

## WIC Breastfeeding Support

Call (209) 383-4859 to apply

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

 @wicbreastfeedingmercedmariposa

 @wicofmercedandmariposacounties

WIC Website



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BF Education



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USDA is an equal opportunity provider and employer.

## Local Lactation Support

**CAROL MADRUGA, RN, CLE**

(209) 631-7441

CookieLU52@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



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## 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.eric@dol.gov](mailto:escalante.eric@dol.gov)

or call the [Legal Aid At Work](https://www.dol.gov/eis/whd/) helpline: (800) 880-8047

# Merced County Breastfeeding Resource Guide



*Breastfeeding is a gift that lasts a lifetime.*



FB: Merced Breastfeeding Network  
[mercebreastfeedingnetwork@gmail.com](mailto:mercebreastfeedingnetwork@gmail.com)

## Online Resources

American Academy of Pediatrics' Parenting Website



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Breastfeeding | OASH - Office on Women's Health



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Breastfeeding | Centers for Disease Control and Prevention



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My Birth Matters | CMQCC



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Breastfeeding Topics | Kelly Mom



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## Medication Safety

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



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Pregnancy and breastfeeding exposures



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## 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



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## Hospital Classes

Mercy Medical Center Merced  
Birth and Parenting Classes



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Memorial Hospital Los Banos  
Pregnancy and Childbirth Education



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Emanuel Medical Center (Turlock)  
Childbirth Classes and Tours



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## 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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