# Breastfeeding Resource List

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| 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 |
| Orland  | 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 |

Updated: 3/2016
**Specialized Resources:**

Sutter Memorial Hospital Lactation Center  
Advice Warm Line (8 AM-4 PM PST, M-F)  
(916) 733-0877  
Human Milk Bank  
Mothers’ Milk Bank  
(877) 375-6645

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)  
California Craniofacial Association  
Deaf Mother  
TDD (888) 220-5446

**Websites for General Breastfeeding Information:**

www.lalecheleague.org  www.ilca.org  www.kellymom.com  
www.bflrc.com  www.promom.org  www.4women.gov/breastfeeding

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**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.

*Updated: 3/2016*