



WIC Breastfeeding Support

Call (209) 383-4859 to apply

Certified Lactation Counselors
Peer Counseling Services
Breastfeeding Education
Breast Pumps & Supplies

 @wicbreastfeedingmercedmariposa
 @wicofmercedandmariposacounties

WIC Website



Scan Me

BF Education



Scan Me



USDA is an equal opportunity
provider and employer.

Local Lactation Support

CAROL MADRUGA, RN, CLE

(209) 631-7441

Cookie52@sbcglobal.net

BEFORE AND AFTER BABY

Emily Bernard, MA, PsyD, IBCLC

(209) 631-8511

emily@beforeandafterbaby.org

Breastmilk Storage Guidelines



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Donor Human Milk Bank

Looking to donate breastmilk or get donor breastmilk?



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Lactation Rights

It is important to know your lactation rights



CALIFORNIA
BREASTFEEDING
COALITION



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Pumping at Work

Are you returning to work soon? Find your rights here



Scan Me

Legal Aid at Work

Learn about your laws as a California employee



Video



Website



Are your rights being violated? Contact:

Érica Escalante (U.S. Department of Labor)

Office: (916) 485-6261

Cell: (916) 803-4244

Email: escalante.ERICA@dol.gov

or call the Legal Aid At Work helpline: (800) 880-8047

Merced County Breastfeeding Resource Guide



*Breastfeeding is a gift
that lasts a lifetime.*



FB: Merced Breastfeeding Network
mercebrestfeedingnetwork@gmail.com

Online Resources

American Academy of Pediatrics' Parenting Website



[Scan Me](#)

Breastfeeding | OASH - Office on Women's Health



[Scan Me](#)

Breastfeeding | Centers for Disease Control and Prevention



[Scan Me](#)

My Birth Matters | CMQCC



[Scan Me](#)

Breastfeeding Topics | Kelly Mom



[Scan Me](#)

Medication Safety

Call 1-806-352-2519 to ask about medication safety
(Monday-Friday 6 AM - 1 PM)



[Scan Me](#)

Pregnancy and breastfeeding exposures



[Scan Me](#)

Merced Breastfeeding Cafe Support Group

In Person and Virtual Services

Call (209) 564-5285 for more information

For online Facebook support, follow

@Merced Breastfeeding Cafe Support



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La Leche League

Looking for breastfeeding education? Find it here



[Scan Me](#)

Hospital Classes

Mercy Medical Center Merced

Birth and Parenting Classes



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Memorial Hospital Los Banos

Pregnancy and Childbirth Education



[Scan Me](#)

Emanuel Medical Center (Turlock)

Childbirth Classes and Tours



[Scan Me](#)

Breastfeeding Videos

Breastfeeding in the First Hour



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Hand Massage and Hand Expression



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Breastfeeding Premature Babies



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Breastfeeding Positions



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Getting a Good Latch



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Paced Bottle Feeding



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