

# SLV Breastfeeding Resource Guide

## San Luis Valley Breastfeeding Coalition

Coordinated by Renee Mackey, CLC and Local La Leche League Leader. Support for the SLV Breastfeeding Coalition has been provided by the San Luis Valley Public Health Partnership.

**Mission:** *The San Luis Valley Breastfeeding Coalition's mission is to support mothers to breastfeed for the best infant and maternal health.*

### ¿Habla Español?

Las madres que hablan español que estan buscando a informacion y apoyo por la lactancia maternal.

Amanda Garcia, CLC (719)-589-5860 or (719) 754-0517

Cathy Velasquez, RN, CLC, LMS (719) 588-9491

### OB Resource Hotline

719-587-5733

Leave message to be connected with breastfeeding support within 48 hours.

### La Leche League (LLL)

Local La Leche League Leader: Renee Mackey, CLC (719)-588-8800, [lalecherenee@gmail.com](mailto:lalecherenee@gmail.com). Free phone consultation and support anytime.

La Leche League is an international non-profit organization that offers mother-to-mother support for breastfeeding mothers. Local Leaders are volunteers who have nursed their own babies and have learned to help other mothers with breastfeeding questions and problems. [www.llli.org](http://www.llli.org)

### International Board-Certified Lactation Consultant (IBCLC)

IBCLC's are health-care providers who have a focus on providing breastfeeding assistance.

To find qualified IBCLCs: [www.ilca.org](http://www.ilca.org)

#### **Local IBCLCs**

Jayne Schiffer, RN, BSN, CNM, IBCLC: [Jayne.schiffer@slvrhc.org](mailto:Jayne.schiffer@slvrhc.org) or SLV Health OB/GYN Clinic Office: (719) 589-8028

Heather Yocom, RN, BSN, IBCLC, CLC: Valley Wide Edward M. Kennedy Health Clinic: (719) 852-2512

Katy Baer, MPH, RD, IBCLC, Alamosa WIC office (719) 589-5860

### Certified Lactations Counselors (CLC)

CLC's have received training and competency verification in breastfeeding and human lactation support including assessing the latching feeding process, providing corrective interventions, counseling mothers, understanding and applying knowledge of milk production including in special circumstances and other commonly encountered situations.

Amanda Garcia, CLC, Alamosa WIC office (habla español) (719) 849-0091

Kate Michaels, Creede School District, School Nurse (719) 658-2220 extension 115

Renee Mackey, CLC, La Leche League Leader (719) 588-8800

Stephanie Posorske, RN, BSN, CLC, SLV Health (719) 587-5733

Cathy Velasquez, RN, CLC LMS, Nurse Family Partnership (habla español) (719) 588-9491

Holly Kauffman, CLC (719) 221-0038

Angela Rodrigues, Doula, CLC 503-572-3072

**Breastfeeding is the gift that lasts a lifetime.**

You've got this!!!

(but you don't have to be super-mom or super-dad)

**Having a hard time? Just call. We are here for you.**

## **SLV Breastfeeding Resource Guide (page 2)**

### San Luis Valley Health, Regional Medical Center, Women's Center

[www.sanluisvalleyhealth.org](http://www.sanluisvalleyhealth.org) The SLVH RMC is open **seven days per week, 24 hours a day**; call if you need support with your baby or breastfeeding. We have a CLC on staff! OB Department: (719) 587-1400

### Childbirth Education Classes, SLV Health Grizzly Center

FREE classes are offered every other month for expecting families. Classes cover preparation for labor and delivery, breastfeeding, newborn care and much more. Ask your healthcare provider for more information or call (719) 587-5733

### Nurse-Family Partnership (NFP)

NFP is a free maternal and early childhood health home visitation program proven to foster long-term success for first-time moms, their babies, and society. NFP pairs pregnant and first-time mothers with a caring maternal and child health registered nurse for ongoing home visits aimed at supporting mothers and families in providing the very best start for their children during the earliest, most developmentally critical years. This program allows nurses to deliver the support first-time moms need to have a healthy pregnancy, become knowledgeable and responsible parents, and provide their babies with the best possible start in life. This program is available in all counties in the San Luis Valley through Valley Wide Health Systems, (719)-587-1048.

### Women, Infants, and Children (WIC)

Alamosa WIC office: (719) 589-5860

<https://www.facebook.com/vwWIC/>

Katy Baer, IBCLC

Amanda Garcia, CLC

WIC is a free supplemental nutrition program that serves pregnant women, postpartum women and children up to their fifth birthday. A major goal of the WIC program is to improve the nutritional status of infants; WIC mothers are encouraged to breastfeed their infants and those who do are provided information through counseling and breastfeeding educational materials. Breastfeeding mothers receive follow up support and are eligible to participate in WIC longer than non-breastfeeding mothers. Mothers who exclusively breastfeed their infants also receive an enhanced food package. Breast pumps are available to help support the initiation and continuation of breastfeeding.

### Breast Pumps

Check with insurance provider. Some insurance companies are fully covering the cost of a breast pump! Breast pumps are also available to WIC participants, see contact info above.

### Mothers' Milk Bank

(303) 869-1888 [www.milkbankcolorado.org](http://www.milkbankcolorado.org)

Salida Location-Heart of the Rockies Regional Medical Center (719) 530-2417

The Mothers Milk Bank Colorado safely screens, collects, processes, and dispenses donated milk as a community service, providing human milk to babies whose own mothers cannot supply the milk to meet their baby's needs.

### Colorado Breastfeeding Coalition [www.cobfc.org](http://www.cobfc.org)

Provides information and resources for providers, for mothers, in the workplace and for local coalitions. Offers a series of four YouTube videos designed to motivate, educate, and inspire moms to keep breastfeeding after returning to work and how and why employers should support mothers.

### Other Helpful Online Breastfeeding Resources

[www.healthychildren.org](http://www.healthychildren.org)

[www.facebook.com/vwWIC/](https://www.facebook.com/vwWIC/)

**LatchMe App**-Tons of proven breastfeeding resources all in one app!

For an updated version of this resource, please visit <https://bit.ly/2YxYwjb>  
OR [slvphp.com/wp-content/uploads/2019/05/SLVBreastfeedingResourceGuide.pdf](http://slvphp.com/wp-content/uploads/2019/05/SLVBreastfeedingResourceGuide.pdf)