



## *Amador Calaveras Breastfeeding Support*

### **Amador Calaveras Breastfeeding Coalition**

Community members and professionals meet monthly to organize local efforts to protect, support, and promote breastfeeding for families in our communities.

Contact Diane Hosmer RN MSN IBCLC at 209.822.5284/209.559.5464

Like us on our Facebook page @acbcoalition

### **Amador Calaveras WIC**

(Women, Infants and Children)

Breastfeeding Peer Counseling program with private consultation with an IBCLC, breastfeeding classes and supply breast pumps and other breastfeeding aids.

Contact 209.223.7685 or [trcac.org/wic/](http://trcac.org/wic/)

### **Sutter Amador Hospital Breastfeeding Success Group**

Meet weekly with IBCLC and other breastfeeding moms for a group tailored to your needs; problem-solving, help, and support.

Meetings held every Wednesday 10:30am to 12:00 noon.

Contact Jane Snyder RN IBCLC Voice mail/text 209.223.7452

### **Sutter Amador Hospital Lactation Station**

Hospital-grade breastpump rentals and breastfeeding supplies.

Contact 209.223.7460

### **First 5 Amador/Welcome Baby**

Support and programs for families of 0-5 year olds.

Contact 209.257.1092 or [first5amador.com](http://first5amador.com)

### **First 5 Calaveras**

Support and programs for families of 0-5 year olds.

Contact 209.754.6914 or [first5.calaverasgov.us](http://first5.calaverasgov.us)

### **The Resource Connection**

Childcare Resource and Referral/Early Childhood Programs/Prevention and Intervention Programs to provide screening and develop healthy families

Contact 209.754.2000 or [trcac.org](http://trcac.org)

### **La Leche League**

Information, support, encouragement, and education for women who want to breastfeed and their families by trained and accredited counselors.

Contact 877.4LALECHE (877.452.5324) or [lalli.org](http://lalli.org)

Local La Leche League Leader Julie Swanner 209.257.9918

### *Private Practice IBCLCs*

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[LodiLactation.com](http://LodiLactation.com)



# Breastfeeding Top 10

1. Give your baby only breastmilk for the first six months.  
Your milk is exactly what your baby needs right now. It changes daily. No extra water or supplements needed.
2. Things to do to get and keep a good milk supply.  
Feed your newborn *at least 10 or more times every 24 hours* to build your supply. Avoid pacifiers and bottles in the first 3-4 weeks as you both learn to breastfeed. If your baby doesn't latch well, talk to your WIC PC or IBCLC about keeping your milk supply.
3. Watch your baby's feeding cues, not the clock.  
Feed every time you see *hunger cues*, like hands in mouth or rooting. Your baby may eat several times in a row, then take a long break (*cluster feeding*). Babies cluster feed a lot on their second night when baby is more awake and milk supply is being established.
4. Help your baby get the best latch each time you breastfeed.  
Bring your baby close with their head and body straight; tummy to your tummy. Baby should be lower than your nipple for an off-center latch. Try different positions, like laid-back positions. This position helps newborns use all their instincts to feed and lets gravity help you get a good latch. If it works for you both it is a good position.
5. Avoid feeding formula to your baby if your plan is to breastfeed. Supplementing with *your own breastmilk is your first, best choice*. Express colostrum when your newborn is sleeping to feed when awake, to build supply and help baby grow. *Formula use, unless pediatrician recommended, can lead to breastfeeding problems--baby may be too full to breastfeed or avoid your breast.* You may become *engorged* or *make less breastmilk*. If it is recommended, ask an IBCLC about ways to preserve and restore breastfeeding. Formula fed babies have a higher risk of allergies, obesity, SIDS, or ear infections.
6. Ways to keep from getting sore nipples.  
Get the best latch each feed; *if it hurts stop and try again. Ask for help if breastfeeding isn't going right!*
7. Know how to tell if your baby is getting enough milk.  
Can you see *and/or hear your baby swallow?* Are there enough wet and dirty *diapers and gaining weight?* *Are they satisfied and relaxed after feeding?*
8. Know how to hand express and store breastmilk.  
Learn from your PC/IBCLC or watch <https://bit.ly/BFExpressVideo>  
If you are pumping, check <https://bit.ly/BFStoreandThaw>
9. Know when to call the pediatrician or find support.  
Keep appointments with your baby's doctor and call with health concerns. Call your WIC PC or IBCLC with concerns. Join the Breastfeeding Success Group each week for support.
10. Enjoy your baby and the special bond of breastfeeding!