



## What is MilkWorks?

**MilkWorks is a community breastfeeding center** that was founded in 2001 by seven women who were committed to providing supportive breastfeeding assistance to all women. We are a **non-profit corporation**, which means we have a special tax status and we may accept tax deductible donations and grants. **This allows us to provide clinical services to all mothers**, including those who need financial assistance.

**Like a for-profit business, in order to provide services, we have certain operating expenses.** Each month we must pay rent, utilities, phone service, insurance, and payroll. All of our staff earn very modest salaries. Almost all of our furniture and artwork has been donated. Most of our staff share work spaces, telephones and computers.

**We provide many services at no cost to our community**, including moms' groups, drop-in weight checks, our Parent Information Center, mentoring for nursing, dietetic, child development and medical students, and presentations at high schools. Because not all mothers have insurance that covers breastfeeding assistance or breast pumps, we are committed to keeping our fees as low as possible in order to help mothers breastfeed. **All of our income is put back into providing services for families and our community.**

***babyworks* is a fundraiser for MilkWorks.** We sell breastfeeding supplies so that mothers can purchase quality products and get correct information on how to use them. The baby gifts we sell help us to cover our costs and keep our doors open. This means that when you make a purchase at babyworks, **you actually provide financial support for the assistance, advice and programs offered at MilkWorks.**

We strive to provide consistent, accurate breastfeeding information at no cost through our Parent Information Center. **For mothers who need additional support**, we have experienced, board certified lactation consultants (IBCLCs) on staff to provide individualized problem solving. In order to have IBCLCs on staff, we must charge a fee for their services. Fortunately, insurance plans are slowly starting to cover breastfeeding assistance.

### **Services that we provide at no cost to our community include:**

- Mothers' groups for new mothers and their babies.
- Drop In weight checks seven days a week.
- Access to our Parent Information Center for frequently asked breastfeeding questions. This information is available via telephone or our web site or by stopping by MilkWorks.
- Mentoring for MD residents, nursing, dietetic and child development students.
- Information on selecting and using our retail products.
- Special events for new parents.
- A comfortable place for mothers to breastfeed their babies or pump.

## Services that are available for a fee include:

- Individual or group breastfeeding classes.\*
- Appointments scheduled with one of our lactation consultants or our breastfeeding medicine specialist.\*
- Breast pump rentals or purchases.\*
- Purchase of breastfeeding supplies.
- Baby gifts and products for parents and new babies.
- Special classes for new parents.
- Continuing education for hospitals and physician offices.
- Clinical preceptors for student lactation consultants.

\*These services MAY be covered by a mother or baby's insurance plan.

***Please note: We do not deny clinical services based upon ability to pay.***

We love helping mothers and babies (and fathers!) learn about breastfeeding. We love being a place where families can come to for supportive, accurate information and for contact with other parents. We save everyone money when we keep a baby on breastmilk. Thank you for helping us to be here for parents!

**If you are interested in making a tax deductible donation**, please visit our web site [www.milkworks.org](http://www.milkworks.org) and make a donation through Just Give.

## Comments from mothers who have received services from MilkWorks:

*"I am deeply indebted to the whole MilkWorks team for the time they took to help me. I know they provide these services because they love what they do and believe it to be in the best interest of everyone they serve as well as the community. My baby's doctor referred us to them...without that referral I wouldn't be happily nursing my baby the way I am. I am very grateful for their services."*

*"I was ready to give up on breastfeeding when I came to your office for help....my daughter cried day and night and by the end of each day I was in tears myself and ready to give up. Since my appointment with you I followed your advice and I now have a happy baby girl who is totally breastfed. I am grateful beyond words for your help. Breastfeeding my daughter is one of the greatest joys of my life."*

*"Though I was determined to give my daughter the best nutrition, if it weren't for MilkWorks I would have given up on breastfeeding."*

## Our Mission

***Creating a healthier community by helping mothers breastfeed their babies.***

5930 South 58<sup>th</sup> St., Suite W, Lincoln, NE 68516  
(402) 423-6402 [www.milkworks.org](http://www.milkworks.org)

