

# **Tuolumne County Breastfeeding Resources**

(209) Area Code unless otherwise specified

## **Women, Infants, & Children (WIC) Program**

Lactation consultations, breastfeeding items, pumps, and breastfeeding classes, for income-eligible clients. Call 533-7431 for a site near you.

## **Sonora Regional Medical Center Birth Center**

Outpatient lactation consultations for mothers with private insurance on Wednesdays and Fridays, 12-2; ask for other available times. Call 536-3260 for an appointment. No charge.

## **Sierra Natural Birth Center**

Lactation consultations for clients. 533-2300 or [care@sierranaturalbirthcenter.com](mailto:care@sierranaturalbirthcenter.com)

## **La Leche League (LLL)** Meets 2<sup>nd</sup> Fridays at 10am, Sonora Library.

[LaLecheLeagueofTC@gmail.com](mailto:LaLecheLeagueofTC@gmail.com) or Facebook. April 981-3578 or Toni 591-3634

## **Private Practice Lactation Consultants**

May charge a sliding scale fee for a home visit

Janet Watson, RN, BSN, IBCLC	Cedar Ridge	(510) 557-7690, (209) 677-3446
Donna Cretan, RN, BSN, IBCLC	Columbia	588-8881, 834-7978
Jordan McLaurin, IBCLC	Sonora	743-0155
Peggy Leach, RNC, IBCLC	Soulsbyville	532-1213, 471-9159
Kathi Fox, RNC, CNM, IBCLC	Soulsbyville	404-6206, 928-1509 weekends
Teglene Ryan, IBCLC	Arnold	795-4393, 768-1050
Diane Hosmer, RN, MSN, IBCLC	Murphys	822-5284

## **Breastpumps** –Check coverage with insurance

**Hospital Grade Multi-User Breastpumps** --powerful to establish milk supply. Retail \$1000+.

TCBC: 352-2750, 591-8524, [www.facebook.com/tcbc97](http://www.facebook.com/tcbc97); Rent or Rent to Own.

WIC: 533-7431; loan to WIC clients at no charge.

**Personal Use Breastpumps** For occasional use or once milk supply is established.

Sonora Oxygen Service 536-3760, or ask insurance about vendors for different pumps.

## **Medication Resources for Pregnancy and Breastfeeding**

Mother to Baby CA confidential line: (866) 626-6847, [www.mothertobabyca.org](http://www.mothertobabyca.org) or App

Infant Risk Center: (806) 352-2519, M-F 8-5 CST; [www.infantrisk.com](http://www.infantrisk.com), App available

LactMed database: <http://toxnet.nlm.nih.gov> ; free App available

“Medications and Mothers’ Milk” book or online version for health care providers

## **Doctors Who Clip Tongue tie**

Consult a pediatrician. Medi-Cal pays for clipping in the first year.

Dr. Edward Clinite: 536-5770; May take Medi-Cal

Dr. Daniel Dubose & Dr. James Reese: 536-3680; Medi-Cal clinic: 536-5110