



WIC SERVICES



Did you know WIC provides many types of Breastfeeding Support?

-  **Certified Lactation Consultants (CLC)**
Many WIC Nutrition Counselors are also 'Certified Lactation Consultants'. These individuals fulfill specific roles within a defined scope of lactation practice. Their support may extend beyond offering help with routine breastfeeding issues.
-  **Breast Feeding Peer Counselor (BFPC)**
Peer Counselors are there to work one-on-one with new moms to help build confidence with breastfeeding, answer questions, and can provide assistance in a variety of different settings (WIC Clinics, Home, Hospitals, Phone Call/Text).
-  **International Board Certified Lactation Consultant (IBCLC)**
IBCLC's specialize in the clinical management of human lactation and breastfeeding, and are available to support mothers who may experience complex breastfeeding needs.

CONTACT WIC!

Sanford: [\(207\) 459-2942](tel:(207)459-2942)
Biddeford: [\(207\) 283-2402](tel:(207)283-2402)
WIC@yccac.org

WIC provides complete nutrition care for thousands of Maine families, helping Maine kids to grow up strong and healthy. WIC food benefits are available based on income guidelines and up-to-date nutrition research. WIC seeks to serve all Maine families with free nutrition advice, tips for staying healthy, and resources for growing families, including breastfeeding information and support.



The Maine State Breastfeeding Coalition has compiled trustworthy resources for parents, employees, employers, advocates & others.



Many libraries offer weekly groups to engage in stories, rhymes, songs, and fingerplays with your baby. Visit your library website to see offerings.

Taking care of yourself and your children can be hard. While children bring great joy, parenting is not picture perfect. Everyone needs help sometimes, whether that's paying bills, finding affordable child care, or dealing with your own feelings and stress.

Be There for ME is a judgement-free place to get connected to support. Scan the QR code below to access various supportive resources in Maine.



YORK COUNTY



PREGNANCY, BREASTFEEDING AND INFANT SUPPORT



A comprehensive guide to community supports and resources in York County

MAINE MEDICAL CENTER BIDDEFORD & SANFORD

Support before your baby arrives

- Prenatal Breastfeeding Appointment: Learn how to breastfeed your baby, what to expect, and where to get help if needed. Please call [207-283-7335](tel:207-283-7335) to schedule your personal appointment with a certified lactation consultant.
- Education: MMC Biddeford offers childbirth and infant safety education classes to help you and your family prepare for your new baby. For more information, please call [207-283-7350](tel:207-283-7350).

Support after your baby arrives

- Breastfeeding Helpline: We encourage rooming-in with your baby to promote bonding and improve breastfeeding success. Certified lactation consultants are always available to support your goals. To learn more, please call MMC Biddeford's breastfeeding helpline at [207-283-7335](tel:207-283-7335).
- 24-hour Nurse Helpline: Experienced nurses are available before and after your baby's birth to answer your questions through a 24-hour nurse helpline at [207-283-7350](tel:207-283-7350).
- Advanced Care: Should complications arise, your newborn will receive advanced care by expert neonatal nurses and physicians. If a higher level of care is needed, the MaineHealth Maine Medical Center Neonatal Transport team will ensure safe and fast transport to the Level III Neonatal Intensive Care Unit in Portland.

PREGNANCY, BREASTFEEDING AND INFANT SUPPORT



There are many organizations, support lines, counseling and educational resources available to those who are expecting or are new parents.

CONTACT

These local supports via phone, e-mail or organization website. Scan QR code to access the corresponding organization's website

KIDS FREE TO GROW

Offers Active Parenting Programs designed to teach parents of children aged 0-5 to build their parenting skills- held in a group settings.



CRADLEME

CradleME helps connect you with the right homebased services for you and your baby for free. CradleME is a partnership between two programs: Public Health Nursing and Maine Families.



MAINE FAMILIES

MaineHealth home visits to provide support to prenatal families of newborns through age 3.



HOME HEALTH VISITING NURSE OF SOUTHERN MAINE

Breastfeeding support, counseling and newborn assessment in the home.



BABY BLESSINGS

Baby Blessings, located at St. George's Episcopal Church in Sanford is open the fourth Saturday of every month. Offering free emergency assistance for baby formula. Diapers, wipes, and other items may be available. Proof of residency or income is not required. 207-324-8119

PUBLIC HEALTH NURSING

Maine CDC Public Health Nurses provide in-home health services. All prenatal and postpartum women and newborns-infants up to 12 months may receive a visit from a Public Health Nurse.

