



BREASTFEEDING RESOURCE LIST



**Kaweah Delta
Maternal Child Health**
A division of Kaweah Delta Health Care District

Kaweah Delta Medical Center Nursery Nook Store

Breast pump supplies, rental or sale. Free walk-in baby weight checks. Call with questions or concerns

Open: Mon-Fri: 12 PM – 4:00 PM

(559) 624-6012

400 W. Mineral King, 3rd floor Acequia Wing

After hours and on weekends, please leave a message for lactation questions

(559) 624-6012 or (559) 624-2163

Ordering Insurance Breast Pumps:

<http://www.pumpingessentials.com>

<http://www.edgepark.com>

La Leche League (Support Groups)

Tulare and Visalia: Stacie, (661) 446-4532

Hanford: Cathy Porter, (559) 583-0703

Women's Health Help Line

1-800-994-9662 (*Spanish and English*)

<http://www.womenshealth.gov/breastfeeding/>

<http://www.womenshealth.gov/espanol/>

Kings County WIC

(*Spanish and English*)

(559) 582-0180

Tulare County WIC Help Line

(*Spanish and English*)

1-800-360-8840

Mon-Thurs: 7:30 AM - 5:30 PM / Fri: 8 AM -12 PM

Electric breast pump loan program for eligible WIC participants.

The Infant Risk Center Help Line

Call or visit Dr. Thomas Hale, Ph.D.

www.infantrisk.org

1-806-352-2519

For safety of medications and over-the-counter drugs

Helpful Postpartum Websites:

www.postpartum.net

www.postpartumprogress.com

www.postpartumdads.org

Local Resources:

Susan Kordell, RN (559) 799-7815

Aileen Gimlin, RN (559) 733-7168

Private Lactation Consultants

(*Fee may be charged for home visit*)

Noreen Siebenaler, RN, MSN, IBCLC

(559) 623-3431

Cathy Porter, BA, IBCLC

(559) 904-7222 (Hanford)

(Rental pumps available)

Gloria Pierson, RN, PHN, IBCLC

(559) 967-4225

Trina Kaminski, IBCLC, RLC

Central Valley Lactation Consulting

cvlactation.com

cvlactation@gmail.com

Crystal Ctibor, IBCLC

Joy Breastfeeding & Wellness

559-838-0065

<http://www.joybreastfeeding.com>

Available for phone consultations:

Rochelle Lukehart, RN, IBCLC

(559) 300-4996

Dr. Jane Morton Video's:

<http://newborns.stanford.edu/Breastfeeding/>

Excellent videos!

- A perfect latch
- Hand expressing milk
- Maximizing milk production

Other Websites:

www.llli.org/nb.html

www.kellymom.com/bf/index.html

www.breastfeedingonline.com/newman.shtml

www.ameda.com/milk101

www.medelabreastfeedingus.com/tips-and-solutions

<http://www.med.stanford.edu/newborns/professional-education/breastfeeding.html>

Phone Apps:

- My Medela Breastfeeding Companion
- LactMed
- The Health Care Providers Guide to Breastfeeding/Texas 10 step
- Infant Risk Center (for fee)