



Butte County Breastfeeding Resource List

Location	Organization	Nights/Weekends Noches/fin de semanas	Home- Visits Visitas de casa	Breast Pumps/Productos 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 No Costo	Private Pay Pago Privado	Se Habla Espanol	Additional Information
Chico	Better Babies, Inc. 894-5585				♥	♥		♥		♥	♥	Mother Birds Support Group: Wednesdays 11-1, English & Espanol, open to all; bring your lunch
Gridley	Butte County Dept. of Public Health Alma Gamboa-Applebee, RN, CLC 891-2874 (cell 370-8124)		♥			♥			♥		♥	El Grupo de Lactancia: El Segundo Jueves 9-10 AM Clases Pre-natales: El tercer Jueves 9-10 AM.
Oroville	Butte County Dept. of Public Health Oroville WIC 538-4755 Carla McKiernan, CLE Anna Saxman, RN, IBCLC Kathy Herbert, RN		♥	♥	♥	♥			♥		♥	Nursing Mama's Club Support Group: Wednesdays, 1 PM--Oroville WIC
Chico	Butte County Dept. of Public Health Chico WIC 891-2767 Lorna Humphreys, IBCLC			♥	♥	♥			♥		♥	Breast Friends Support Group Thursdays 10-11:30 AM
Chico	Chico Pediatric Medical Group Debbie Pierce, RN, IBCLC 343-8522						♥			♥		Private Lactation Consultations
Chico	Enloe Breastfeeding Support Services 251 Cohasset Rd Suite 120 Cathy McLendon, RN, IBCLC 332-3972	W		♥	♥	♥				♥		Lactation Consultations: Monday-Friday by appointment Boutique Hours: Monday-Friday 11am-4:30 pm Scale Rentals
Paradise/ Butte County	Feather River Hospital: Center for Breastfeeding Support & Healthy Mothers Program 876-2500 ext. 2518 or 2801	W	♥	♥	♥	♥	♥	♥	♥	♥	♥	Baby Steps Support Group Tuesdays 10-11:30 AM Private Lactation Consultations Monday-Friday and on-call weekends
Paradise	Feather River Hospital: The Birthday Place 876-7995 ext. 7304 Keri Dowell, RN, IBCLC						♥	♥				Lactation Consultations: Wednesdays and Fridays Call for appointment
Chico	Lorna's Lactation Services Lorna Humphreys, RLC, IBCLC 321-4206	♥	♥							♥		Private Lactation Consultations, Nights and weekends. Call for appointment
Butte County	La Leche League of Chico Stacie Bingham, CD(DONA), LCCE 893-2890	♥	♥		♥	♥			♥			Infant group (ideal for pregnancy) Call Stacie for dates and times.
Chico	Mother Nurture 973 East Ave Suite D Debbie Pierce, RN, IBCLC 514-1313	♥	♥	♥	♥	♥	♥		♥	♥		Lactation Consultations : By appointment Store hours: M-F 12 to 6 pm, Sat. 11-3 MilkyWay Café Mothers Group: Fridays 10:00 Scale Rentals Available
Oroville	Small Miracles Lactation Support Della Corral, IBCLC Anna Saxman, RN, IBCLC 532-8445	♥			♥				♥			Call for appointment times Oroville Hospital Deliveries only or who have an Oroville Pediatrician only; weekend coverage available for emergencies

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 Donation Station of Butte County	891-2869 or 891-2768
Mothers' Milk Bank of San Jose	(408) 998-4550
Breastfeeding and Drug Information	
Nat'l Women's Health Information Center Breastfeeding Helpline (9 AM-6 PM EST, M-F; Spanish Speaking; www.4woman.gov)	(800) 994-9662
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.