

Resources for Mothers & Babies with a 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 will be billed to the mother's or the baby's insurance plan. If a mother and her baby do not have insurance coverage for lactation assistance, a reduced, out-of-pocket fee is available.
- **Schedule an appointment with Dr. Kathy Leeper our breastfeeding medicine specialist, or Michelle Lingenfelter, APRN, or Karnyta White, APRN.** They see mothers and babies at both our Lincoln and Omaha locations. Dr Leeper, Michelle, and Karnyta are in network with all Nebraska Medicaid plans and all major private insurance plans. We are unable to file for insurance reimbursement for phone consultations.
- **Access information in our Breastfeeding Information Center (BIC)** found at www.milkworks.org. We have a specific section on our website dedicated to Food Sensitivities and Intolerances.
- **Schedule an appointment with AIM Nutrition Consulting (in Lincoln).** AIM Nutrition consulting has two dietitians available to meet in person or virtually. Find more information at www.aimnutritionconsulting.com
- **Attend a MomTalk moms group at MilkWorks in Lincoln or Omaha.** MomTalk is a free moms group led by a Breastfeeding Educator. Groups meet weekly. Moms gather to talk about breastfeeding and other parenting topics. No registration is required. Visit www.milkworks.org for dates and times at each location.



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