Resources for Mothers and Babies with a Food Sensitivity/Intolerance (FS/I)

- Schedule an **Individual Consultation with one of our IBCLCs** to assess symptoms, rule out and/or assist with an Abundant Milk Supply, and receive basic teaching and guidance on FS/I. Consultation fees may be filed with a mother's private insurance plan, or a baby's Medicaid plan (if baby is less than 3 months old). If you or your baby do not have insurance lactation coverage, we have an Out of Pocket discounted lactation fee.
- Schedule a **Phone Consultation with Dr. Leeper, our breastfeeding medicine specialist**, or make an **Appointment with Dr. Leeper** when she is in LINCOLN. Phone consultations are not covered by insurance; appointments may be filed with private or Medicaid insurance.
- Access **Information in our Breastfeeding Information Center (BIC)** found on our web site www.milkworks.org (paper copies available at MilkWorks): *Abundant Supply, Food Sensitivities in Breastfeeding Babies, Milk Ingredients, Probiotics, Soothing Your Baby, Wearing Your Baby, Swaddling, Reflux, and Adjusting to Motherhood.*
- **Schedule an appointment with Bridget Easley, MS, RD, LMNT**, in LINCOLN. Bridget does not file with insurance, however, she will provide insurance codes upon request for self-filing. You may also use a Health Saving or Flex Savings Account. A one hour first visit is \$105; follow up visits are \$65 (as of April 2018). Bridget generally has a 1-2 week wait for an appointment. She usually sees a mom two or three times.
- Join the [MilkWorks Food Sensitivity/Intolerance Facebook page](#) monitored by Jessie Coffey, a Registered Dietician who specializes in food sensitivities. FREE.
- Attend our **Introducing Solids** class in at our LINCOLN location taught by Tonya Danson, RD. This class is offered once a month and focuses on food readiness and safety. The fee is \$10, although the class is free for moms who have been seen by a lactation consultant at MilkWorks. Registration is required. Visit www.milkworks.org or call (402) 423-6402 for current dates.
- Attend **Mom Talk**, the FREE moms' groups at MilkWorks that are led by a Breastfeeding Educator or IBCLC and are held several mornings a week from 10am – 11:30 am in LINCOLN and OMAHA. Moms gather to talk about breastfeeding and other parenting topics. No registration is required. Visit <https://milkworksorg.presencehost.net/calendar.html> for dates and times at each location.