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](http://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**: Elena 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](http://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](http://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
Websites

www.breastfeeding.com/
www.breastfeed.org
www.gotmom.org
www.cdc.gov/breastfeeding
www.womenshealth.gov/breastfeeding
www.monokids.org