



# Breastfeeding Help Resource Guide



Many healthcare providers assist women with breastfeeding. Agencies listed here have International Board Certified Lactation Consultants (IBCLC's), who are **the most qualified** to help moms experiencing breastfeeding problems.



## Hospitals Patient only

Kaiser Permanente.....	393-4033
Petaluma Valley Hospital.....	778-2827
Santa Rosa Memorial Hospital.....	525-5212
Sutter Santa Rosa Regional Hospital.....	576-4857

## Clinics/Offices Patient only

Alliance Medical Center.....	433-5494
Annadel Pediatrics.....	544-6090
Kaiser Permanente.....	393-4033
Petaluma Health Center.....	559-7500
Santa Rosa Community Health Centers (All Sites).....	578-2005
West County Health Centers, Inc. (All sites).....	824-3383

## Private Practice IBCLC's home visits, fees apply

Maggie Eaughallie, RN, IBCLC.....	290-5312
Rebecca Elowen (Plum), LM, CPM, IBCLC.....	893-7877
Rosanne Gephart, RN, CNM, IBCLC.....	327-6911
Dara Knerr, RCST, BCST, IBCLC, PBTM, CIIM, APP.....	415-847-8319

## WIC Clients

Alliance Medical Center WIC.....	431-0831
County of Sonoma WIC.....	565-6590
Sonoma County Indian Health WIC....	521-4575

## Breastpump rentals

Santa Rosa Birth Center.....	539-1544
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*Thanks to the Affordable Care Act, today's insurance plans include lactation support and / or pump reimbursement. Call your insurance company for details*

## Who am I talking to?

**Lactation Consultant (IBCLC):** Passed IBLCE examination; completed college level health science courses and a minimum of 90 hours of evidence based course of study in lactation/breastfeeding, 300-1000 clinical hours.

Scope of Practice: Provide lactation management and education to families and professionals

**Lactation Specialist and Certified Lactation Educator/Counselor (CLE/CLC):** Completion of 3 day training.

Scope of Practice: Providing breastfeeding education to families about basic breastfeeding issues

**La Leche League Leader:** Generally works for a year to earn their accreditation.

Scope of Practice: Provides mother to mother support, breastfeeding information, and encouragement.

\* CLEs, Lactation Specialists, CLC's provide basic breastfeeding education and support. If you are in need of skilled assistance in resolving a specific breastfeeding problem, such as sore nipples, poor weight gain, etc. please seek help from an IBCLC