

Santa Cruz County

Guide to Breastfeeding Support Services



For women and those who care about them

Revised July 2001

What's Inside

Breastfeeding Is Right for Mom and baby	4
How to Prepare During Pregnancy	5
Finding help:	
breastfeeding / childbirth classes	6
breastfeeding helplines	8
professional breastfeeding educators	8
breastfeeding support groups	9
breast pumps	10
breastfeeding benefits for members of Central Coast Alliance for Health	12
How to Tell If Your Baby Has Enough Milk	14
Information for :	
making a breastfeeding plan	16
using formula and breast milk?	17
quick reference guide	20
notes (blank pages)	22

Breastfeeding is right for mom and baby!

Why? Because your breast milk...

- Helps protect your baby from illness and infections.
- Helps you feel better.
- Is free and easy to provide.
- Makes babies grow strong and healthy.



It can take time to learn together.
Please ask for help.

The truth is...

- Breastfeeding for up to a year is best.
- Formula is *not* as healthy as breast milk.
- All infants naturally want to breastfeed.
- Most mothers today are choosing to breastfeed.
- In most cases it is okay for you to breastfeed even if you are taking medicine. Ask your doctor or call one of the resources listed here for more information.

How to prepare during pregnancy

You do have a choice. Even if you have other children who did not breastfeed, you can decide to breastfeed this baby. Get information now, while you are pregnant, to help you decide.

How?

- ◆ Use this guide to find out where to get the information you need.
- ◆ Go to all your prenatal appointments. Even if you are healthy and have had healthy babies before, prenatal care helps make sure the baby and you are staying healthy through pregnancy.
- ◆ Ask your doctor about the special support services below. They are free to Medi-Cal members. See pages
CPSP 454-4339
(Comprehensive Perinatal Service Program)
When you enroll, there are many free classes available to you. See pages 6 and 7.
WIC 722-7121
(Women, Infants, Children) See page 7 for details.
- ◆ Ask family members, friends, and health care providers for their support to help you learn to breastfeed and to stick with it as long as you want.
- ◆ Make a breastfeeding plan (see p. 16).
- ◆ Tell all your health care providers that you plan to breastfeed.

Where to find help

Breastfeeding is a natural part of life that moms and babies learn how to do together. These places can help before and after your baby arrives.

Breastfeeding/Childbirth Classes

Dominican's Personal Enrichment Program (PEP)

462-7709

1555 Soquel Dr.

Santa Cruz, CA 95065

Dominican Hospital Prenatal Services

462-7709 (English) ; 457-7103 (Spanish)

610 Frederick St.

Santa Cruz, CA 95062

Free for CPSP clients. Classes are 6-8 weeks or 1 session. Register early in pregnancy. Call for class times and information.

Watsonville Hospital Outpatient Perinatal Services

763-6015

75 Nielson Rd.

Watsonville, CA 95076

Free for CPSP clients. Call for class times. (Spanish & English)

Sutter Lactation Center

477-2229

Sutter Maternity and Surgery Center

2900 Chanticleer Ave.

Santa Cruz, CA 95065

A full-service breastfeeding center for all county residents. Free new mother's support groups, and individual and group classes. Call for times & cost. (English only) Medi-Cal.

Breastfeeding Helplines (Mother-to-Mother Support)

Nursing Mothers Counsel 688-3954

Gives list of local, trained volunteers who have breastfed and who give free breastfeeding information and counseling over the phone. You can call to sign up before delivery. Home visits also available. (Spanish & English)

La Leche League 425-3088 www.lalecheleague.org

Volunteer hotline provides breastfeeding support and information over the phone. (English only)

Professional Breastfeeding Educators

If you are especially having difficulty with breastfeeding, these people can help. There are different types of training for professional breastfeeding educators (also called lactation consultants).

The term “IBCLC” means someone has the highest level of training. An IBCLC can help with more complex problems. They see patients in their office or can make home visits. For help in your language (if not English), ask for an interpreter.

Yona Adams MSN, CNP, IBCLC (English/Spanish) 425-1723

Lili Wenzel Beggs, RN, IBCLC 477-2229
at Sutter Lactation Center

Amy Denero, RN, CLE, IBCLC 426-7422

Janet Hoover Malo, LM, IBCLC 462-7862
at Dominican Hospital

Kathryne Rockwood RN, BSN, IBCLC 662-9235

Anne Wasserman, IBCLC 426-2145

Nursing Mothers Counsel 688-3954

Some volunteers are also Certified Lactation Educators (CLE).

Professional Breastfeeding Educators...continued

WIC Regalo de Amor

722-7121 ext. 16

18 W. Lake Ave. Suite A

Watsonville, CA 95076

Drop-in hours available. Help from Certified Lactation Educators (CLE). Call for more information (Spanish and English)

Breastfeeding Support Groups

La Leche League

425-3088

www.prairienet.org/llli/WebSantaCruzCA.html

Offers monthly breastfeeding information and support groups for pregnant women and new mothers. Nursing babies and young children who need their mothers are welcome. Call or check out our website for meeting times and locations. (English only)

Sutter Lactation Center

477-2229

Sutter Maternity and Surgery Center

2900 Chanticleer Ave., Santa Cruz

Weekly new parents' support group with a lactation consultant. First two classes free, then \$3 dollars/class or \$10/month. Moms with babies 0-3 months meet Tues. 10:30 - 12 noon. Moms with babies 4-6 months meet Wed. 10:30 - 12 noon. All new parents and infants welcome. (English only)

WIC Nutrition Program

426-3911

722-7121

1105 Water St.

18 West Lake Ave, #A

Santa Cruz

Watsonville

Free breastfeeding peer support group to WIC clients, during and after pregnancy. (Spanish & English)

Continued...

Breastfeeding Support Groups...continued

The Birth Network

425-3373

Free, ongoing support network of childbirth resources including doctors, midwives, holistic care providers, doulas, birth educators, breastfeeding consultants, and more. Call for times and locations. (English only)

Family Health Education Center

457-0334

323 La Fonda Ave.
Santa Cruz (near Harbor High School)

Weekly new mothers & babies (birth to 6 months) support group. Sliding scale \$5 - \$10/class. Thurs., 12:30– 2:00 p.m. Free, weekly teen mother's support group; free child care. Fri. 4-6 pm. (Spanish & English)

Dominican Hospital Lactation Services

462-7862

Free drop-in breastfeeding support group, in the Education building, with a lactation consultant. Wednesdays at 10:30 am. (English only.) Spanish language breastfeeding support group at the pediatric clinic every other Thursday, 3:30 –5 pm

Breast Pumps

Types:	Manual, electric and battery-run..
Purpose:	To pump milk that will be used later. If mom can't feed her baby from her breast, the pump is an other way to help mom keep making milk to give to her baby.
Why:	Baby born too early. Baby not able to breastfeed after delivery. Mom goes back to work or school. Mom is away from the baby during a feeding.

Check with your health plan before you buy or rent a pump to find out what they cover. (For Alliance members see page 12).

Breast Pumps—continued

Sliding Scale Rental Stations (Cost depends on income)

Nursing Mothers Counsel 688-3954
Nurture 722-8780
WIC (free for WIC clients) 426-3911 or 722-7121

Hospitals/Lactation Centers (Sales or rentals)

Sutter Lactation Center 477-2229
Medi-Cal. Sutter offers free pump rentals based on need and availability.

Dominican Hospital Lactation Services 462-7862
Medi-Cal.

Medical Suppliers and Pharmacies (Sales or rentals)

These places do not teach you how to use the pump. Contact one of the other support service numbers in this guide for help before you buy a pump.

Apria Healthcare	425-5355	<i>Medi-Cal</i>
Care Home Medical Equipment	724-6900 — Watsonville only	<i>Medi-Cal</i>
Horsnyder's	423-2315 Santa Cruz 724-2453 Watsonville	<i>Medi-Cal</i>
Longs Drug	426-7444 Santa Cruz 457-2481 Westside Santa Cruz 438-4874 Scotts Valley 722-9454 Watsonville 475-6400 Capitola, on 41st 475-1421 Capitola, on Bay	<i>Medi-Cal</i>
Rite Aid	688-6417 Aptos 476-8282 Capitola 722-1782 Watsonville	<i>Medi-Cal</i>
Toys R Us	479-4296 Soquel	

<p style="text-align: center;">Breastfeeding Benefits for members of Central Coast Alliance for Health</p>
--

All of these services are free and available in English and Spanish to Alliance members. If you need help getting any of these services or would like information sent to you, please call the Health Educator at 457-3850 (ext. 4441).

Comprehensive Perinatal Services Program (CPSP).

Medical care, health education, nutrition counseling, childbirth classes, and other support during and after pregnancy. Call for a CPSP provider near you as soon as you know you are pregnant. You do not need a referral. Call 454-4339.

Women, Infants and Children (WIC) Nutrition Program

WIC provides food coupons, nutrition education and breastfeeding support. Free gift certificate if you enroll in your 1st or 2nd trimester. Breastfeeding mothers are eligible for more food coupons. Call 426-3911 or 722-7121.

Nurse Home Visits.

You will get a free home visit by a nurse 1-2 days after you bring your baby home from the Hospital. The nurse will answer questions and help make sure you and the baby are healthy, help you with breastfeeding, family planning, and choosing a doctor for your baby. If you need extra help with breastfeeding you will get a 2nd home visit a few days later.

Lactation (Breastfeeding) Consultant Visits.

If you are having pain or trouble with breastfeeding, talk to your health care provider or WIC to get up to two visits with a lactation consultant (IBCLC).

Breast Pumps and other supplies.

Breastfeeding supplies are paid for if you have a medical need or are returning to work or school. This includes pump rental or purchase. Your health care provider or lactation consultant can prescribe these items.

Interpreter Services.

The Alliance can help with an interpreter in your language for medical services (including sign language).

**Call Member Services at
1-831-457-3850 or 1-800-700-3874**



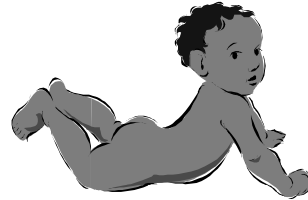
Breastfeeding Education Materials

Many of the places listed in this guide also have lending libraries and free education materials (pamphlets, books, and videos) in Spanish and English.

How to tell if your baby is getting enough milk

Your milk is enough for your baby.

Every mom and baby pair is different. But there are some common ways to tell if your baby has enough breast milk.



In the first few days, your baby is getting “first milk” or *colostrum*. It is yellow in color and comes before the white breast milk. Even though it looks like not very much milk, the first milk is the perfect amount for baby’s tummy and for him/her to grow.

DAYS 1 and 2 :

- ◆ Baby is alert for awhile at least 2 times a day; this means she/he is bright eyed, looking around or at your face.
- ◆ Baby wants to nurse (eat) about every 1 1/2 to 3 hours.
- ◆ Baby is content (sleeps sound) after most feedings.
- ◆ Baby’s urine is light yellow (color of lemonade) and baby has at least 1 wet diaper on first day of life, 2 on second day, 3 on third day.
- ◆ Baby will have at least 2 stools per day.
- ◆ Baby’s stool changes from dark to lighter mustard yellow color between 2 and 5 days after birth.

DAYS 3 to 5 :

Your milk will start to become whiter in color. You *may*:

- ◆ Notice breasts feel full before a feeding, and soft after.
- ◆ Have a “let down” feeling in your breasts.
- ◆ See milk dripping from the other breast while nursing.
- ◆ Hear your baby swallow.
- ◆ See milk in your baby’s mouth.

Also, your baby will have at least 2 stools per day (and probably more) that will be the color and softness of mustard.

AFTER 1 WEEK:

- ◆ Your baby should be doing these things:
- ◆ Nursing at least every 2 or 3 hours; about 8 to 12 times in 1 day and night.
- ◆ Nursing for about 10 to 20 minutes at each feeding.
- ◆ Swallowing quickly during a feeding and happy after feeding.
- ◆ Gaining about 4 to 7 ounces each week (after a small weight loss the first week).
- ◆ Getting back to birth weight by end of first week.
- ◆ Having 6 to 8 or more pale colored, wet diapers in 1 day and night.
- ◆ Have 4 to 12 stools in 24 hours (1 day and night).
- ◆ Be alert with bright eyes.

ABOUT 2 WEEKS:

Your baby might suddenly grow fast. The baby will want to nurse more often than every 2 to 3 hours to get more milk. After 24 to 48 hours (1 to 2 whole days) the baby will return to feeding every 2 to 3 hours.

Some babies “cluster feed”. This is when they nurse more than every 2 to 3 hours in the afternoon and evening, to “stock up” for a longer stretch (like 4 hours) at night.

Call your baby’s doctor if:

- ◆ Your baby sucks only for a short time or very softly.
- ◆ Your baby’s skin looks yellow and is getting more yellow.
- ◆ You have strong pain in your nipples that does not go away.
- ◆ Your baby fusses when put to breast or cries after 1-2 minutes.
- ◆ Your baby has less than 6 wet diapers a day.
- ◆ Your baby has little or no stool or they are dark green, like mucus.
- ◆ Your baby seems weak, tired or not interested in feeding.

Making a breastfeeding plan

These are some questions to ask yourself to prepare for breastfeeding. For most moms, breastfeeding goes best when you have some help and support.

During pregnancy

1. Who are your support people?

For example: partner, husband, mother, sister, aunt, friend.

2. Where will you learn about breastfeeding during pregnancy?

For example, WIC, CPSP, childbirth class, nurse educator, midwife, doctor, other breastfeeding moms, and family.

Before delivery

Things to request of your doctor, midwife, nurses, and other people helping with your birth:

- I want to breastfeed right after I give birth.
- If I have a C-section, I want to breastfeed as soon as possible.
- I want help getting my baby to latch on.
- I want to be in the same hospital room as my baby.
- I don't want my baby to have any formula.
- I want to breastfeed my baby when she/he wants to nurse.
- If we have to be separated, I want someone to bring my baby to me for breastfeeding.
- If my baby can't breastfeed for some medical reason, I want to be shown how to pump breast milk until the baby is ready.
- I don't want my baby to have a pacifier.

At home with your baby

How will you get help with breastfeeding once you are home?

For example, a nurse home visit; mother-to-mother help line; support group; doula; lactation educator; doctor, WIC.

Using formula and breast milk?

You should know:

- Using formula reduces the great benefits your baby gets from breastfeeding.
- The more formula you give your baby, the less breast milk your baby will get, the less protection from illness your baby will have.
- Formula does not have the same health benefits as your milk!

We all want the best for our babies. Babies grow best on mother's milk alone. But sometimes misunderstandings or problems can make moms think about using formula. Here are some concerns that you might have:

I don't have enough milk or my baby is not getting full.

Our bodies were designed to make as much milk as our babies need. Read pages 14—15 to know if our baby is getting enough breast milk.

A breastfeeding counselor can help you deal with the problems and give you the information you need.

Not feeding long or often enough or replacing breastfeeding with bottle feedings can lower your milk supply. A breastfeeding counselor can help you ensure you have lots of milk for your baby (page 8).

Baby does not want or like my milk.

Babies who are not getting a good grasp on the breast may look like they don't want or like it. If you've already been using bottles, your baby may be confused between sucking on a bottle and breast. They don't work the same. A breastfeeding counselor can help you and your baby (page 8).

Giving formula and breast milk?...continued

My nipples or breasts are sore.

Breastfeeding should not hurt. Usually correcting the way baby is held while feeding can fix sore nipples. A breastfeeding counselor can show you how (page 8).

Tender breasts are common a few days after baby is born. If it is very painful or baby cannot latch on to your breasts because of fullness, call a breastfeeding counselor for help. Using a bottle will only make the problem worse.

Breastfeeding Should NOT Hurt

Breastfeeding will tie me down.

Once your baby gets to be about a month old, having someone else give a bottle once in a while (2-3 times a week) should be OK. **It's best for your baby if it is your breast milk in the bottle rather than formula.** See page 10 about getting a comfortable and easy-to-use breast pump.

I'm going back to work or school.

When possible, pumping at work or school can keep up your milk supply so your baby can continue to breastfeed. Many moms find a private place or even pump in their car during their breaks. Your pumped milk can be saved to give baby while you are away.

A breastfeeding counselor (page 8) can give you tips on how to do this. See page 10 and 11 to get a good manual or electric breast pump. If you can not pump at work, your baby might be able to keep on breastfeeding if you breastfeed a lot when you are home with your baby and only use formula when you are at work or school.

The choice to breastfeed or give formula is yours.

Do everything you can now to give your baby a strong future.

- ◆ The more formula you give your baby, the less breast milk your baby will get. This means your baby has less protection from getting sick.
- ◆ Using formula increases the chance to catch common sicknesses like colds and viruses, ear infections, diarrhea, obesity, tooth decay, colic, constipation, anemia, asthma and allergies.
- ◆ Breast milk reduces the chances of getting a deadly illness like cancer or diabetes later in life.
- ◆ Breastfeeding makes your baby smarter because of the good vitamins it has.

**The more you breastfeed,
the more your baby will get the protection
from your breast milk.**

**Breastfeeding your baby for at least a year
will help your baby be as healthy as can be!**



Quick Reference Guide

Yona Adams, RN, IBCLC 425-1723

The Birth Network 425-3373

Lili Wenzel Beggs, RN, IBCLC 477-2229
c/o Sutter Lactation Center

Amy Denero, RN, CLE, IBCLC 426-7422

Dominican Hospital Lactation Services
462-7862

Dominican's Personal Enrichment Program (PEP)
1555 Soquel Dr. 462-7709
Santa Cruz, CA 95065

Dominican Hospital Prenatal Services 457-7103
610 Frederick St.
Santa Cruz, CA 95062

Family Health Education Center 457-0334
323 La Fonda Ave., Santa Cruz
(near Harbor High School)

La Leche League 425-3088

Janet Hoover Malo, LM, IBCLC 462-7862
c/o Dominican Hospital

Nursing Mothers Counsel 688-3954

Quick Reference Guide

Nurture	722-8780
Kathryne Rockwood, RN, BSN, IBCLC	662-9235
Sutter Lactation Center Sutter Maternity and Surgery Center 2900 Chanticleer Ave., Santa Cruz	477-2229
Anne Wasserman, IBCLC	426-2145
Watsonville Hospital Outpatient Perinatal Services	763-6015
WIC 18 West Lake Ave, #A Watsonville, CA	722-7121
1105 Water St. Santa Cruz , CA	426-3911
WIC Regalo de Amor 18 W. Lake Ave. Suite A Watsonville, CA 95076	722-7121 ext. 16



Notes

**Santa Cruz County
Breastfeeding Coalition Members**

The Birth Network

*Cabrillo College School of Nursing, Nutrition and Early
Childhood Education*

*County of Santa Cruz Health Services Agency,
Women's Programs*

Central Coast Alliance for Health

Dominican Hospital

La Leche League

Nursing Mothers Counsel

Sutter Maternity and Surgery Center

Watsonville Hospital

WIC Program

Individual health professionals and breastfeeding advocates