

Breastfeeding Resource Guide



Chaffee County

Chaffee County Breastfeeding Coalition

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The Chaffee County Breastfeeding Coalition's mission is to protect, promote and support breastfeeding through education, providing tools and resources, outreach and advocacy in our community.



Colorado Breastfeeding Coalition

www.cobfc.org

Provides information and resources for providers, for mothers, in the workplace and for local coalitions. Offers a series of four YouTube videos designed to motivate, educate and inspire moms to keep breastfeeding after returning to work and how and why employers should support mothers.

La Leche League (LLL)

Local La Leche League Leaders:

Megan Juba (719) 539-9242 meganmjuba@yahoo.com

Lorraine Redmond (719) 207-5008

www.llli.org or www.facebook.com/lalecheleaguesalida

La Leche League is an international non-profit organization that offers mother-to-mother support for breastfeeding mothers. The general purpose is to help mothers learn to breastfeed their babies, to encourage good mothering through breastfeeding to stimulate the optimal physical and emotional growth of the child and the development of close family relationships and to have discussion on related subjects. Local Group Leaders are volunteers who have nursed their own babies and have learned to help other mothers with breastfeeding questions and problems.

La Leche League of Salida meets the second Monday of each month, from 10 to 11:30 am, upstairs in the Sunroom of the Presbyterian Church (across from Safeway, Salida). Expectant women and moms with babies welcome. All meetings are free and open to the public.

International Board Certified Lactation Consultant (IBCLC)

To find qualified IBCLCs: www.ilca.org

Local IBCLCs:

Lorraine Redmond, BS, IBCLC (719) 207-5008 Salida

Geraldine Davis, Rae Hartmann and Angie Cason, IBCLC (719) 584-4581 Parkview Medical Center 400 W. 16th Street (5th Floor), Pueblo

IBCLC's are health-care providers whose primary focus is providing breastfeeding assistance. They provide a variety of specialized services including individual consultations for unusual breastfeeding situations, care plans developed in collaboration with other health-care providers, breastfeeding class sessions, and instruction in the use of specific breastfeeding products.

Certified Lactation Counselor (CLC)

Elaine Kuepper, CLC (913) 980-4778 Elaine_cjl@yahoo.com

CLC's have received training and competency verification in breastfeeding and human lactation support including assessing the latching and feeding process, providing corrective interventions, counseling mothers, understanding and applying knowledge of milk production including in special circumstances and other commonly encountered situations. All of this give CLCs a strong foundation with which to help moms and babies.

Heart of the Rockies Regional Medical Center (HRRMC), Family Birth Center

www.hrrmc.com Call the Family Birth Center at (719) 530-2277 for class schedule.

The HRRMC Family Birth Center is now open seven days per week, 24 hours a day; call if you need support with your baby or breastfeeding. We have CLC's on staff! HRRMC offers varied formats of Childbirth Classes each year--full day weekend classes, series and short version express classes. Classes include pregnancy topics such as pre-labor, labor, birth, comfort measures, nutrition, interventions, postpartum care, and breastfeeding. HRRMC also offers a FREE Breastfeeding Basics Class the second Tuesday each month from 6-7:30pm in the Shavano Room on the second floor. New babies are welcome! Register on-line. Class content is interactive discussion including benefits of breastfeeding, how to get the best start, proper latch, positioning, when to feed, maintaining milk supply and more.

Healthy Start – Nurse Home Visitor Program

Cassandra Franco, RN, BSN, CLC (719) 530-2562 cfranco@chaffeeconomy.org

Emily Anderson, RN, BSN, CLC (719) 530-2566 eanderson@chaffeeconomy.org

"A nurse in the home helping your family achieve a healthy start." Healthy Start is a service provided to all families in Chaffee County. Through this program we serve new families (birth through 12 months) regardless of income and number of children. We feel we have something to offer every family, regardless if it is their first or fifth child. The nurse home visitor meets with the family in their home on an average of 10 times throughout the families' first year, with additional visits scheduled as needed. The services in this program include: breastfeeding education and support, what to expect in the early days, safe sleep, depression screening and referral, Bright Beginnings, normal newborn behavior, developmental milestones, car seat inspections, Cavity Free at 3, community resources, nutrition, exercise, birth control, immunizations, infant safety, tobacco cessation education and assistance and solid food introduction.

Nurse-Family Partnership (NFP)

Kathryn French, RN, BSN (719) 293-1934 kfrench@chaffeeconomy.org www.nursefamilypartnership.org

NFP a free maternal and early childhood health home visitation program proven to foster long-term success for first-time moms, their babies and society. NFP pairs pregnant and first-time mothers with a caring maternal and child health registered nurse for ongoing home visits aimed at supporting mothers and families in providing the very best start for their children during the earliest, most developmentally critical years. This program allows nurses to deliver the support first-time moms need to have a healthy pregnancy, become knowledgeable and responsible parents, and provide their babies with the best possible start in life.

Women, Infants & Children (WIC)

Heather, Salida WIC (719) 539-7413 Delia, Buena Vista WIC (719) 486-2749

WIC is a special supplemental nutrition program that serves pregnant women, postpartum women and children up to their fifth birthday. A major goal of the WIC program is to improve the nutritional status of infants; WIC mothers are encouraged to breastfeed their infants and those who do are provided information through counseling and breastfeeding educational materials. Breastfeeding mothers receive follow-up support and are eligible to participate in WIC longer than non-breastfeeding mothers. Mothers who exclusively breastfeed their infants also receive an enhanced food package. Breast pumps are available to help support the initiation and continuation of breastfeeding.

Salida Early Childhood Center

Lindsay Haarmeyer, RN (719) 530-5358 lhaarmeyer@salidaschools.org

Our purpose is to provide individualized support to pregnant women and their families that promotes comprehensive prenatal and postpartum care. The services we provide include: the importance of prenatal and postpartum medical care, dental care, community resources, nutrition, breastfeeding support, fetal development, child development, labor and delivery information, postpartum recovery and pregnancy related depression. We will continue to follow families and children once a week once the baby is born in our home based program for ages 0-3 and enroll children in our center based Early Head Start and Head Start Programs. This program individualizes services to the needs of each family. We also provide social interactions with other families twice a month. This program does have income requirements.

Salida Pregnancy and Family Center Bosom Buddies

Beth Russell, MA 215 E 3rd St, Salida (719) 539-7436 (24hr) help@salidapregnancycenter.com

Salida Pregnancy and Family Center provides free individualized education on parenting, relationships, budgeting, healthy habits, pregnancy, breastfeeding, child development, and more. We offer a Baby Boutique (clothing, diapers, toys, and baby food), peer counseling and mentoring, pregnancy tests, STD testing, limited ultrasounds, professional counseling, and abortion education and recovery services. We also have Bosom Buddies mentoring for new breastfeeding moms to connect to recently breastfeeding moms. Call us to be connected to a breastfeeding friend or to become a breastfeeding mentor.

¿Habla Español?

Maggie Falconi (719) 530-5271 home or (719) 487-5676 cell mfalconi@salidaschools.org

Alli Gober, RM, CPM (719) 221-3937 salidamidwife@gmail.com

Las madres que hablan espanol que estan buscando a informacion y apoyo por la lactancia maternal.

Breast Pumps Check with your insurance provider. Some insurance companies are paying for the purchase of a breast pump!

Buena Vista Drug 403 US Hwy 24 South, Buena Vista (719) 395-2481

Hospital grade Medela pumps for \$28/week, \$75/month or \$132/6 weeks (minimum 1 week). Option to rent or buy.

Salida Medical Supply 1535 G Street, Salida (719) 539-2704

Double electric Medela Lactina for \$60/month or personal kit (with instructional video) for \$40; bags and parts.

Ameda Breastfeeding Products, Hollister Incorporated (866) 99-AMEDA or (800) 624-5369 www.ameda.com

Medela Incorporated (800) 435-8316 www.medela.us

Whittlestone (877) 608-MILK or (707) 748-4188 www.whittlestone.com

Mothers' Milk Bank, Denver Colorado

(303) 869-1888

The Mothers' Milk Bank Colorado safely screens, collects, processes and dispenses donated human milk as a community service, providing human milk to babies whose own mothers cannot supply the milk to meet their baby's needs.

Other Helpful Online Breastfeeding Resources

www.bestforbabes.org

www.breastfeedingonline.com

www.kangaroomothercare.com

www.kellymom.com

www.workandpump.com

www.askdrsears.com

www.breastfeedinginc.ca

Lots of places in our area are breastfeeding friendly!

Look for this sticker.

You can breastfeed ANYWHERE!



latchME App

Tons of proven breastfeeding resources all in one app!

- Instantly connect with experts for latch help
- Ask experienced mothers anything any time
- Enjoy high-quality videos and feeding tips
- Locate nearby places to feed your little one
- Share your favorite breastfeeding spots