



## Mom's Mental Health Matters

Postpartum Support International estimates that 1 in 5 new parents experience perinatal mental health disorders. While every family navigates the postpartum transition differently, the need for strong support systems and resources is universal. Gaps in mental health support can negatively impact families. Recognizing and addressing these gaps is critical for better maternal and infant outcomes.

MilkWorks is working to better understand and respond to the mental health needs of the families we serve through our **Mom's Mental Health Matters Project**.

This initiative was born from a collective realization among community stakeholders that MilkWorks is uniquely positioned to do more for the mental well-being of new parents. Last year alone, we served approximately 25% of all birthing families across Nebraska. As a trusted postpartum resource, we recognize the importance of honoring each family's unique journey and empowering them to discover what works best for them and their children.

Through this project we are:

- **Enhancing our team's capacity** with specialized mental health training,
- **Partnering with local funders** to sustain vital peer support groups, and
- **Diving into feedback** from our clients to identify both strengths and areas for growth in our community support systems.

Our ultimate goal is to build a healthier, more connected community—one where parents feel less isolated, find meaningful support, and are equipped to thrive.

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.



## The {2024} Numbers are In!

6,135 consults      108 support groups      227 unique zip codes

2,648 drop in weight checks      4,257 personal use breast pumps

21,901 downloads from MilkWorks online Breastfeeding Information Center

### POLICY CENTER FOR MATERNAL MENTAL HEALTH GRADE

D for Nebraska

due to limited screening requirements, a provider shortage, and insufficient community-based services to support parents.

# 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.

Christi Schill  
RN, BSN, IBCLC



Anne Easterday  
BA, IBCLC



Kristi Lord  
RN, BSN, IBCLC



Miriam Heider  
BA, IBCLC



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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.

## Food Sensitivities & Breastfeeding Babies

Most mothers can eat a wide variety of foods without their babies reacting to foods which pass into their breastmilk. However, there is a chance that the baby may be sensitive to a food that does not cause the mother a problem.

Symptoms of a food sensitivity in a breastfed baby may include: skin rashes (especially on the face), spitting up (reflux), watery stools, fussiness, a lot of foul-smelling gas, stools with mucus or blood in them, very infrequent stools, or respiratory congestion. However, these symptoms do not always mean that a baby has a food sensitivity, but affected babies usually have more than one. Once it's determined what is bothering the baby, it is advised to avoid that food for

around two months, and then try eating again to see if the baby has outgrown the sensitivity. When it's decided to "test" the baby by reintroducing a food to see if they have outgrown their sensitivity, please be aware that it can take two to three days of exposure to the sensitive food to see a reaction in the baby. We have a section on Food Sensitivities and Breastfeeding Babies available in our online Breastfeeding Information Center available on our website.

**Dairy sensitivity is the most common**  
Most kiddos outgrow this sensitivity



By 1yr old



By 2yrs old



By 3yrs old

A baby can also be fussy for other reasons, such as not getting enough milk, or getting too much. If a mother has a very high milk supply, her baby may be more prone to some gut irritation and can exhibit some of the same symptoms. It may be helpful to address an abundant milk supply before suspecting a food sensitivity.

### Lincoln

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@milkworks\_

### Omaha

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