

KNOW YOUR RIGHTS

BREASTFEEDING IN PUBLIC LAW

"Not with standing any other provision of law, a mother may breastfeed her child in any location...where the mother and the child are otherwise authorized to be present"

BREASTFEEDING & EMPLOYEE RIGHTS LAW

This law states that employers in California must provide time and space for employees to pump breastmilk at work. The time should run concurrently with other break time if possible. The space must be a private location, other than a toilet stall.

California Labor Code Sections 1030-1033

IF YOU FEEL YOUR BREASTFEEDING RIGHTS ARE BEING VIOLATED

BY A BUSINESS OR WORKPLACE CONTACT:

Erica Escalante

Community Outreach & Resource Planning Specialist

US Department of Labor

Wage and Hour Division

Office: (916) 485-6261 | Cell: (916) 803-4244 |

Email: escalante.eric@dol.gov

<https://legallaidatwork.org>

MEDICATION SAFETY

WHILE PREGNANT OR BREASTFEEDING

www.infantrisk.com

(806) 352-2519 | 6:00am-3:00pm

HELPFUL VIDEOS

A Mother's Touch: Breastfeeding in the First Hour

Dr. Jane Morton

<https://med.stanford.edu/newborns/professional-education/breastfeeding/breastfeeding-in-the-first-hour.html>

Basics of Breast Massage and Hand Expression

Maya Bolman, IBCLC

<https://vimeo.com/65196007>

Global Health Media

Breastfeeding

<https://globalhealthmedia.org/videos/>

Needs of Preterm Infants

English & Spanish

<https://www.neqjcm.org/human-milk-educational-videos>

ONLINE RESOURCES

Medications & Maternal Health Conditions

www.MotherToBabyca.org

(866)626-6847

US National Library of Medicine

www.Womenshealth.gov/breastfeeding/

(800)994-9662 | 6am-3pm

Kelly Mom Blog

www.Kellymom.com

La Leche League International

<https://www.llli.org/>

Breast Pump Info

<https://abreastpumpandmore.com>

Title IX & Rights for Students

www.thepregnantscholar.org/

Break Time for Nursing Mothers

www.dol.gov/whd/nursingmothers/

My Birth Matters

<https://www.cmqcc.org/my-birth-matters>



@ Merced Breastfeeding Cafe Support

@ Merced Breastfeeding Network



MERCED COUNTY WIC

BREASTFEEDING SUPPORT

Certified Lactation Counselors

Peer Counseling Services

Classes | Consults | Breast Pumps & Supplies

(209) 383-4859



@ WIC of Merced and Mariposa Counties



@wicbreastfeedingmercedmariposa

@wicofmercedandmariposacounties



Scan or click on this QR code to be directed to our website

Merced County Breastfeeding Resource Guide



#MercedCountyBreastfeeds

MERCED COUNTY BREASTFEEDING CAFE



Scan or
click on the
QR code for
information
on time and
location



@ Merced Breastfeeding
Cafe Support

LA LECHE LEAGUE



Scan or click on the
QR code to find
online breastfeeding
support resources.



SAN JOSE MOTHERS' MILK BANK



Scan or click on the QR code
for information on how to
donate breastmilk or access
breastmilk for your baby.



*"Breastfeeding is a mother's gift to herself, her
baby, and the earth." –Pamela K. Wiggins*



NEED A LACTATION CONSULTANT?

YOUR BABY MY HELP

Lactation Consultant Services
Vangee Guettinger, RN, IBCLC
(209) 349-0510

CAROL MADRUGA, RN, CLE

Lactation Services
(209) 631-7441
Cookielu52@sbcglobal.net

BEFORE AND AFTER BABY

Lactation Consultant Services
Emily Bernard, IBCLC, BSPs
Alliance and most insurances accepted
(209) 631-8511
emily@beforeandafterbaby.org
50 Alpine Dr. Merced, CA, 95340

BREAST PUMPS MERCED MEDICAL SUPPLY

Breast pump prescriptions filled.
Medi-Cal Alliance ONLY
1827 Canal Street Merced, CA
(209) 259-2472

BREASTFEEDING EDUCATION

DIGNITY HEALTH

BREASTFEEDING & CHILDBIRTH CLASSES

For information on
breastfeeding and childbirth
classes, contact Dawn
(209) 564-5285



Dignity Health.
Mercy Medical Center

STORK TOUR (BIRTHING CENTER)

2nd Tuesday of the month | 6 pm
No registration needed | Zoom

[https://CommonSpirit-](https://CommonSpirit-VirtualCareAnywhere.zoom.us/j/97450547200?pwd=VDRtSnFUSGdITStmeFFpMmdUNDVzZz09)

[VirtualCareAnywhere.zoom.us/j/97450547200?](https://CommonSpirit-VirtualCareAnywhere.zoom.us/j/97450547200?pwd=VDRtSnFUSGdITStmeFFpMmdUNDVzZz09)
[pwd=VDRtSnFUSGdITStmeFFpMmdUNDVzZz09](https://CommonSpirit-VirtualCareAnywhere.zoom.us/j/97450547200?pwd=VDRtSnFUSGdITStmeFFpMmdUNDVzZz09)



MEMORIAL HOSPITAL LOS BANOS

PREGNANCY & CHILDBIRTH, AND NEW PARENT CLASSES

For more information on these classes,
call (209) 826-0591 Ext. 50270 or
scan/click on the QR code.



EMANUEL MEDICAL CENTER (TURLOCK)

For information on breastfeeding,
childbirth, and other classes at Emanuel
Medical Center, contact:

Rebecca Ericson
(209) 664-2665

Rebecca.ericson@tenethealth.com



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