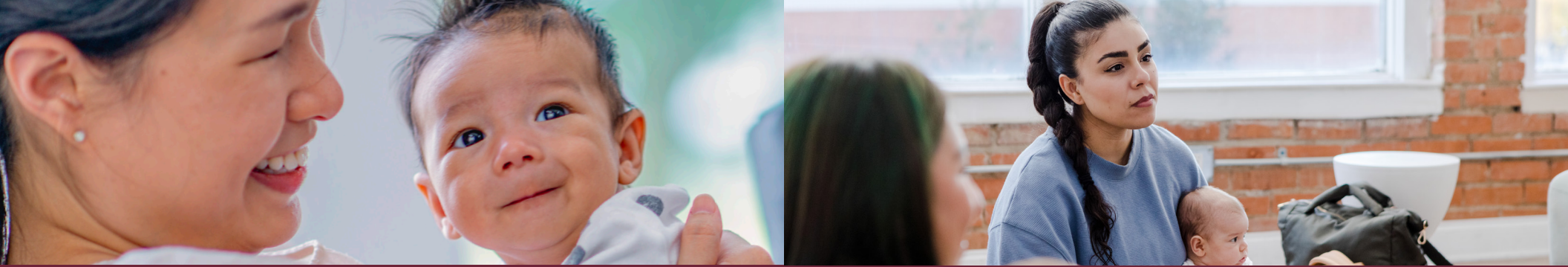




Breastfeeding Resources

For moms who need help with
breastfeeding



Feeding Your Baby

Breast milk is a good source of food for babies.

Health experts say you should try to feed your baby breast milk for at least the first 6 months of life. Many moms can breastfeed for longer and others may need to stop. Both are OK.

The Centers for Disease Control and Prevention says breastfeeding can help lower the chances of moms and babies getting sick later in life.

When Breastfeeding Stops

Many moms want to breastfeed but have to stop for many reasons.

Breastfeeding can be hard, especially as a new mom. If you had to stop feeding your baby breast milk, you can try again. There is no need to feel bad about starting over or trying again. You are not alone – many moms have a hard time with breastfeeding. There are places to go for help if you are having a hard time making breast milk.

Relactation

Relactation is breastfeeding after stopping for a while.

There are many reasons why someone may want to try to breastfeed again. Relactation is a process. It may be hard to get your milk to come in again but it is possible.

Once you begin producing milk again, you need to keep feeding your baby (or pumping) to keep the milk supply. Relactation may take some time to happen. If it does not happen right away, keep trying and be kind to yourself while you try to build a milk supply.



The following pages include resources to help you with breastfeeding, including lactation support.

Resources

For Moms Trying to Breastfeed Again

Videos

- **First Droplets:** shows you different things to try when breastfeeding.



Scan QR code or visit:
www.firstdroplets.com/downloads/

Mobile App

- **Text 4 Baby App:** a texting app that helps you learn more about babies.



Scan QR code or visit:
www.text4baby.org

General:

- Nursing Mothers Counsel:
(650) 327-6455
- La Leche League International:
(800) 525-3243
- U.S. Office on Women's Health:
(800) 994-9662

By County:

Del Norte

- Del Norte County Breastfeeding Coalition: (707) 464-0942
- Circle of Moms, Pregnant and New Mothers Support Group:
(707) 464-0942
- WIC: (707) 464-0942

Getting Help with Breastfeeding

Humboldt

- North Country Prenatal Services:
(707) 822-1385
- Paso a Paso (Step by Step):
(707) 296-0618
- WIC
 - Eureka WIC: (707) 445-6255
 - Garberville WIC: (707) 923-2779
 - Fortuna WIC: (707) 726-9427
 - McKinleyville WIC:
(707) 445-6255 or
(707) 839-1173
- Paso a Paso, St. Joseph's:
(707) 441-4477
- Breastfeeding Task Force of
Humboldt County: (707) 441-5573
- Humboldt County Breastfeeding
Task Force: (707) 441-5573

Lake

- WIC Locations
 - WIC Middletown: (707) 263-5253
 - WIC Clearlake: (707) 994-1151
 - WIC Lakeport: (707) 263-5253
 - WIC Lucerne: (707) 263-5253
 - Mother Wise: (707) 349-1210
- La Leche League of Northern
California and Hawaii:
(707) 380-5177

Lassen

- Mother To Baby: (866) 626-6847
- La Leche League of Northern
California and Hawaii:
(707) 485-1940
- WIC: (530) 257-7094

Getting Help with Breastfeeding

Marin

- WIC: (415) 473-6889
- La Leche League of Marin:
(415) 721-2842

Mendocino

- WIC Locations
 - Ukiah WIC: (707) 472-2743
 - Fort Bragg WIC: (707) 964-7106
 - Willits WIC: (707) 472-2743
- Mendocino BreastStart:
(855) 855-6455
- La Leche League of Northern California and Hawaii:
(707) 485-1940

Modoc

- Modoc County Health Services:
(530) 233-6311
- Modoc County Public Health Breastfeeding Support:
(530) 233-6311
- WIC: (530) 257-7094

Napa

- Breastfeeding Support Group – Queen of the Valley:
(800) 449-3627
- WIC: (707) 253-4853

Shasta

- La Leche League of Northern California and Hawaii:
(707) 485-1940

Getting Help with Breastfeeding

Siskiyou

- La Leche League of Northern California and Hawaii:
(707) 485-1940
- First 5 Siskiyou Breastfeeding Support: (530) 926-8405
- WIC Locations
 - Yreka: (530) 841-2170
 - Mt. Shasta: (530) 841-2170
 - Dunsmuir: (530) 841-2170
 - Happy Camp: (800) 442-2333
 - Fort Jones: (530) 841-2134
 - Weed: (530) 841-2134
 - Tulelake Office: (530) 841-2134

Solano

- NorthBay Outpatient Lactation Clinic: (707) 646-5024
- Public Health Nursing:
(707) 784-8070
- The Pump House: (707) 446-8959
- WIC:
 - Dixon: (707) 678-0717
 - Fairfield: (707) 784-2200
 - Vacaville: (707) 469-4555
 - Vallejo: (707) 553-5381
- Public Health Nursing:
(707) 784-8070
- The Pump House: (707) 446-8959



Partnership is here to keep you and your baby healthy. Call the Population Health Department, Monday – Friday, 8 a.m. to 5 p.m., at **(855) 798-8764** to learn more about the Growing Together Program or if you want more tips on keeping your baby healthy as they grow.

*Partnership HealthPlan of California –
Your Partner in Health*

PartnershipHP.org