

BREASTFEEDING RESOURCE GUIDE

IMMEDIATE BREASTFEEDING ASSISTANCE

*If you are enrolled in a home visit program, contact your home visitor nurse **FIRST** for breastfeeding assistance.*

Heart of the Rockies Regional Medical Center (HRRMC), Family Birth Center

The HRRMC Family Birth Center is open seven days a week, 24 hours a day. We have CLC's on staff!
Call with questions or for support: 719.530.2277

Certified Lactation Counselors (CLC)

CLCs have completed 45 hours of training and a comprehensive breastfeeding management course. These hospital- or community-based CLCs offer fee-based or pro bono services in private practice.

The Local Latch:

A locally owned lactation counseling service with a vision for connecting and serving moms, children, and families throughout their journey.

Ann Croghan, PT, DPT, CLC, CAPP-OB (Salida)
Megan Lombardo, CLC (Salida)

Call and leave a voicemail with your name and phone number and the on-call CLC will contact you within 24 hours: 719.398.1406 or email thelocallatch@gmail.com

Other Lactation Professionals:

Jessica Weeks, CLC (Salida): 703.909.0639 jessicalynnweeks@gmail.com
Elaine Kuepper, CLC (Fairplay): 913.980.4778 elaine_cj1@yahoo.com

LOCAL BREASTFEEDING SUPPORT

Healthy Start—Nurse Home Visitor Program

Cassandra Franco, RN, BSN, IBCLC, CLC: 719.530.2562 cfranco@chaffeecounty.org
Emily Anderson, RN, BSN, CLC: 719.530.2566 eanderson@chaffeecounty.org

Healthy Start is a service provided to all families in Chaffee County (birth-12 months), regardless of income and number of children. The nurse home visitor meets with the family in their home an average of 10 times throughout the families' first year, with additional visits scheduled as needed.

To participate in this program, please register with your birth-care provider during pregnancy, or contact Cassandra Franco.

Nurse-Family Partnership (NFP)

Kim Mund, RN, IBCLC: 719.530.2568 or 719.293.1934 kim.mund@summitcountyco.gov

Nurse-Family Partnership is a free evidence-based maternal and early childhood home visitation program. A caring, specially trained registered nurse provides the support and information that a mom needs to have a healthy pregnancy, improve her child's health and development, and become more economically self-sufficient.

To participate in this program, please register with your birth-care provider during pregnancy, or contact Kim Mund.

Salida Early Childhood Center

Lindsay Haarmeyer, RN, CLC: 719.539.1184 lhaarmeyer@salidaschools.org

Our purpose is to provide individualized support, to pregnant women and their families, that promotes comprehensive prenatal and postpartum care. We continue to follow families and children once a week after baby is born in our home-based program for ages 0-3, and enroll children in our center-based Early Head Start and Head Start programs.

To participate in this program, please register with your birth-care provider during pregnancy, or contact the Lindsay Haarmeyer.

¿Habla Español? Esos profesionales se hablan español:

Maggie Falconi 719.530.5271 (casa) 719.487.5676 (celular) mfalconi@salidaschools.org
Alli Gober, RM, CPM 719.221.3937 salidamidwife@gmail.com
Heather Sanderson-Gallegos, Salida WIC 719.539.7413 (Salida) 719.395.0344 x203 (BV)
Facebook: Lactancia Materna Breastfeeding USA

**Breastfeeding
Friendly
Locations:**



LOCAL BREASTFEEDING SUPPORT (cont.)

La Leche League (LLL): www.llli.org or **Facebook:** La Leche League Salida

Lorraine Redmond: 719.207.5008 (Salida)

Thea Gab: 303.842.7577 relue12@gmail.com (Leadville)

Rian Johns: 719.588.1933 ladyrian@gmail.com (Crestone)

La Leche League (LLL) offers free monthly meetings and one-on-one support, both led by an experienced breastfeeding mother who is familiar with research related to breastfeeding. Our meetings provide a supportive atmosphere to talk about the joys and challenges of breastfeeding and offer an opportunity to meet other families in your neighborhood.

LLL of Salida meets the second Monday of the month, 10:00-11:30 am, upstairs in the Sunroom of the First Presbyterian Church (across from Safeway, Salida).

HRRMC Breastfeeding Classes

Breastfeeding Basics Class: *Classes include interactive discussions about the benefits of breastfeeding, how to get the best breastfeeding start, proper latch, positioning, when to feed, maintaining milk supply, and more. New babies are always welcome!*

For class schedules and to register for classes online:
719.530.2277 or www.hrrmc.com

Salida Pregnancy Resource Center—Bosom Buddy Program

Beth Russell, Director, MA 215 E 3rd St, Salida 719.539.7436 (24 hours) help@salidapregnancycenter.com

A Bosom Buddy is a mother who has breastfed her child(ren) and has a passion for helping mothers to reach their breastfeeding goals. She will provide encouragement and support to a breastfeeding mother.

To participate in this program, please register with your birth-care provider during pregnancy, or contact Beth Russell.

Women, Infants, & Children (WIC)

Heather Sanderson-Gallegos, Salida WIC 719.539.7413 (Salida) or 719.395.0344 x203 (Buena Vista)

WIC is a special supplemental nutrition program that serves pregnant & postpartum women, and children up to their fifth birthday. Breast pumps are available to help support the initiation and continuation of breastfeeding. Breastfeeding mothers are eligible to participate in WIC longer than non-breastfeeding mothers. Mothers who exclusively breastfeed also receive an enhanced food package.

To participate in this program, please register with your birth-care provider during pregnancy, or contact Heather Sanderson-Gallegos.

GENERAL BREASTFEEDING SUPPORT

Breast Pumps *Check with your insurance provider for coverage of purchase

Buena Vista Drug: 403 US Hwy 24 S, Buena Vista 719.395.2481 (pumps are available to rent!)

Ameda Breastfeeding Products: www.ameda.com 866.99.AMEDA or 800.624.5369

Medela Incorporated: www.medela.us 800.435.8316

Whittlestone: www.whittlestone.com 877.608.MILK or 707.748.4188

Chaffee County Breastfeeding Coalition

Coordinator: Lorraine Redmond, BS, IBCLC

719.530.2569 redmond@chaffeecounty.org

Chair: Cassondra Franco, RN, BSN, IBCLC, CLC

719.530.2562 cfranco@chaffeecounty.org

The Coalition's mission is to protect, promote, and support breastfeeding through education, providing tools and resources, outreach, and advocacy in our community.

Colorado Breastfeeding Coalition

www.cobfc.org

Provides information and resources for providers, for mothers, in the workplace, and for local coalitions.

Mothers Milk Bank—Denver, CO

303.869.1888

The Mothers' Milk Bank CO safely screens, collects, processes, and dispenses donated human milk as a community service, providing human milk to babies whose mothers cannot supply the milk on their own.

HRRMC uses Mothers Milk Bank donor milk!

Contact the Family Birthing Center for more information on how you can donate your breastmilk!

719.530.2277

ONLINE Breastfeeding Resources

www.bestforbabes.org

www.breastfeedingonline.com

www.kangaroomothercare.com

www.kellymom.com

www.workandpump.com

www.askdrsears.com

www.breastfeedinginc.ca

In the app store: [latchME](#)