

# Tuolumne County Breastfeeding Resources

(209) Area Code unless otherwise specified

**Tuolumne County Breastfeeding Coalition (TCBC)** Helpful breastfeeding handouts and breastpump rentals at [www.facebook.com/tcbc97](http://www.facebook.com/tcbc97); [tcbc97@gmail.com](mailto:tcbc97@gmail.com); 591-8524.  
**TCBreastfeeding App** available from the Google Play Store for your Android device.

**Women, Infants, & Children (WIC) Program** Lactation help, pumps, breastfeeding classes, and breastfeeding items for income-eligible clients. Call 533-7431 for a site near you.  
[www.facebook.com/TCWICBreastfeedingSupport](http://www.facebook.com/TCWICBreastfeedingSupport), [www.facebook.com/TuolumneCountyWIC](http://www.facebook.com/TuolumneCountyWIC)

**Adventist Health Sonora Birth Center** Free monthly breastfeeding class for pregnant moms at 536-3269. Outpatient lactation consultations for mothers with private insurance at no charge. Call 536-3260 for an appointment.

**Sierra Natural Birth Center** Breastfeeding education and lactation consultations for clients. 984-6051, [care@sierranaturalbirthcenter.com](mailto:care@sierranaturalbirthcenter.com)

**Roots and Wings Women's Care** Tuolumne. Monday, Thursday, Friday  
Includes lactation consultations billed to insurance with preapproval. Call Spring at 928-4907

**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

**Lactation Consultations** May charge a sliding scale fee for a home visit

Spring Maddox, CNM/WHNP, IBCLC	Tuolumne	928-4907	see Roots and Wings
Donna Cretan, RN, BSN, IBCLC	Columbia	588-8881, 213-9006	
Peggy Leach, RNC, IBCLC	Soulsbyville	532-1213, 471-9159	
Theresa Carrara, RN, IBCLC	Phoenix Lake	(408) 306-0465	
Kathi Fox, RNC, CNM, IBCLC	Soulsbyville	404-6206	school days, 928-1509
Jordan McLaurin, IBCLC	Sonora	743-0155	
Diane Hosmer, RN, MSN, IBCLC	Murphys	822-5284	

**Breastpumps** –Check coverage with insurance

**Hospital Grade Multi-User Breastpumps** --powerful to establish milk supply.

**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 and Substance Resources for Pregnancy and Breastfeeding** Consult your OB.

[www.MothertoBabyCA.org](http://www.MothertoBabyCA.org) chat and confidential line (866) 626-6847; App available

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

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

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

**Doctors Who Clip Tongue tie** Consult a pediatrician. Medi-Cal pays for clipping in the first year.

Dr. Edward Clinite: 536-6925; May take Medi-Cal

ENTs Daniel Dubose, James Reese, and Jacob Wester: 536-3680; Medi-Cal clinic: 536-5135

Dr. Liliana Gelvez at Birth Center or Forest Road Pediatrics (prefers in first 2 weeks): 536-5120

Dr. Sheila Ponzio, Foothill Pediatrics: 532-5524