



Prenatal Lactation Appointments at MilkWorks

Board Certified Lactation Consultants (IBCLC) are usually seen after baby is born. But making a prenatal appointment before baby is born can be extremely helpful for first time parents or if breastfeeding didn't go as planned with previous children. Our IBCLCs tailor each prenatal appointment to each families' specific needs and goals.

Our team also reviews:

- The benefits of breastfeeding
- How breastfeeding works
- What the hospital experience will be like
- The importance of skin-to-skin for baby with his/her parents
- Unique barriers

Our IBCLCs finish prenatal appointments by helping design a care plan before the birth of the baby to help the parents be as successful as possible with their goals.



Reminder: MilkWorks is a Well Facility

As flu and cold season approaches, we wish to remind everyone we are a well facility. We ask anyone feeling unwell or experiencing flu and/or cold like symptoms to please stay home. This ensures that MilkWorks is a safe place for those fragile babies who need frequent weight checks. Our weigh station is open Monday-Friday 9am-5pm and is open to the public.

Our mission is to create a healthier community by empowering families to reach their breastfeeding goals. MilkWorks provides clinical lactation consultations as well as a variety of free resources and services at our two locations in Lincoln and Omaha. Virtual classes and telehealth appointments are available to accommodate the needs of each family.



New Pump Access Program Site!

We are excited to welcome Northeast Nebraska Community Action Partnership Fremont WIC clinic to our list of Pump Access Program partners! Parents are able to obtain the pump along with full instruction on how to most effectively use it. This is especially helpful to moms with language and/or transportation barriers.

Scan to see the full list of Pump Access Program Sites:





Christi Schill
RN, BSN, IBCLC

Our Clinic Team

Lactation consultations are a covered service with most insurance plans and Nebraska Medicaid. Appointments are available six days a week - please call to schedule.



Anne Easterday
BA, IBCLC



Miriam Heider
BA, IBCLC



Michelle Jenkins
RN, BSN, IBCLC



Kristi Lord
RN, BSN, IBCLC



Suzy Meyers
IBCLC



Jillian Vanecek
RN, BSN, IBCLC

Dr Kathy Leeper
MD, IBCLC, NABBLM-C



Michelle Lingenfelter
APRN, IBCLC



Karnyta White
APRN-WHNP, BC, IBCLC



Advanced Providers

MilkWorks Advanced Providers accept referrals for parents and babies dealing with breastfeeding issues including but not limited to tongue ties, prematurity, food sensitivities, nipple blebs, and mastitis.

Breastfeeding Challenges with Clef Lip & Palate.

In October, Dr. Leeper and Michelle Lingenfelter had the pleasure of presenting to the nursing staff at Methodist Women's hospital about breastfeeding a baby with cleft lip and palate.

If you are interested in hosting a Lunch & Learn at your office, please email Angie Cantrell at angie@milkworks.org.



We wouldn't be us without you!

It has been the support of providers like you that has helped allow MilkWorks to flourish over the last 23 years. Your dedication to our mission and confidence in our care means the world to us!

Thank you for helping us make a lasting impact on maternal and infant health. Together, we're building a stronger, healthier future. Scan the QR code to make a donation!



Lincoln

5930 S. 58th Street, Lincoln, NE 68516
402.423.6402 (p) | 402.423.6422 (f)

www.milkworks.org
[@milkworks_](https://www.instagram.com/milkworks_)

Omaha

10818 Elm Street, Omaha, NE 68144
402.502.0617 (p) | 402.502.4676 (f)