



BREASTFEEDING

FOR BABY, FOR MOTHER,
FOR THE COMMUNITY



Breastfeeding Helplines

WIC Breastfeeding Helpline (209) 525-4838
La Leche League International (877) LA-LECHE
 or (877) 452-5324
National BF Helpline (24 hr) (800) 994-9662

Breastfeeding Support

WIC Program (*Free for participants*)
 Lactation Consultant (209) 525-4838

La Leche League of Stanislaus County
 Local daytime phone help. (209) 537-1243

Lactation Consultants (*Fees may apply*)
 Isabel Bennett (209) 918-4423
 Andrea Ramirez www.thelatchedlife.com (209) 613-0666

Hospitals *Bedside Only

***Kaiser Permanente** (209) 557-1650
***Doctors Medical Center** (209) 576-3763
Memorial Medical Center (209) 572-7210
(By appointment only)

Prenatal Classes

Free Online:
WIC Program (*For WIC participants*) (209) 558-7377

Fees May Apply:
Doctors Medical Center (209) 576-3747
Memorial Medical Center (*Online*) (209) 572-7210
Kaiser (*Members only*) (209) 557-1601

Breast Pump Rentals

WIC Program (*Free for participants*) (209) 558-7377
Memorial Medical Center (*Fees may apply*) (209) 572-7210
Kaiser (*Members via Dr. RX*) (209) 557-1601

For Medi-Cal Beneficiaries

Health Plan of San Joaquin
 Call Customer Service English: 1-888-936-7526
 M-F 8 a.m. - 5 p.m. Spanish: 1-888-312-7526

Health Net
 Call Member Services 1-800-675-6110

Breastmilk Donations

Mothers' Milk Bank (877) 375-6645
www.mothersmilk.org

BREASTFEEDING COALITION OF STANISLAUS COUNTY



A network of advocates promoting and supporting breastfeeding through the education of families, our community, and health care providers. For more information email: Esmeralda at esgonzalez@schsa.org.

“Considering the benefits of breastfeeding and the significant role of breastmilk in the transmission of other respiratory viruses, the mother can continue breastfeeding, while applying all the necessary precautions.” -UNICEF



The Stanislaus County Health Services Agency's Women, Infants & Children program is a nutrition education and supplemental food program for pregnant, breastfeeding and postpartum women, infants and children to eat well and stay healthy.

WIC provides participants:

- Free monthly food benefits to buy healthy foods
- Free tips to eat well and stay healthy
- Free breastfeeding support

Who qualifies for WIC?

- Women who are:
 - Pregnant
 - Breastfeeding a baby under 1 year of age
 - Just had a baby in the past 6 months
- Children under 5 years of age including those cared for by a single father, grandparent, foster parent, step-parent or guardian
- Have a family income within WIC guidelines
- If applicant is receiving Medi-Cal, TANF or CalFresh they are automatically considered income-eligible

WIC is providing in-person, phone or virtual appointments and available for pick up services.

WIC locations are open 8am-5pm:

Ceres (Mon-Fri)
Modesto (Mon-Fri)
Oakdale (Mon, Wed & Thurs)
Patterson (Tues & Fri)
Turlock (Mon, Wed & Thurs)

Call: (209) 558-7377
Text: (888) 413-8165
Breastfeeding Helpline: (209) 525-4838
To Apply Online Visit: www.schsa.org/WIC



USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.

Other useful COVID-19 information for pregnant or postpartum women:

Breastfeeding should continue and be supported during COVID-19.

Guidance for Pregnant and Breastfeeding People During the COVID-19 Pandemic

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/PregnantandBreastfeedingWomenGuidance.aspx>

Vaccination during Pregnancy, CDC Recommendations

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/pregnancy.html>