

# Breastfeeding Resource Guide Chaffee County



## Chaffee County Breastfeeding Coalition

Coordinator: Lorraine Redmond, BS, IBCLC (719) 530-2569 lredmond@chaffeecounty.org

Chair: Cassondra Franco, RN, BSN, IBCLC, CLC (719) 530-2562

cfranco@chaffeecounty.org Chair Elect: Open

Secretary: Emily Anderson, RN, BSN, CLC (719) 530-2566 eanderson@chaffeecounty.org

*The Chaffee County Breastfeeding 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](http://www.cobfc.org)

*Provides information and resources for providers, for mothers, in the workplace and for local coalitions. Offers a series of four YouTube videos designed to motivate, educate and inspire moms to keep breastfeeding after returning to work and how and why employers should support mothers.*

## La Leche League (LLL)

Lorraine Redmond (719) 207-5008 Salida

Thea Gab (303) 842-7577 relue12@gmail.com Leadville

Ryan Johns (719) 588-1933 ladyrian@gmail.com Crestone

[www.llli.org](http://www.llli.org) or [www.facebook.com/lalecheleaguesalida](http://www.facebook.com/lalecheleaguesalida)

*La Leche League is an international non-profit organization that offers mother-to-mother support for breastfeeding mothers. Leaders are experienced breastfeeding mothers who are familiar with research related to breastfeeding. They offer practical information and encouragement to nursing mothers through monthly group meetings and one-to-one help. **La Leche League of Salida meets the second Monday of each month, from 10 to 11:30 am, upstairs in the Sunroom of the Presbyterian Church (across from Safeway, Salida). Expectant women and moms with babies welcome. All meetings are free and open to the public.***

## International Board Certified Lactation Consultant (IBCLC)

Local IBCLCs:

Lorraine Redmond, BS, IBCLC (719) 207-5008 Salida

Geraldine Davis, Rae Hartmann and Angie Cason, IBCLC (719) 584-4581 Parkview Medical Center 400 W. 16th Street (5th Floor), Pueblo  
*IBCLC's have completed approximately five years of training and college-level advanced lactation education. They possess the necessary skills, knowledge, and attitudes to provide quality breastfeeding assistance to babies and mothers. They specialize in the clinical management of breastfeeding, which includes: preventive healthcare, patient education, nutrition counseling, and therapeutic treatment. The IBCLC is generally prepared to work in any setting that provides breastfeeding support and care to mothers, infants, children, families, and communities.*

## Certified Lactation Counselor (CLC)

Jessica Weeks, CLC (703) 909-0639 jessicalynnweeks@gmail.com

Elaine Kuepper, CLC (913) 980-4778 Elaine\_cj1@yahoo.com

*CLC's have completed 45 hours of training and a comprehensive breastfeeding management course. Some hospital- or community-based CLCs may also be in private practice and offer fee-based services. CLCs refer mothers with challenging questions and concerns to an IBCLC.*

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

[www.hrrmc.com](http://www.hrrmc.com) Call for support, questions or class schedules (719) 530-2277

*The HRRMC Family Birth Center is open seven days per week, 24 hours a day; call if you need support with your baby or breastfeeding. We have CLC's on staff! Donor milk is used for supplementation when needed. HRRMC offers varied formats of Childbirth Classes each year--full day weekend classes, series and short version express classes. Classes include pregnancy topics such as pre-labor, labor, birth, comfort measures, nutrition, interventions, postpartum care, and breastfeeding. **HRRMC also offers a FREE Breastfeeding Basics Class the second Tuesday each month from 6-7:30pm in the Shavano Room on the second floor. New babies are welcome! Register on-line. Class content is interactive discussion including benefits of breastfeeding, how to get the best start, proper latch, positioning, when to feed, maintaining milk supply and more.***

## Healthy Start – Nurse Home Visitor Program

Cassandra Franco, RN, BSN, IBCLC, CLC (719) 530-2562 [cfranco@chaffeeconomy.org](mailto:cfranco@chaffeeconomy.org)

Emily Anderson, RN, BSN, CLC (719) 530-2566 [eanderson@chaffeeconomy.org](mailto:eanderson@chaffeeconomy.org)

*"A nurse in the home helping your family achieve a healthy start." Healthy Start is a service provided to all families in Chaffee County. Through this program we serve new families (birth through 12 months) regardless of income and number of children. We feel we have something to offer every family, regardless if it is their first or fifth child. The nurse home visitor meets with the family in their home on an average of 10 times throughout the families' first year, with additional visits scheduled as needed. The services in this program include: breastfeeding education and support, what to expect in the early days, safe sleep, depression screening and referral, Bright Beginnings, normal newborn behavior, developmental milestones, car seat inspections, Cavity Free at 3, community resources, nutrition, exercise, birth control, immunizations, infant safety, tobacco cessation education and assistance and solid food introduction.*

## Nurse-Family Partnership (NFP)

[nursefamilypartnership.org](http://nursefamilypartnership.org)

Kim Mund, RN, IBCLC (719) 530-2568 office or (719) 293-1934 cell [kim.mund@summitcountyco.gov](mailto:kim.mund@summitcountyco.gov) or [kmund@chaffeeconomy.org](mailto:kmund@chaffeeconomy.org)

*Nurse-Family Partnership is a free, evidenced-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. This program is for low income first time moms.*

## Women, Infants & Children (WIC)

Heather Sanderson-Gallegos, Salida WIC Salida (719) 539-7413 Buena Vista (719) 395-0344 x203

*WIC is a special supplemental nutrition program that serves pregnant women, postpartum women and children up to their fifth birthday. A major goal of the WIC program is to improve the nutritional status of infants; WIC mothers are encouraged to breastfeed their infants and those who do are provided information through counseling and breastfeeding educational materials. Breastfeeding mothers receive follow-up support and are eligible to participate in WIC longer than non-breastfeeding mothers. Mothers who exclusively breastfeed their infants also receive an enhanced food package. Breast pumps are available to help support the initiation and continuation of breastfeeding.*

## Salida Early Childhood Center

Lindsay Haarmeyer, RN, CLC (719) 539-1184 [lhaarmeyer@salidaschools.org](mailto:lhaarmeyer@salidaschools.org)

*Our purpose is to provide individualized support to pregnant women and their families that promotes comprehensive prenatal and postpartum care. The services we provide include: the importance of prenatal and postpartum medical care, dental care, community resources, nutrition, breastfeeding support, fetal development, child development, labor and delivery information, postpartum recovery and pregnancy related depression. We will continue to follow families and children once a week once the 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. This program individualizes services to the needs of each family. We also provide social interactions with other families twice a month. This program does have income requirements.*

## Salida Pregnancy Resource Center, Bosom Buddy Program

Beth Russell, Director, MA 215 E 3rd St, Salida (719) 539-7436 (24hr) [help@salidapregnancycenter.com](mailto:help@salidapregnancycenter.com)

*A Bosom Buddy is a mother who has breastfed her child(ren) and has a passion for helping mother to reach their breastfeeding goals. She will provide encouragement, support to a breastfeeding mother. To be connected with a Bosom Buddy contact Beth Russell.*

## ¿Habla Español?

Maggie Falconi (719) 530-5271 home or (719) 487-5676 cell [mfalconi@salidaschools.org](mailto:mfalconi@salidaschools.org)

Alli Gober, RM, CPM (719) 221-3937 [salidamidwife@gmail.com](mailto:salidamidwife@gmail.com)

*Las madres que hablan espanol que estan buscando a informacion y apoyo por la lactancia maternal.*

## Breast Pumps *Check with your insurance provider. Some insurance companies are paying for the purchase of a breast pump!*

Buena Vista Drug 403 US Hwy 24 South, Buena Vista (719) 395-2481

*Hospital grade Medela pumps for \$28/week, \$75/month or \$132/6 weeks (minimum 1 week). Option to rent or buy.*

Ameda Breastfeeding Products, Hollister Incorporated (866) 99-AMEDA or (800) 624-5369 [www.ameda.com](http://www.ameda.com)

Medela Incorporated (800) 435-8316 [www.medela.us](http://www.medela.us)

Whittlestone (877) 608-MILK or (707) 748-4188 [www.whittlestone.com](http://www.whittlestone.com)

## Mothers' Milk Bank, Denver Colorado

(303) 869-1888

*The Mothers' Milk Bank Colorado safely screens, collects, processes and dispenses donated human milk as a community service, providing human milk to babies whose own mothers cannot supply the milk to meet their baby's needs.*

## Other Helpful Online Breastfeeding Resources

[www.bestforbabes.org](http://www.bestforbabes.org)

[www.breastfeedingonline.com](http://www.breastfeedingonline.com)

[www.kangaroomothercare.com](http://www.kangaroomothercare.com)

[www.kellymom.com](http://www.kellymom.com)

[www.workandpump.com](http://www.workandpump.com)

[www.askdrsears.com](http://www.askdrsears.com)

[www.breastfeedinginc.ca](http://www.breastfeedinginc.ca)

<http://globalhealthmedia.org/portfolio-items/attaching-your-baby-at-the-breast/>

### latchME App

*Tons of proven breastfeeding resources all in one app!*

- Instantly connect with experts for latch help
- Ask experienced mothers anything, any time
- Enjoy high-quality videos and feeding tips
- Locate nearby places to feed your little one
- Share your favorite breastfeeding spots

*Lots of places in our area are breastfeeding friendly! Look for this sticker.*

***You can breastfeed ANYWHERE!***

