



Breastfeeding Resource List

Listas de Recursos de Lactancia

Location	Organization	Nights/Weekends Noches/fin de semanas	Home- Visits Visitas de casa	Breast Pumps/Products Saca Leches/productos	Prenatal Breast-feeding Classes	Support Group Grupos de Apoyo	Insurance Accepted Se Acepta Seguros	Medi-Cal Accepted Se Acepta Medi-Cal	No-Cost Sin Costo	Private Pay Pago Privado	Se Habla Español	Additional Information
Chico	Butte County Dept. of Public Health Chico WIC Kathy Herbert, RN, IBCLC (Kathy's Cell 530-864-6846) WIC Front Desk 530-891-2767			♥	♥	♥			♥		♥	Private Lactation Consultations Monday, Tuesday, Thursday by appointment Breastfeeding Support Group Grupos de Apoyo a La Lactancia Materna
Oroville	Butte County Dept. of Public Health Oroville WIC Kathy Herbert, RN, IBCLC (Kathy's Cell 530-864-6846) WIC Front Desk 530-538-7455			♥	♥	♥			♥		♥	Private Lactation Consultations Monday by appointment Breastfeeding Support Group Grupos de Apoyo a la Lactancia Materna
Chico	Enloe Mother and Baby Education and Boutique 251 Cohasset Rd Suite 120 Cathy McLendon, RN, IBCLC Heidi Cantrell RN, MeD, IBCLC 530-332-3970			♥	♥	♥				♥		Private Lactation Consultations By appointment For More Information please call
Oroville	Glenn County Health Services WIC Peer Counseling Program Lorna Humphreys, RLC, IBCLC Marcy Torres, CLE 530-865-8791			♥	♥	♥		♥	♥		♥	Private Lactation Consultations Breastfeeding Support Group Thursday 11:00am-12:00pm Grupos de Apoyo a la Lactancia Materna Cada Jueves de 11:00am-12:00pm
Paradise	Healthy Mothers Program Jean DeLapp, RN, IBCLC Kris Roach, RN, IBCLC 530-876-2518		♥	♥	♥	♥		♥			♥	Private Lactation Consultations
Paradise	Feather River Hospital: The Birthday Place IBCLC's available 530-876-7995 ext. 7902						♥			♥		Private Lactation Consultations
Chico	Lorna's Lactation Services Lorna Humphreys, RLC, IBCLC 530-321-4206		♥	♥	♥	♥				♥		Private Lactation Consultations Monday-Friday Weekends by appointment
Chico	La Leche League of Chico Rachel Black 530-591-9191 Help Line:	♥								♥		Warm Line Breastfeeding Support
Chico	Chico Pediatric Medical Group Debbie Pierce, RN, IBCLC Jennifer Clement, RLC, IBCLC 530-343-8522						♥			♥		Private Lactation Consultations
Oroville	Small Miracles Lactation Support Della Corral, RN, IBCLC Anna Saxman, RN, IBCLC 530-532-8445								♥			Free Lactation Services for Oroville OBGYN patients

Specialized Resources:

Sutter Memorial Hospital Lactation Center	(916) 733-0877
Advice Warm Line (8 AM-4 PM PST, M-F)	(916) 733-1441
Human Milk Bank	
Mothers' Milk Bank	(877) 375-6645
Breastfeeding and Drug Information	
Nat'l Women's Health Information Center Breastfeeding Helpline	(800) 994-9662
(9 AM-6 PM EST, M-F; Spanish Speaking; www.4woman.gov)	
California Craniofacial Association	(800) 535-3643
Deaf Mother	TDD (888) 220-5446

Websites for General Breastfeeding Information:

www.la lecheleague.org	www.ilca.org	www.kellymom.com
www.breastfeeding.com	www.gotmom.org	www.breastfeedingonline.com
www.bflrc.com	www.promom.org	www.4women.gov/breastfeeding

What's Normal in the First Week? Your milk should start to "come in" (increase in quantity and change from colostrum to mature milk) between days 2 and 5. To minimize engorgement: nurse often, don't skip feedings (even at night), ensure good latch/positioning, and let baby finish the first breast before offering the other side. Baby should nurse 10-12 times in a 24-hour period. This encourages good milk supply and helps reduce engorgement. Nurse at the first signs of hunger (stirring, rooting, hands in mouth) -- don't wait until baby is crying. Allow baby unlimited time at the first breast when sucking actively, and then offer the second breast. Some newborns are excessively sleepy at first -- wake baby to nurse if 2 hours (during the day) or 4 hours (at night) have passed without nursing.

To know if baby is getting enough milk, watch his or her diaper output. Baby should have one wet diaper per day of age (1 wet diaper on day one, 2 on day two...). Once mom's milk matures, baby should have 5-6+ wet diapers in a 24-hour period. Baby should have one stool per day of age (1 stool on day one, 2 stools on day two...). After about day four, baby's stools should be yellow, loose, and maybe seedy/curd-like in appearance, and baby should have 3-4 stools in a day.

Call if you have breastfeeding questions, especially if:

- You think your baby isn't feeding well, your baby sucks only briefly or very softly.
 - Your baby is very jaundiced (yellow) and getting more yellow or "dry looking."
 - Your baby does not suck and/or swallow for at least 10 minutes when feeding (after the 1st day).
 - Your baby does not "settle," or seem satisfied after most feedings.
 - Your baby is not waking to feed at least 10 times in 24 hours by the 3rd day.
 - Your baby has little or no stool, or has dark green mucus stools.
 - Your baby has little or no wet diapers, or dark colored urine after day 3
 - Your baby seems unhappy, in pain, weak, tired, or not interested in feeding.
 - You have nipple pain or damage, redness, cracks, or bleeding.
 - Your breasts have a warm, tender, red or swollen area, especially if you have a fever above 101 degrees F.
 - You think your milk supply is too low, or you think that breastfeeding "isn't going well."
 - You start to have nipple pain after breastfeeding without pain for several weeks.
 - You feel overwhelmed, like you can't take care of your baby, or like you might hurt yourself or your baby.
 - Your breasts are painfully "hard," and lumpy.
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Successful breastfeeding comes through information, support, and practice. Our community has many resources to offer. In addition to contacting a lactation professional, be sure to inform your care practitioner of breastfeeding difficulties you and your baby may be experiencing.