



February 22, 2024

To: Chairperson Hansen and Members of the Health and Human Services Committee

From: Anahi Salazar, Policy Coordinator for Voices for Children in Nebraska

**RE: Support for LB 1106, Provide for coverage of lactation consultations under the Medical Assistance Act. Support for 1107, Provide for coverage of breast pumps under the Medical Assistance Act**

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Children are Nebraska's greatest resource, and our early investments in our future generations will see significant returns when children are able to reach their full potential in adulthood. Quality and consistent preventive health care, is the foundation of proper child development. Voices for Children in Nebraska supports LB 1106 and 1107 because it would provide important post-natal resources such as lactation consultations and breast pumps for birthing people.

Breastfeeding has health benefits for both babies and birthing people. Breast milk provides babies with nutrition and supports growth and development. Breastfeeding is important to Nebraska's birthing population as 91.7% of mothers breastfed at one point.<sup>1</sup> The American Academy of Pediatrics recommends exclusive breastfeeding for the babies first 6 months, and then continuing alongside complimentary foods until the age of 2.<sup>2</sup> By providing birthing people with lactation consultations, they can be supported on best practices to feed their baby and take care of themselves. Lactation consultations range in what they offer, assessing and treating nursing issues such as milk supply, breastfeeding pain and nursing positions.<sup>3</sup> Addressing issues with breastfeeding early and often can help birthing people breastfeed longer and alleviate any pain or discomfort for both baby and birthing person.

Similar to lactation consultants, breast pumps offer many benefits to birthing people and babies. They help maintain milk supply, they can relieve discomfort, and help with latch assistance. For birthing people in the workforce, it also provides a convenient way to continue breastfeeding. They can pump, store their milk and continue their breastfeeding journey, allowing their babies to receive the benefits of breast milk.

Including lactation consultations and breast pumps increases the postpartum and postnatal well-being. Both important tools help parents and lactation consultants are essential allies providing support and sharing expertise. We want to thank Senator Day for her work in birthing people and their children's well being and the Committee for listening. Thank you.

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<sup>1</sup> 2022 Kids Count Report. *Health*. [Health 2022 – Kids Count Nebraska](#)

<sup>2</sup> Feldman-Winter, Lori. "Where We Stand: Breastfeeding." *HealthyChildren.org*, 2020, [www.healthychildren.org/English/ages-stages/baby/breastfeeding/Pages/Where-We-Stand-Breastfeeding.aspx](http://www.healthychildren.org/English/ages-stages/baby/breastfeeding/Pages/Where-We-Stand-Breastfeeding.aspx).

<sup>3</sup> "What Is a Lactation Consultant? | BabyCenter." *BabyCenter*, 2021, [www.babycenter.com/baby/breastfeeding/lactation-consultant\\_40008000](http://www.babycenter.com/baby/breastfeeding/lactation-consultant_40008000).