



# BREASTFEEDING

FOR BABY, FOR MOTHER,  
FOR THE COMMUNITY



## Breastfeeding Helplines

**WIC Breastfeeding Helpline** (209) 525-4838  
**La Leche League International** (877) LA-LECHE  
 or (877) 452-5324  
**National BF Helpline (24 hr)** (800) 994-9662

## Breastfeeding Support

**WIC Program** (*Free for participants*)  
 Lactation Consultant (209) 525-4838

**La Leche League of Stanislaus County**  
 Local daytime phone help. (209) 537-1243

**Lactation Consultants** (*Fees may apply*)  
 Isabel Bennett (209) 918-4423  
 Andrea Ramirez [www.thelatchedlife.com](http://www.thelatchedlife.com) (209) 613-0666

## Hospitals \*Bedside Only

\***Kaiser Permanente** (209) 557-1650  
 \***Doctors Medical Center** (209) 576-3763  
 \***Emanuel Medical Center** (209) 664-2660  
**Memorial Medical Center** (209) 572-7210  
*(By appointment only: M-F 9 a.m. - 3:30 p.m.)*

## Prenatal Classes

**Free Online:**  
**WIC Program** (*For WIC participants*) (209) 558-7377

**Fees May Apply:**  
**Doctors Medical Center** (209) 576-3747  
**Memorial Medical Center** (209) 572-7210  
**Kaiser** (*Members only*) (209) 557-1601

## Breast Pump Rentals

**WIC Program** (*Free for participants*) (209) 558-7377  
**Memorial Medical Center** (*Fees may apply*) (209) 572-7210  
**Kaiser** (*Members only*) (209) 557-1601

## For Medi-Cal Beneficiaries

**Health Plan of San Joaquin**  
 Call Customer Service English: 1-888-936-7526  
 M-F 8 a.m. - 5 p.m. Spanish: 1-888-312-7526

**Health Net**  
 Call Member Services 1-800-675-6110

## Breastmilk Donations

**Mothers' Milk Bank** (877) 375-6645  
[www.mothersmilk.org](http://www.mothersmilk.org)

## BREASTFEEDING COALITION OF STANISLAUS COUNTY



A network of advocates promoting and supporting breastfeeding through the education of families, our community, and health care providers. For more information email: Esmeralda at [esgonzalez@schsa.org](mailto:esgonzalez@schsa.org).

“Considering the benefits of breastfeeding and the significant role of breastmilk in the transmission of other respiratory viruses, the mother can continue breastfeeding, while applying all the necessary precautions.” -UNICEF



The Stanislaus County Health Services Agency’s Women, Infants & Children program is a nutrition education and supplemental food program for pregnant, breastfeeding and postpartum women, infants and children to eat well and stay healthy.

**WIC provides participants:**

- Free monthly food benefits to buy healthy foods
- Free tips to eat well and stay healthy
- Free breastfeeding support

**Who qualifies for WIC?**

- Women who are:
  - Pregnant
  - Breastfeeding a baby under 1 year of age
  - Just had a baby in the past 6 months
- Children under 5 years of age including those cared for by a single father, grandparent, foster parent, step-parent or guardian
- Have a family income within WIC guidelines
- If applicant is receiving Medi-Cal, TANF or CalFresh they are automatically considered income-eligible

**WIC continues to care for the community by providing convenient, confidential phone and virtual appointments.**

**WIC clinics remain open for pick up services.**

**WIC locations are open 8am-5pm:**

Ceres (Mon-Fri)  
 Modesto (Mon-Fri)  
 Oakdale (Mon, Wed & Thurs)  
 Patterson (Tues & Fri)  
 Turlock (Mon-Fri)

Call: (209) 558-7377  
 Text: (888) 413-8165  
 Breastfeeding Helpline: (209) 525-4838  
 To Apply Online Visit: [www.schsa.org/WIC](http://www.schsa.org/WIC)



USDA IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER.

**Other useful COVID-19 information for pregnant or postpartum women:**

*Breastfeeding should continue and be supported during COVID-19.*

Guidance for Pregnant and Breastfeeding People During the COVID-19 Pandemic

<https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/PregnantandBreastfeedingWomenGuidance.aspx>

Vaccination during Pregnancy, CDC Recommendations

<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/recommendations/pregnancy.html>