



Breastfeeding Resource List during the Coronavirus Outbreak

Location	Organization	In-Person Appointment	Phone Appointment	Video Appointment	Breast Pumps/Products	Weekly Video Meetings/Video Support Group	Medi-Cal Accepted	No-Cost	Private Pay	Se Habla Español	Additional Information
Chico	Butte County Dept. of Public Health Chico WIC Megan Mitchell, CLE 530-552-3972	♥	♥		♥			♥			Private Lactation Consultation By appointment only
Oroville	Butte County Dept. of Public Health Oroville WIC Megan Mitchell, CLE 530-552-3972	♥	♥		♥			♥			Private Lactation Consultation By appointment only
Chico	Enloe Mother and Baby Education Center 251 Cohasset Rd Suite 120 Stevie Shanoff, RN, IBCLC Lyndsey Williams RN, IBCLC 530-332-3970	♥	♥		♥				♥		Private Lactation Consultation Monday, Wednesday & Friday By appointment only
Orland	Glenn County Health Services WIC Peer Counseling Program Jenifer Clements, RLC, IBCLC Marcy Torres, CLE 530-865-8791	♥	♥		♥			♥		♥	Private Lactation Consultation Monday & Thursday by appointment from 1:30-4:00pm
Chico	La Leche League of Chico Help Line: 530-487-4109 www.llchico.org La Leche League of Chico on Facebook			♥		♥	♥	♥	♥		Free weekly meetings: Thursday 6PM via Zoom Friday 9:30-10:30AM via FB Zoom link is posted on their Facebook Page
Chico	Chico Pediatric Medical Group Jennifer Clements, RLC, IBCLC 530-343-8522	♥							♥		Private Lactation Consultation Monday- Tuesday & Thursday- Friday by appointment only
Chico	Northern Valley Indian Health (NVIH) Better Babies Cathy McLendon, RN, IBCLC 530-433-2500 Ext: 3523	♥	♥	♥	♥			♥	♥	♥	Private Lactation Consultation Tuesday & Thursday by appointment Pregnant and postpartum breastfeeding 1:1 classes offered.
Oroville	Small Miracles Lactation Support Della Corral, RN, IBCLC Stacey Wright, IBCLC Megan Latta, IBCLC 530-532-8441	♥			♥			♥	♥		Private Lactation Consultation Call to make an appointment

Updated: 04/2021

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.lalecheleague.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 3 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 at least 8-12 times in a 24-hour period. This encourages good milk supply and helps reduce engorgement. Nurse at the first signs of hunger (stirring, rooting, and 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.

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.

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° 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.

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.