

Breastfeeding Support

24/7, personalized breastfeeding help

Having breastfeeding challenges? Trouble pumping? Breastfeeding Support offers 24/7 1-on-1 guidance and solutions from board certified lactation consultants for you or your partner. Plus, the MilkShip® program lets you safely ship breast milk home when you travel for work.



How It Works

1

Call 866-814-1638, or visit the website and select Breastfeeding Support from the Browse Menu.

2

We'll match you to a board certified Lactation Consultant to get the guidance and support you need.

3

Get personalized guidance and resources or request a MilkShip package.

“I began implementing your tips and have had more successful feeds and pumps. These resources are great.”

— Breastfeeding Support User



99% Satisfaction rate

Enroll or login now for breastfeeding support
www.care.com/yourbenefits



Breastfeeding Support

Frequently Asked Questions

How and when can I access Breastfeeding Support?

You can call toll-free or access the website 24/7/365 to receive consultations/guidance from a lactation consultant, request a kit or MilkShip package, learn about breast pump options, and access related content.

Who are the lactation consultants?

All lactation consultants are employed by Care and meet the following qualifications:

- International Board-Certified Lactation Consultant (IBCLC) certification, requiring 75 hours of continuing education credits every 5 years, and re-examination every 10 years
- Minimum of two years of clinical experience working with mothers and infants and at least one year of teaching experience in health education
- Complete 8-week training & onboarding course
- If you or your spouse/partner prefer in-person assistance, our lactation consultants can also refer you to lactation consultants in their area

What is MilkShip?

Mothers who are breastfeeding and traveling for work can request MilkShip—a hassle-free kit to safely store and express ship breastmilk home. Kits must be requested at least 48 hours before you need it to arrive at your destination. Once you receive the MilkShip package, you can pump and use the MilkShip Package to ship your milk home or pack it for travel.

What is in Breastfeeding kit and who is eligible?

You or your spouse/partner are eligible to receive a kit featuring free breastfeeding products and information including:

- Magnet with Breast Milk Storage Guidelines
- Quick Clean Wipes for Breast pumps and Accessories
- Infant Milk Intake/Output Diary
- Cotton Bra Pads
- Quick Clean Micro-Steam Bag
- Milk Collection/Storage Bags
- Hand Sanitizer
- Guides on topics such as Breastfeeding: What You Need to Know Before Baby Arrives, Successful Breastfeeding, Nutrition during Lactation and Returning to Work While Breastfeeding

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