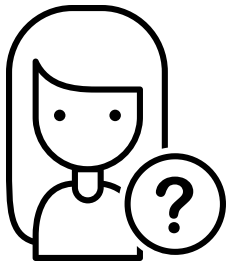


# Referring Patients to WIC



A woman can sign up for WIC as soon as she finds out that she is pregnant

## How does WIC Help Women?

### PRENATAL NUTRITION

We help in giving babies a healthy start. Throughout our prenatal education and food vouchers, we can help feed babies long before delivery.

### NUTRITION EDUCATION

We show families how to create healthy, affordable meals through nutrition tips and recipes.

### BREASTFEEDING

We offer breastfeeding support, education and counseling.

### BREASTFEEDING TOOLS

Maine WIC provides all breastfeeding moms a silicone pump, breastpads, milk storage bags and other tools.



We also have loaner electric breast pumps for those mom's who are eligible.



2018

78% of moms enrolled in WIC initiate breastfeeding

43% of infants breastfed at least 3 months

34% infants breastfed at least 6 months



Maine WIC has:

9 Lactation Consultants &

43 Certified Lactation Counselors on board

## How does WIC Help Infants & Children?

### HEALTH SCREENING

We track children's growth and help caregivers understand to understand their health and development.

### NUTRITION EDUCATION

Parents often worry about their child's eating habits. WIC can offer caregivers advice on nutrition concerns for their child or baby.

### REFERRALS

We want parents to have all of the support they need to keep their family healthy and continue growing. WIC provides referrals to food banks, doctors, developmental services, and more.



Maine WIC Nutrition Program

1-800-437-9300

[www.maine.gov/WIC](http://www.maine.gov/WIC)

This institution is an equal opportunity provider

