

BREASTFEEDING RESOURCE GUIDE

IMMEDIATE BREASTFEEDING ASSISTANCE

If you are enrolled in a home visit program, contact your home visitor nurse FIRST for breastfeeding assistance.

Certified Lactation Counselors (CLC)

CLCs have completed 45 hours of training and a comprehensive breastfeeding management course. These hospital- or community-based CLCs offer fee-based or pro bono services.

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

The HRRMC Family Birth Center is open seven days a week, 24 hours a day. We have CLCs on staff! Call with questions or for support: 719.530.2277

The Local Latch:

Ann Croghan, PT, DPT, CLC, CAPP-OB (Salida)
Megan Lombardo, CLC (Salida)

A locally owned lactation counseling service with a vision for connecting and serving moms, children, and families throughout their journey. Visit thelocallatch.com for more information!

Call and leave a voicemail with your name and phone number and the on-call CLC will contact you within 24 hours: 719.398.1406 or email thelocallatch@gmail.com

Private-Practice Lactation Professional:

Elaine Kuepper, CLC (Buena Vista): 913.980.4778 elaine_cjl@yahoo.com

LOCAL BREASTFEEDING SUPPORT

Healthy Start—Nurse Home Visitor Program

Cassandra Franco, RN, BSN, IBCLC, CLC: 719.530.2562 cfranco@chaffeecounty.org
Emily Anderson, RN, BSN, IBCLC, CLC: 719.530.2566 eanderson@chaffeecounty.org

Healthy Start is a service provided to all families in Chaffee County (birth-12 months), regardless of income and number of children. The nurse home visitor meets with the family in their home an average of 10 times throughout the families' first year, with additional visits scheduled as needed.

To participate in this program, please register with your birth-care provider during pregnancy, or contact Cassandra Franco.

Nurse-Family Partnership (NFP) Nurse

719.530.2568 or 719.293.1934

Nurse-Family Partnership is a free evidence-based maternal and early childhood home visitation program. A caring, specially trained registered nurse provides the support and information that a mom needs to have a healthy pregnancy, improve her child's health and development, and become more economically self-sufficient.

To participate in this program, please register with your birth-care provider or call one of the contact numbers listed above to schedule an appointment and determine eligibility.

Salida Early Childhood Center

Lindsay Haarmeyer, RN, CLC: 719.539.1184 lhaarmeyer@salidaschools.org

Our purpose is to provide individualized support that promotes comprehensive prenatal and postpartum care for pregnant women and their families. We continue to follow families and children once a week after 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 (starts at age 1 and walking).

To participate in this program, please register with your birth-care provider during pregnancy, or contact the Lindsay Haarmeyer.

¿Habla Español? Esos profesionales se hablan español:

Alli Gober, RM, CPM 719.221.3937 salidamidwife@gmail.com

Drs. Dan Lombardo & Matt Burkley, First Street Family Health

719.539.6637 (office) 910 Rush Drive, Salida www.firststreetfamilyhealth.com

Facebook: Lactancia Materna Breastfeeding USA

**Breastfeeding
Friendly
Locations:**



LOCAL BREASTFEEDING SUPPORT (cont.)

La Leche League (LLL): www.llli.org or **Facebook:** La Leche League Salida

Lorraine Redmond: 719.207.5008 (Salida)

Thea Gab: 303.842.7577 relue12@gmail.com (Leadville)

Elaine Kuepper: 913.980.4778 elaine_cjl@yahoo.com (Buena Vista)

La Leche League (LLL) offers free monthly meetings and one-on-one support, both led by an experienced breastfeeding mother who is familiar with research related to breastfeeding. Our meetings provide a supportive atmosphere to talk about the joys and challenges of breastfeeding and offer an opportunity to meet other families in your neighborhood.

LLL of Salida meets the second Monday of the month, 10:00-11:30 am, upstairs in the Sunroom of the First Presbyterian Church (across from Safeway, Salida).

HRRMC Breastfeeding Classes

Breastfeeding Basics Class: *Classes include interactive discussions about the benefits of breastfeeding, how to get the best breastfeeding start, proper latch, positioning, when to feed, maintaining milk supply, and more. New babies are always welcome!*

For class schedules and to register for classes online:
719.530.2277 or www.hrrmc.com

Salida Pregnancy Resource Center—Bosom Buddy Program

Beth Russell, Director, MA 215 E 3rd St, Salida 719.539.7436 administrator@salidapregnancycenter.com

A Bosom Buddy is a mother who has breastfed her child(ren) and has a passion for helping mothers to reach their breastfeeding goals. She will provide encouragement and support to a breastfeeding mother.

To participate in this program, please register with your birth-care provider during pregnancy, or contact Beth Russell.

Women, Infants, & Children (WIC)

719.539.7413 (Salida); 719.395.0344 x203 (Buena Vista); 719.275.1589 (Canon City main office)

WIC is a special supplemental nutrition program that serves pregnant & postpartum women, and children up to their fifth birthday. Breast pumps are available to help support the initiation and continuation of breastfeeding. Breastfeeding mothers are eligible to participate in WIC longer than non-breastfeeding mothers. Mothers who exclusively breastfeed also receive an enhanced food package.

To participate in this program, please call any of the WIC locations listed above to schedule an appointment and determine eligibility.

GENERAL BREASTFEEDING SUPPORT

Breast Pumps *Check with your insurance provider for coverage of purchase

Buena Vista Drug: 403 US Hwy 24 S, Buena Vista 719.395.2481 (pumps are available to rent!)

Little Red Tricycle: 219 F Street, Salida 719.221.1498 (carries Haakaa Breast Pump!)

Ameda Breastfeeding Products: www.ameda.com 866.99.AMEDA or 800.624.5369

Medela Incorporated: www.medelabreastfeedingus.com 800.435.8316

Chaffee County Breastfeeding Coalition

Coordinator: Lorraine Redmond, BS, IBCLC

719.530.2569 redmond@chaffeecounty.org

Chair: Cassondra Franco, RN, BSN, IBCLC, CLC

719.530.2562 cfranco@chaffeecounty.org

The Coalition protects, promotes, and supports breastfeeding through education, and provides 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.

Mothers Milk Bank—Denver, CO

303.869.1888

www.rmchildren.org/mothers-milk-bank

HRRMC uses MMB donor milk in the Family Birthing Center, and collects breast milk to donate to MMB!

Facebook: Ark Valley Breastmilk Exchange

A local informal milk-sharing resource for mamas in our community. Join the FB group to connect with milk donors or mamas-in-need.

ONLINE Breastfeeding Resources

www.bestforbabes.org

www.breastfeedingonline.com

www.kangaroomothercare.com

www.kellymom.com

www.workandpump.com

www.themilkmeg.com

www.breastfeedinginc.ca

In the app store: [latchME](#)