



Mono County Breastfeeding Resources

Virtual Lactation Support Group

- Hosted by Lactation Counselor and Peer Counselor from Mono County WIC (support group participants do not have to be WIC program participants)
- Go to <https://monohealth.com/public-health/page/women-infants-and-children-wic> for scannable QR code

Welcome Baby! & Healthy Families

- A free, personalized home visiting program for all Mono County babies, prenatal through preschool, TK, or Kindergarten entry.
- 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 and years of your child's life. Each visit seeks to support parents as their child's first and most important teachers and covers three areas specific to each family and child: a parent child activity, developmental parenting, and family well-being. The program is an evidence-based Parents as Teachers program and handouts are Parents as Teachers as well.
- To sign up, call First 5 Mono County, or sign up online <https://www.first5mono.org/sign-up-for-home-visiting/>:
 - First 5 Mono County, (760) 924-7626

Peapod Playgroups

- *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 <https://www.first5mono.org/peapod-program/> for current playgroup times.

Mono County WIC Program

- WIC participants (low-medium income eligible) throughout Mono County may receive breastfeeding support and education from a Certified Lactation Counselor, and/or a hospital-grade electric breast pump loaned at no cost.
- Call the WIC office in Mammoth for an appointment, 8-12 and 1-5, M-F
 - (760) 924-1830

Inyo County WIC Program

- All women may call the breastfeeding support line to speak with a Certified Lactation Educator, 8-12 and 1-5 Monday-Friday.
- 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

Rural Women's Health Clinic

- Lactation consults with an IBCLC or Certified Breastfeeding Specialist available by appointment only. All insurances taken.
- (760) 873-2602

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: Filomena B. Thompson, RN, Certified Infant Massage Instructor
 - (530) 495-9358 (office phone) or filomena.thompson@usmc-mccs.org

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.
 - (760) 872-3707 - Irene Mason, IBCLC

Carson-Tahoe Regional Healthcare

- Breastfeeding Support Group led by a Lactation Consultant. Baby scale available.
 - Carson City: Carson Tahoe Health and Wellness Institute, 1470 Medical Pkwy, Ste. 250
 - Mondays 5:30-6:30pm, Wednesdays 10-11am
 - Minden: Minden Medical Center, 2nd Floor Conference Room, 925 Ironwood Dr.
 - Fridays 10-11am
- Women who have delivered at Carson-Tahoe Hospital may call the Labor and Delivery Unit or the warmline to speak with a Lactation Consultant. All messages left on the warmline will be returned.
 - (775) 445-5103 (Labor & Delivery)
 - (775) 445-5122 (warmline)

Barton Memorial Hospital and Clinics

- Lactation Consultants are available for questions by phone for parents who have delivered at Barton Memorial Hospital. Appointments with a Lactation Consultant are available on Tuesdays and Thursdays.
 - (530) 543-5547 (Labor & Delivery)

Online Resources:

- The Lactation Network <https://lactationnetwork.com/>
 - Pairs clients with a Lactation Consultant through private insurance for in-person or virtual lactation support
- La Leche League <https://www.llli.org/>
 - Reputable website with information regarding various lactation topics.
- KellyMom <https://kellymom.com/>
 - Reputable website with information regarding various pregnancy and lactation topics.
- Physician Guide to Breastfeeding <https://physicianguidetobreastfeeding.org/>
 - Evidence-based breastfeeding guidance for families and the communities that support them.
- Alimentación Segura Infantil IYCF <https://asi-iycf.org/>
 - Una organización sin fines de lucro que trabaja para la alimentación segura de infantes y niños pequeños.
- LactMed <https://www.ncbi.nlm.nih.gov/books/NBK501922/>
 - Searchable database for medication use related to use during lactation.