How to Get a Breast Pump from Arkansas WIC

WIC Breast Pumps
WIC only issues breast pumps to mothers who have delivered their babies. Pregnant women are not eligible to receive a breast pump.

The type of breast pump issued depends on the need. WIC staff will help determine what type of pump is needed.

Manual or hand pumps are for:
• Occasional or short term pumping
• Minor problems

Electric pumps are for:
• Mothers who are separated from their babies:
  – Premature, sick or hospitalized babies
  – Part-time or full-time working or student moms
  – Moms and babies with breastfeeding complications

Steps to Obtain a Breast Pump:

Step 1: Call for a WIC appointment at any Arkansas WIC Clinic.
• Tell the WIC staff that you are breastfeeding
• Ask for the earliest available appointment to be able to get a breast pump
• If unable to get an appointment, or no breast pumps are available, call 1-800-445-6175

Step 2: Take the right paperwork with you to your appointment:
• Proof of identity—such as driver’s license, birth certificate, Medicaid card, immunization record or other photo ID
• Proof of Arkansas residency—a utility bill or other item showing your address (not a Post Office box)
• Proof of income—check stub, statement from employer, last year’s W2 tax form, Medicaid card, TEA, SNAP (Food Stamps), or AR Kids First

Step 3: Keep your appointment.
Allow plenty of time at the appointment for:
• Weight, height, and check for anemia (low blood count—mom only)
• Questions about the food you usually eat
• Education about healthy eating and living
• Receiving a manual/electric breast pump

Information for Breastfeeding Mothers & Health Professionals
Arkansas WIC Breastfeeding Helpline 1-800-445-6175
Get help with breastfeeding 24 hours a day, 7 days a week. Calls received during office after-hours, weekends and holidays are answered by breastfeeding experts.

For more information, visit our website: www.healthyarkansas.com/breastfeeding or visit our Facebook page: www.facebook.com/arwicbreastfeeding

Reminders
Mothers of sick or premature babies:
• WIC tries to make special efforts to support moms of sick or premature infants
• While in the hospital, call the local health unit (LHU) before being discharged to see about getting an appointment scheduled as soon as possible once you are discharged
• If using the hospital’s breast pump, keep the pump kit to use as a manual pump once you are discharged from the hospital

Mothers of full term healthy babies:
• If planning to return to work or school, a mother can receive a breast pump on the day she reapplies for WIC after having her baby, based on availability
• WIC clinics are required to see breastfeeding mothers within 10 days of their request for an appointment
• Expressing milk with a pump will be easier and faster after milk production is well established

Receiving a Breast Pump
To receive a breast pump from WIC, mothers must sign-up for the WIC Program as a partial or exclusive breastfeeding woman. Even if a woman was on WIC during her pregnancy, she must reapply for WIC after having her baby.