

Resources for Mothers & Babies with Food Sensitivity/Intolerance (FS/I)

- **Schedule an Individual Consultation with one of our IBCLC's** 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. If a mother does not have lactation benefits, out of pocket fees are available.
- **Schedule an appointment or phone consultation with Dr. Leeper**, our breastfeeding medicine specialist. She is at our Lincoln location two days a week and our Omaha location our day a week. 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 website](#) (paper copies available at both MilkWorks locations). We have a specific section on our website dedicated to FS/I.
- **Attend an Introducing Solids class at our Lincoln location.** Taught by a Registered Dietician, this class is offered once a month and focuses on food readiness and safety. The fee is \$10. Fee is waived if you have been seen by a Lactation Consultant at MilkWorks. Registration is required. Visit [our calendar](#) for current dates.
- **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 1-hour first visit is \$105; follow up visits are \$65 (accurate as of April 2018).
- **Attend MomTalk moms group facilitated by MilkWorks (Lincoln & Omaha).** MomTalk is a free moms group led by a Breastfeeding Educator at MilkWorks. Group meets twice a week in Lincoln & Omaha. Moms gather to talk about breastfeeding and other parenting topics. No registration required. Visit [our calendar](#) for dates and times at each location.

MilkWorks



Community
Breastfeeding
Center

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(402) 423-6402

10818 Elm Street
Rockbrook Village
Omaha, NE 68144
(402) 502-0617

For additional
information:
www.milkworks.org

Creating a healthier community by helping mothers breastfeed their babies.