



Mono County Breastfeeding Resources

- **Welcome Baby!**

- A free, personalized home visiting program for all Mono County babies, prenatal through 12 months, and their families.
- This program provides a network of support, breastfeeding education, developmental screenings, a Kit for New Parents, and ideas you can use during the first days and months of your child's life.
- Welcome Baby! Home Visitors are certified *Parenting Counts Instructors* and *Certificated Lactation Educator-Counselors (CLEC)*—they are ready to support you and your baby. To sign up, call First 5 Mono County or the Home Visitors directly:
 - First 5 Mono County, (760) 924-7626
 - Deanna Clark, CLEC (760) 914-0060
 - Debbie Riffel, CLEC (760) 914-1431
 - Lara Walker, CLEC (bilingual), (760) 914-2556

- **Peapod Playgroups**

- Many of the Mono County Peapod Leaders are *Certificated Lactation Educator-Counselors (CLEC)*.
- *Connect with parents and children in your area.* A chance for young children—and their parents—to play and socialize. Play mats, tunnels and tents give children a stimulating atmosphere to play with their peers, while parents get a much welcomed chance to chat with other parents about the joys and challenges of parenting.
- Check www.monokids.org for current playgroup times. Leaders may be contacted directly for breastfeeding assistance.
 - Mammoth: Jennifer Maciaszek, CLEC, (760) 914-0810
Lucero Mausolff, CLEC (bilingual), (603) 504-5724
 - Benton/Hammil/Chalfant Valleys: Eleana Childs, CLEC, (760) 937-9082 or (760) 933-2484
 - Bridgeport: Danielle Dublino, (760) 937-1126
 - Coleville/Walker: Dawn Noakley, (530) 510-7892

- **Café Mom**

- Free, Informal Weekly Breastfeeding Support for all women
- Support, encouragement, and current information about all aspects of breastfeeding in a friendly, casual environment.

- Held every Wednesday at The Java Joint in the Minaret Mall, Mammoth. Drop-ins welcome.
- For information call Debbie Riffel, CLEC, (760) 914-1431

- **Mono County WIC Program**

- WIC participants (must have Medi-Cal or meet WIC income guidelines) throughout Mono County may receive breastfeeding support, education, and/or an electric breast pump loaned at no cost from a Certified Lactation Counselor.
- Also available, non-WIC Mono County residents may participate in an electric breast pump loan program for up to 3 months. The cost of this program is \$30 for the breast pump attachment kit.
- Call the WIC office in Mammoth for an appointment, 8-12 and 1-5, M-F
 - (760) 924-1830

- **Inyo WIC Program**

- All women may call the breastfeeding support line to speak with a Certified Lactation Educator, 8-12 and 1-5 Monday-Friday.
 - (760) 872-0964
- WIC clients (income eligible) may receive breastfeeding support from an onsite Certified Lactation Educator in various Inyo County communities. Call the WIC office in Bishop for an appointment.
 - (760) 872-1885

- **Toiyabe Indian Health Center WIC Program**

- All women may call to speak with a Lactation Consultant from 8-12 and 1-5 M-F. Please call with any questions or concerns.
Contact: Irene Mason, IBCLC
(760) 872-3707 (office phone)

- **La Leche League International (LLL of the Eastern Sierra)**

- Ida Adkins, LLL Leader, provides individual lactation counseling and support to families in Inyo and Mono Counties, free of charge.
 - (760) 873-7707 (home phone)
 - La Leche League International website: www.llli.org

- **New Parent Support Program, Mountain Warfare Training Center, Coleville**

- Military families are eligible for this no cost program.
- Services to program participants include breastfeeding support during childbirth classes, home visits, and “Baby Boot Camp.”
- Contact: Deb Goodman, PHN, (530) 495-9358 (office phone) or ddgoodman@gbis.com

- **Carson-Tahoe Regional Healthcare**

- Women who have delivered at Carson-Tahoe Hospital may call the Labor and Delivery Unit or the hotline to speak with a Lactation Consultant. If you call the hotline, leave a message with your phone number, and a Lactation Consultant will return your call.
- (775) 445-5103 (Labor & Delivery)
- (775) 445-5122 (hotline)

- **Barton Memorial Hospital and Clinics**

- Lactation Consultants are available for questions by phone for women who have delivered at Barton Memorial Hospital. All women may schedule an appointment with a Lactation Consultant on Tuesdays or Thursdays. Call for breastfeeding support or to schedule an appointment.
- (530) 543-5547 (Labor & Delivery)

- **Virtual Breastfeeding Help .com**

- All mothers can receive personalized breastfeeding help on the computer via SKYPE by International Board Certified Lactation Consultants (IBCLC).
- Consultation services via SKYPE cost \$125/hour, \$100/45 min, \$75/30 min, \$50/20 min follow up. Phone or email consultations only, \$20/20 minutes. Low-income women who cannot afford these costs can receive these services at a subsidized rate. Also, you may sign up for a drawing of a free consultation each month.
- Website: www.virtualbreastfeedinghelp.com

- **Air-Way Medical Supply**

- Dual electric Medela breast pumps are available for sale (\$289.00) and rental (\$20.00 deposit, \$39.00 attachment kit, and \$50.00/month rental fee).
- (760) 872-1117

Medical and Clinical Support

- You may call your Medical Provider, Pediatrician, or Labor & Delivery Unit for questions related to breastfeeding and breast health.

- **Mammoth Certified Lactation Educators at Mammoth Hospital**

- Bree Trimble and Debbie Riffel are Certificated Lactation Educator-Counselors (CLEC) at Mammoth Hospital and can assist new mothers and babies with breastfeeding
- Available by appointment to meet in Labor and Delivery, Women’s Clinic and Pediatrics Clinic at Mammoth Hospital on Sundays, Mondays, and Wednesdays from 7 am to 7 pm
- (760) 934-3311

- **Pioneer Home Health**

- Women with private insurance may be able to receive a post-partum home visit by a nurse (from Chalfant and Crowley to June Lake).
- Services are provided under direction of a Medical Provider.
- Services include assessment of mom and the newborn, breastfeeding instruction, support with infant care, and bonding.
- (760) 872-4663

Breastfeeding Friendly Locations & Local Businesses

Support all mothers by providing comfortable seating for breastfeeding or pumping, access to drinking water, and staff commitment to supporting breastfeeding



MAMMOTH LAKES

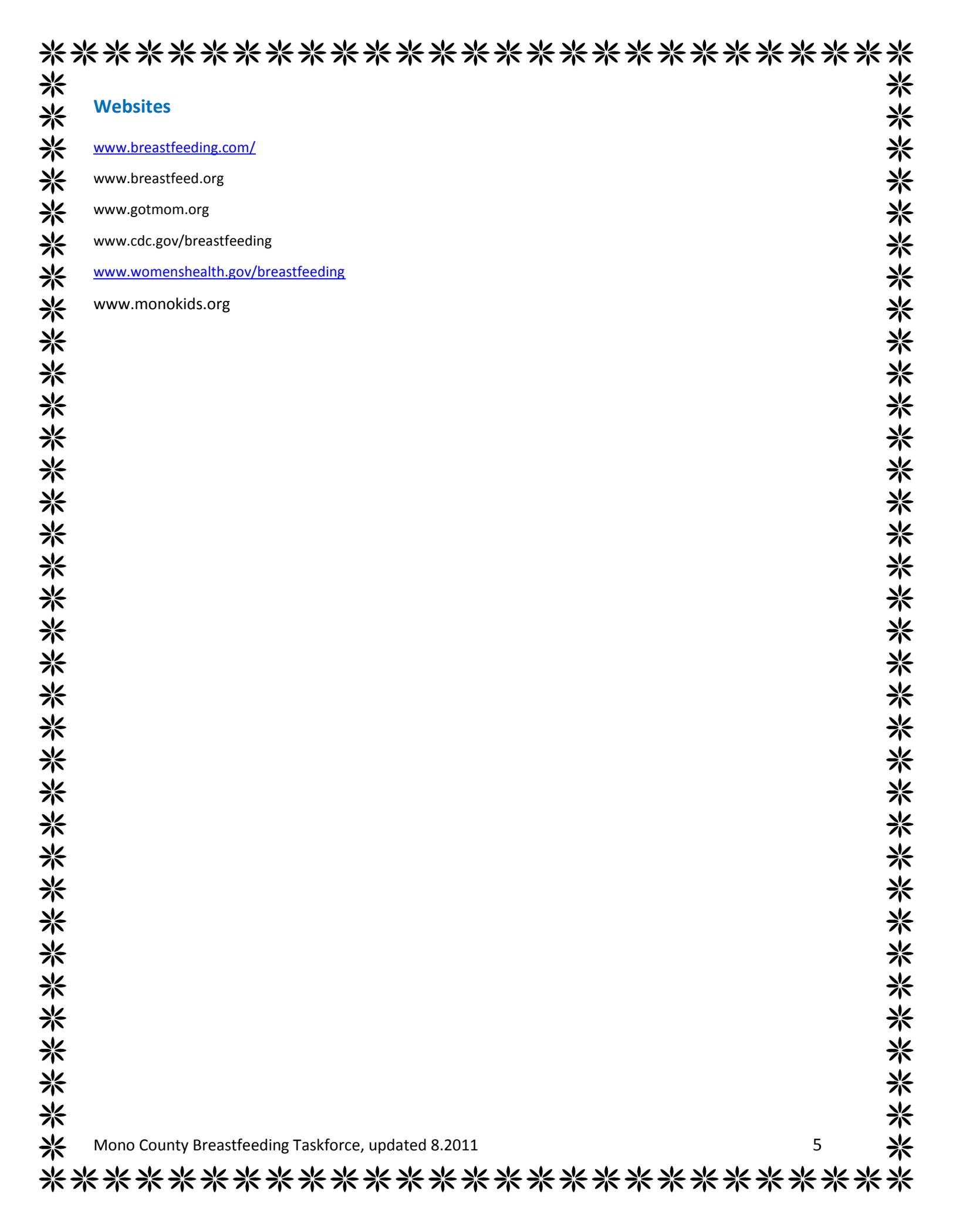
- **Mono County Health Department:** Mammoth office: 437 Old Mammoth Road, in Von’s Shopping Center, open from 8-12 and 1-5 M-F, (760) 924-1830
- **Mono County WIC Program:** 437 Old Mammoth Road, above the Java Joint near Vons. Open 8-12 & 1-4 Monday, Wednesday, Thursday and Friday
- **Mammoth Hospital Labor & Delivery:** 85 Sierra Park Road, Open 24 hrs/day, 760-924-4019
- **First 5 Mono County Office, Mammoth Lakes:** 365 Sierra Park Road, Building M, on High School campus, Open 8-12 and 1-5 M-F, (760) 924-7626
- **Mono County Public Libraries,** Mammoth Lakes, (760) 934-4777
- **Giovanni’s Restaurant,** in Von’s Shopping Plaza, corner of Old Mammoth Road and Meridian, (760) 934-7563
- **Gomez’s Restaurant,** at the Village near the Gondola, (760) 924-2693
- **Java Joint,** in Von’s Shopping Plaza, (760) 924-3629
- **The Looney Bean Coffee,** 26 Old Mammoth Road, (760) 934-1345
- **Riffel Real Estate,** 3613 Main Street, (760) 934-4907
- **Stellar Brew Coffee & Deli,** 3280 Main Street, (760) 924-3559

LEE VINING

- **Tioga Mobile Mart,** 22 Vista Point (off Hwy 395), (760) 647-6470

BRIDGEPORT

- **Mono County Health Department,** 221 Twin Lakes Road, Open 8-12 and 1-5 M-F, (760) 932-5580
- **1881 Coffee Café,** 362 Main Street, (760) 932-1918

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Websites

www.breastfeeding.com/

www.breastfeed.org

www.gotmom.org

www.cdc.gov/breastfeeding

www.womenshealth.gov/breastfeeding

www.monokids.org