

# Breastfeeding Resource List

Location	Organization	In-Person Appointment	Phone Appointment	Video Appointment	Breast Pumps/Products	Weekly Meetings	Video Support Group	Medi-Cal Accepted	No-Cost	Private Pay	Se Habla Español	Additional Information
Chico	<b>Butte County Dept. of Public Health Chico WIC</b> Megan Mitchell, IBCLC 530-552-3972 Wendy Cervantes, IBCLC 530-552-3967	♥	♥		♥				♥			<b>Lactation Consultation</b> Monday- Friday from 8-4:30pm by appointment only
Oroville	<b>Butte County Dept. of Public Health Oroville WIC</b> Megan Mitchell, IBCLC 530-552-3972 Wendy Cervantes, IBCLC 530-552-3967	♥	♥		♥				♥			<b>Lactation Consultation</b> Monday- Friday from 8-4:30pm by appointment only
Orland	<b>Glenn County Health Services WIC Peer Counseling Program</b> Jennifer Clements, IBCLC Marcy Torres, CLE 530-865-8791	♥	♥		♥				♥			<b>Lactation Consultation</b> Monday & Thursday by appointment from 1:00-5:00pm  <b>Pump &amp; Lactation education:</b> Mon-Thu. & every other Friday from 8-5pm
Chico	<b>Enloe Mother and Baby Education Center</b> 251 Cohasset Rd Suite 120 Stevie Shanoff, RN, IBCLC Lyndsey Williams, RN, IBCLC Cassidy Scherba, RN, IBCLC 530-332-3970 Open:M-F 9AM-3PM	♥			♥	♥				♥		<b>Lactation Consultation</b> Monday, Wednesday & Friday By appointment only  <b>Bittie Baby &amp; Me Classes*</b> Monday & Wednesday 10:30AM-12PM *Preregistration is required
Chico	<b>La Leche League of Chico</b> Help Line- Call or text: 530-487-4109 *La Leche League of Chico on Facebook					♥	♥		♥			<b>Weekly meetings:</b> St. John's Episcopal Church Fridays 10-11:30 AM <b>Once a month:</b> Thursday 6:30PM via FB*
Chico	<b>Chico Pediatric Medical Group</b> Jennifer Clements, IBCLC Molly Plummer, LVN, IBCLC 530-343-8522	♥								♥		<b>Private Lactation Consultation</b> Monday- Friday by appointment only
Chico	<b>Northern Valley Indian Health (NVIH) Better Babies</b> Keri Dowell, RN, IBCLC 530-433-2500	♥	♥	♥				♥		♥	♥	<b>Lactation Consultation</b> Mon-Thu by appointment 9am-4pm <b>Pregnant and postpartum breastfeeding 1:1 classes offered.</b>
Oroville	<b>Small Miracles Lactation Support</b> Della Corral, RN, IBCLC Stacey Wright, IBCLC Megan Latta, IBCLC 530-532-8441	♥							♥			<b>Lactation Consultation</b> Call to make an appointment
Butte County	<b>Boundless Birth</b> Sadie Kelly, Doula and Certified Breastfeeding Specialist 530-487-5636 <a href="mailto:Sadie@boundlessbirth.net">Sadie@boundlessbirth.net</a>	♥	♥							♥ *		<b>In-Home Lactation Consultation</b> Call or text to make an appointment Book via IG @Boundless.birth  *Fee waived for WIC/Cal-Fresh participants

## Ask for our [Guide](#) to Breastfeeding at WIC!

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### *Breastfeeding Questions and Answers*

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- ❖ **Will I have enough milk to feed my baby?**
  - Yes. The more you breastfeed your baby, the more milk you make. Using formula, even a small amount, will reduce the amount of milk you make.
  - Newborn babies have small stomachs, about the size of their fist, so they need to breastfeed often
  
- ❖ **How often should I feed my baby?**
  - Feed your baby when they show signs of hunger (rooting, hands near the mouth, making sucking noises). Breastfeed your newborn baby 10 or more times in a 24-hour period.
  
- ❖ **What are growth spurts?**
  - Growth spurts are short periods of time when your baby is growing at a faster rate, has a bigger appetite, and may be fussier. They usually often happen around 7 to 10 days, 2 to 3 weeks, 6 weeks, and 3 months.
  - You can expect your baby to want to be close to you and breastfeed more often during these times. Be confident, your body knows what to do and will make more milk.
  
- ❖ **How do I know that my baby is getting enough milk?**
  - You can tell your baby is getting enough milk by her weight gain and the number of diapers she uses.
  - Most babies lose a few ounces in the first few days. After day 4, your baby should be gaining weight, getting back to her birth weight by 10 to 14 days of age.