

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



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.

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

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

Mothers having breastfeeding problems:

- Call the Breastfeeding Helpline: 1-800-445-6175
- Talk to a breastfeeding specialist:
 - A breastfeeding peer counselor from WIC
 - Qualified WIC staff at the LHU
 - Lactation consultant from the community or hospital

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.healthylarkansas.com/breastfeeding
or visit our Facebook page:
www.facebook.com/arwicbreastfeeding



This institution is an equal opportunity provider.