

Fresno County Breastfeeding Resource Directory 2024



TIPS FOR BREASTFEEDING

- ♥ Follow and watch your baby's lead
- ♥ Watch for your baby's hunger signs or cues
- ♥ Create a quiet and soothing environment
- ♥ Hold your baby skin-to-skin
- ♥ Support your baby, but don't force the latch
- ♥ Sleep when your baby sleep
- ♥ How much & how often baby feeds depends on your baby's needs
- ♥ Continuously breastfeed or breast pump to keep up with milk supply
- ♥ Sore/Cracked nipples can be soothed by rubbing human milk or breastfeeding ointment
- ♥ If sick, wear a mask and wash hands before feeds

BREASTFEEDING APPS



Birth & Beyond
Breastfeeding videos



Mamava
Breastfeeding friendly spaces by location



Text4Baby
Breastfeeding Info

BREASTFEEDING LAWS

Lactation Accommodation In California Schools

Provide reasonable accommodations to a lactating pupil on a school campus to express breast milk, breastfeed an infant child, or address other needs related to breastfeeding

(Education Code 222) (AB 302, AB 2785).

To file a complaint call (559) 244-5340

Right to Breastfeed in Public

A mother may breastfeed her child in any location, public or private, except the private home or residence of another

(AB 157).

California Lactation Accommodation "Break Time for Nursing Moms"

Employers shall provide enough break time and a proper space for a breastfeeding mother to pump breast milk until her baby is 1 year old

(AB 1025).

To file a complaint call (559) 244-5340

HEALTH PLANS

Note: Contact your health insurance provider for a breast pump and available support services.

ANTHEM BLUE CROSS

Breastfeeding Support Hotline: 1-800-224-0336

Website: www.anthem.com/ca

Languages: English, Spanish, Hmong

CALVIVA HEALTH

Member Line: 1-888-893-1569 (TTY: 711)

Website: www.calvivahealth.org

Languages: English, Spanish, Hmong

WOMAN, INFANT, AND CHILDREN (WIC)

NOTE: Eligibility requirements apply. Services include video calls, consultation, peer counselors, education classes, & rental breast pumps.

The California Women, Infants and Children (WIC) program is a food and nutrition program for growing families. The program provides nutrition education, breastfeeding support, benefits to buy healthy foods, and referrals to health care and other community services. You may qualify if you receive Medi-Cal, CalWORKs (TANF) or CalFresh (SNAP) benefits. Working families and migrant families are also welcome to apply.

For eligibility or to find your nearest WIC office, call 1-800-852-5770 or scan the QR code.



HOSPITALS WITH BREASTFEEDING SUPPORT

Note: Fees may apply. Please check with your healthcare plan for service coverage.

<p>ADVENTIST MEDICAL CENTER—REEDLEY</p>	<p>Phone: (559) 391-3980 Website: www.adventisthealth.org/reedley Services: Inpatient maternity and newborn care</p>
<p>COMMUNITY REGIONAL MEDICAL CENTER – FRESNO (MOTHER’S RESOURCE CENTER)</p>	<p>Phone: (559) 459-2423 Website: www.communitymedical.org Services: Consultation, Education Classes, Support Groups, Sell/Rent Breast Pumps, Milk Bank</p>
<p>KAISER PEDIATRIC OUTPATIENT CLINIC LACTATION *KAISER MEMBERS ONLY</p>	<p>Phone: (559) 448-2299 Website: www.kp.org Hours: Saturday and Sunday 8:30 am to 12 PM (Fresno Medical Center), Monday–Friday 8:30 am to 12 PM (Clovis Medical Offices) Services: Outpatient Consultation, Classes, Rentals</p>
<p>SAINT AGNES MEDICAL CENTER (CERTIFIED BABY FRIENDLY HOSPITAL)</p>	<p>Phone: (559) 450-5210 Website: www.samc.com/breastfeeding Services: Consultation, Prenatal Breastfeeding Class, Support Group, Milk Donation</p>

INDEPENDENT CONSULTANTS

NOTE: Fees apply.

Labor of Love Birth Classes

Melissa Chepernich, ICCE, CLE
 Phone: (559) 916-0883
 Website: Birtheducation-classes.com
 Services: Breastfeeding classes and in home breastfeeding support

Tess Johnson Lactation Services

Tess Johnson, RN, PHN, IBCLC
 Phone: (559) 905-6635
 Website: www.tjlactation.com
 Services: Consultation, Education Classes, Support Groups, Home Visits, Breast Pumps

Mom’s Breast Friend Lactation

Ashley Lopez, CLS
 Phone: (559) 681-1003
 Email: 2mybreastfriends@gmail.com
 Services: In home consults, Education Classes, Support Groups

Motherhood Lactation Services

Amanda Shelton, IBCLC
 Phone: (559) 906-9513
 Email: Lactation_AS@yahoo.com
 Services: Breastfeeding classes and in-home lactation support

OTHER RESOURCES

La Leche League of Fresno

Phone: (559) 426-5553
 Email: lloffresno@gmail.com
 Website: www.lllfresno.org
 Services: Free breastfeeding support by phone, text, email, and Facebook. Two monthly support groups (In person and Virtual)

Fresno County Breastfeeding Coalition

Email: fresnocountybreastfeeds@gmail.com
 Coalition meeting dates: June 25th and September 24, 12pm-1pm via Zoom