

Spring 2015

LONG BEACH, CA BREASTFEEDING RESOURCE DIRECTORY

www.longbeachbreastfeeds.org

Contact: Celine Malanum, CLEC – longbeachbreastfeeds@gmail.com

A project of Long Beach Breastfeeds

Long Beach Breastfeeds is dedicated to unifying and strengthening the breastfeeding community in Long Beach, CA.

We believe every mother and every baby deserve quality breastfeeding education, support, and community.

Founded in 2015 by local breastfeeding advocates and nursing mothers, Maricela de Rivera and Celine Malanum, Long Beach Breastfeeds is in its founding stages.



We support Nursing In Public (N.I.P.) in Long Beach!

Cover, no cover, you have a right to feed your baby and your baby has a right to eat!

LACTATION CLINICS – HOSPITAL

Miller Children's & Women's Hospital, Long Beach – Outpatient Lactation Clinic

Monday, Wednesday, Friday, 8:00am-4:00pm (last appointment is 3pm)

*****Must call for appointment*****

Bill insurance, cash, check (no credit cards)

(562) 933-2779 / (562) 933-8081

2865 Atlantic Avenue, Suite 115, Long Beach, CA 90806

www.memorialcare.org/breastfeeding

St. Mary's Medical Center

Breastfeeding support & "Welcome Baby" program (must qualify for this program)

Theresa Brown, LVN, IBCLC: (562) 491-9922 or (562) 491-9916

1050 Linden Avenue, Long Beach, CA 90813

www.stmarymedicalcenter.org

LACTATION CLINICS – OTHER

Columbia Pediatrics Breastfeeding Clinic – Susan Orr, IBCLC, PT (pediatric)

Tuesday & Thursday, 9:00am

\$20 cash/check

*****Must call minimum 1 day before to reserve a spot (approximately 6 spots)*****

Some street parking / Garage on Columbia St. (\$3.00 cash)

Mothers & babies only

(562) 427-3782

2840 Long Beach Blvd., #425, Long Beach, CA 90806

*Susan also holds clinic Monday & Saturday mornings at Torrance Memorial – (310) 517-4734

Baby Awareness Studio and Sandra Davis Hathaway, IBCLC – The Breastfeeding Specialist

Saturday, 9:00am-4:00pm (directly preceding Support Group –see “Support Groups” section)

First Come, First Served – No appointment necessary, but recommended

Baby/kid-friendly space

One-on-one consultations \$1.00/minute during clinic hours in-office

Baby Awareness Studio

3711 Long Beach Blvd., #708, Long Beach, CA 90807

Free parking available on street and in lot

(562) 506-6103 / (562) 674-8500 Sandra cell

www.babyawareness.com // www.facebook.com/BabyAwarenessStudio // www.breastfeedingspecialist.org

Clínica de Lactancia – Baby Awareness Studio and Patricia Medina, IBCLC

Último Sábado del mes de 9:00am–1:00pm

(directamente despues del Grupo de Soporte a la Lactancia – la sección de “Support Groups”)

Se atendera en el orden en que se presente – No necesita cita

Lugar acondicionado para bebes y niños

Costo de consulta individual \$1/por minuto durante las horas de la Clínica

*Información del proveedor del servicio se incluye

Baby Awareness Studio

3711 Long Beach Blvd., #708, Long Beach, CA 90807

Hay estacionamiento gratis en la calle y en el área de estacionamiento

(562) 506-6103

www.babyawareness.com // www.facebook.com/BabyAwarenessStudio // www.breastfeedingspecialist.org

LACTATION PROFESSIONALS – PRIVATE PRACTICE, HOME, AND HOSPITAL VISITS

****Please see KEY at end of directory for explanations of credentials***

Amanda Poe, IBCLC

Home visits \$100 initial consultation, \$75 follow-ups

(310) 318-4435

harmonybabyworks@gmail.com

Staci Berry, AAHCC, CD, CLC

Home visits \$55 for first hour, \$35 for each additional hour
Visits at Staci's home are \$35 per hour (Anaheim, Knott's Berry Farm area)
(562) 260-0636
staciberrey@gmail.com
www.laboroflovebirthservices.com

Sandra Davis-Hathaway, IBCLC

Home visits on site most Saturdays at Baby Awareness Studio (90807)
(562) 674-8500
www.breastfeedingspecialist.org

Bethany Ewers - CD, CLC (AALP)

Home visits \$55 for first hour, \$35 for each additional hour
Skype and phone consults \$35 an hour.
Generally available for morning and evening (after 7pm) appointments
(714) 612-1126
birthbythesea@gmail.com
www.birthbythesea.com

Yolanda Fortin, PhD, IBCLC

Home and office visits
(949) 424-3968
phdmilk@gmail.com // www.phdmilk.com

Patricia Medina, IBCLC

Home, hospital, office one-on-one visits
**Spanish speaking*
\$150 for 2-3 hour consultation
\$100 for follow-up for additional support
(562) 922-1474
breastfeedhelp@yahoo.com // www.breastfeedingsupportinc.com

Alisia Mejia, RN, IBCLC

Home visits
**Spanish speaking*
\$100/hr
(562) 577-9546
alisia.mejia@gmail.com

Christina Rodriguez, RN, IBCLC

Home visits and on-site some Saturdays at Baby Awareness Studio (90807)
Please call for current pricing
(562) 270-5007
chrisRN@babyawareness.com

Tabitha Rutger, RN, IBCLC

Home visits, private "Breastfeeding Basics" class, phone support
\$60 per visit
(714) 853-8407
tnrutger@gmail.com

Marcy Sauter, IBCLC

Home visits, phone support
\$60 per visit // please call for other rates
(714) 351-7915 (**Please note: Marcy is available for phone support, as her current focus is postpartum doula work*)
marcysauter@yahoo.com // www.marcysauter.com // www.restassuredoulas.com

BREASTFEEDING CLASSES

Baby Awareness Studio

Taught by Sandra Davis Hathaway, IBCLC
Wednesdays 10am-12noon **Please call for current schedule*
FREE
3711 Long Beach Blvd., #708, Long Beach, CA 90807
Free parking available on street and in lot
(562) 506-6103 / (562) 674-8500 Sandra cell
www.babyawareness.com // www.facebook.com/BabyAwarenessStudio // www.breastfeedingspecialist.org

Baby Awareness Studio

Basic Breastfeeding Class, Breastfeeding & Nutrition Class

Taught by Chantal Jura B.S. ROHP/ RNCP, CLEC
Please call for current schedule & cost
3711 Long Beach Blvd., #708, Long Beach, CA 90807
Free parking available on street and in lot
(562) 353-3788 // chantal.lisette.jura@gmail.com
www.babyawareness.com // www.facebook.com/BabyAwarenessStudio // <https://www.facebook.com/SexyTurnipHealthNutrition>

Beach Cities Midwifery

"Breastfeeding Care": Learn to breastfeed your newborn from the first moments of life, positions, and techniques. Learn why breast milk is the best and all the benefits that go along with nursing your baby. Learn the basics of how to breastfeed. (3 hours)
Taught by Patricia Medina, IBCLC
Please call for current schedule
\$35 per session
1224 E Wardlow Rd., Long Beach, CA 90808
(562) 912-4421
www.beachcitiesmidwifery.com

Breastfeeding Support, Inc.

Learn the importance and basics techniques of how to breastfeed.

Taught by Patricia Medina, IBCLC *Spanish classes available

Please call for current schedule

\$60 per session

Lullaby Lounge

9819 Palm St., Bellflower, CA 90706

(562) 922-1474

www.breastfeedingsupportinc.com

Long Beach Breastfeeds

“Breastfeeding 101”: Learn about the benefits and importance of breast milk and breastfeeding for baby and mother, practice positioning & techniques, roles of support person, share your questions, and walk away with real-life tips and resources.

Two-day session (6 hours total)

Expectant mother and one support person welcome

Series scheduled per requests

Classes held in a comfortable home setting in Long Beach, max of 5 duos

Christine Gibson, RN, PHN, CLE

Celine Malanum, CLEC

(562) 394-6278

longbeachbreastfeeds@gmail.com

Miller Children’s & Women’s Hospital, Long Beach

Prenatal breastfeeding prep class

Monthly series = 2 classes, 6:30-9:30pm, two Monday evenings/month

Total of 6 hours instruction

Parking validated

Contact Gabby (562) 933-0627 for cost & sign-up

2801 Atlantic Ave., Long Beach, CA 90806

www.MillerChildrens.org/maternity

St.Mary’s Medical Center

Once a month lactation classes

Tuesdays and Wednesdays, 6:00-9:00pm

English & Spanish

Theresa Brown, LVN, IBCLC: (562) 491-9922 or (562) 491-9916

1050 Linden Ave., Long Beach, CA 90813

www.stmarymedicalcenter.org

SUPPORT GROUPS – ONLINE

“Breastfeeding Support for Long Beach Area Moms” – private Facebook group

Mother-to-mother support, women only, active group

Send a request to join group & administrators will reply via private message within 48 hours

*Often organizes in-person play dates

<https://www.facebook.com/groups/204462633013108/>

“Latch & Link: Long Beach” – public Facebook page

Page for annual Latch & Link: Long Beach – breastfeeding community fair held during the first weekend of August
Local breastfeeding events, classes, meet-ups, as well as breastfeeding articles are posted.

www.facebook.com/LBLatchandLink

SUPPORT GROUPS – IN-PERSON

****Let's stay healthy, community! If you or your children are sick, please stay home and recover fully.***

Thank you! --CM

Nurturing the New You Support Group (formerly “Transitions in Motherhood”) (Weekly)

(Teaches infant massage, while increasing parents/caregivers ability to respond to infant's needs, read baby cues, and strengthen infant-parent attachment. Parent-to-parent support on all issues. Breastfeeding support also available.)

FREE

Tuesday, 10:00am-12:00pm

Sibling Time Playroom (1st Floor New Pavilion Lobby behind Information Desk)

Miller Children's & Women's Hospital Long Beach

2801 Atlantic Avenue

Long Beach, CA 90806

Registration encouraged but not mandatory

Call 1-800-MEMORIAL or visit www.memorialcare.org

Contact Emma (562) 208-2279 or Tara (562) 650-0474

Breastfeeding Support Group (Weekly)

(Mother-to-mother support, run by Celine Malanum, CLE with occasional guests)

FREE

Friday, 10:00-11:30am

Beach Cities Midwifery

1224 East Wardlow Rd., Long Beach, CA 90807

*Please do not park in lot – use street parking

*Mothers, babies, young siblings only

*Please leave strollers outside

*Neat snacks and water OK

*In event of birth, we meet at Reservoir Park next-door, weather permitting

(562) 394-6278 // longbeachbreastfeeds@gmail.com

Breastfeeding Support Group (Bi-monthly)

(Mother-to-mother support, run by rotating CLE or IBCLC)

Meets 2nd and 4th Thursdays

FREE

Thursday, 5:00-6:00pm

*Mothers, babies, young siblings only

*Snacks welcome – please have them well-contained

Tiny ecoUrbanite

3403 East Broadway, Long Beach, CA 90803

(562) 668-7914

info@tinyecourbanite.com

La Leche League of Long Beach (Monthly)

(Mother-to-mother support, run by accredited La Leche League leader)

FREE

Meets every 2nd Tuesday

Tuesday, 9:30-10:30am

Lounge at the Unitarian Universalist Church of Long Beach

5450 E. Atherton St. Long Beach, CA 90815

*Expectant & nursing mothers always welcome

*All babies & children always welcome

*Quiet toys & neat snacks only, please!

Between meetings, or for phone support, please contact an Accredited LLL Leader Volunteer:

Colleen: colmaru91@gmail.com

Shelley: 714-837-8300

Stacy: 562-630-0332

Sandy: 562-431-3902 (weekends)

La Leche League USA Breastfeeding Hotline: 1-877-452-5324

Breastfeeding Support Group (As scheduled)

(Mother-to-mother support group, run by Patricia Medina, IBCLC)

**Spanish speaking group available*

Please visit website for current schedule

\$10 per session

Lullaby Lounge

9819 Palm St. Bellflower, CA 90706

(562) 922-1474

www.thelullabylounge.com // www.breastfeedingsupportinc.com

SUPPLIES – RETAIL/RENTAL

Breastfeeding Support, Inc. / Patricia Medina, IBCLC

Rental – breast pumps (manual, electric, hospital grade)

**Spanish speaking*

(562) 922-1474

www.breastfeedingsupportinc.com

Essentials Mother Baby Store

Breastfeeding supplies, nursing bras, and more

Pump rentals – Medela \$70.00/month

Miller Children's & Women's Hospital Long Beach

2801 Atlantic Avenue

Center for Women, 2nd Floor, Long Beach, CA 90806

Monday - Friday 8:00am – 4:00pm

(562) 933-2744

Susan Orr, IBCLC, PT (pediatric)

Breastfeeding supplies and rentals

Ameda breast pumps \$75.00/month (through Torrance Memorial – please call (310) 517-4711)

Breast pump parts sales

Bravado bra sales

Cash or check only (possibly alternative through Torrance Memorial)

(562) 427-3782

suesorr@hotmail.com

Tiny ecoUrbanite

Milkmaid Tea, Nipple Butter, Herbal Medicine for Lactation, reusable nursing pads and wet bags. Herbal lactation honeys and mastitis home remedy kits (homemade locally).

3403 East Broadway, Long Beach, CA 90803

(562) 668-7914

www.tinyecourbanite.com

CITY OF LONG BEACH & WIC PROGRAMS

City of Long Beach – Department of Health and Human Services

FREE breastfeeding support for LB residents

Potential home visits by lactation professional

Will help with referrals to other public assistance programs

2525 Grand Avenue, Long Beach, CA 90815

Luz Parra (562) 570-7910

www.longbeach.gov/health/mcah/mch.asp

WIC (Women, Infants, and Children Program)

Must be eligible for services

Monday from 8:30 am to 6:30 pm, Tuesday-Friday from 8:30 am - 5:30 pm

*5 other sites throughout Long Beach

- Breastfeeding Education and Consultation
- Breastfeeding Peer Counselor Program and Breastfeeding Hospital Support

Health Department site – 2525 Grand Ave, Long Beach, CA 90815

(562) 570-4242

www.longbeach.gov/health/mcah/wic.asp

www.facebook.com/clbwic.nsd

LOCAL BREASTFEEDING EVENTS

February

“Share the Love” donor breast milk drive

April

Open Mic Night for Breastfeeding

August

- Latch & Link: Community Breastfeeding Fair (Saturday 8/1/15)

Resource fair, mini workshops & support groups, nursing photos, and “The Great Long Beach Latch” – challenge to count babies latched on to moms at the same time. Held to celebrate World Breastfeeding Week August 1-7, and National Breastfeed Month.

www.latchandlinkLB.org

- Natural and Holistic Baby Expo (NAHBE) (Saturday 8/22/15)

NAHBE brings together families with natural & holistic practitioners, products and information. NAHBE is fun and educational! Breastfeeding Support & Information section and lactation rest area available.

www.nahbe.org

www.facebook.com/naturalandholisticbabyexpo

October

Open Mic Night for Breastfeeding

December

Lactation/Holiday Cookie Swap

SELECT ONLINE RESOURCES (NOT SPECIFIC TO LONG BEACH)

Baby Friendly USA – breastfeeding-positive hospitals

Baby Friendly designation means a facility offers an optimal level of care for infant feeding and mother/baby bonding. Facilities have successfully implemented the Ten Steps to Successful Breastfeeding and the International Code of Marketing of Breast-milk Substitutes. Staff is trained to initiate and support breastfeeding immediately after birth, baby’s rooming-in, and more.

www.babyfriendlyusa.org/find-facilities

Breastfeeding USA

The mission of Breastfeeding USA is to provide evidence-based breastfeeding information and support, and to promote breastfeeding as the biological and cultural norm. Started by a group of La Leche League leaders in 2008, it is now a national organization with key programs including trained volunteer Breastfeeding Counselors and Community Chapters.

www.breastfeedingusa.org

BreastfeedLA – Breastfeeding Task Force of Greater Los Angeles – advocacy & professional trainings

Breastfeeding laws in California: <http://breastfeedla.org/laws/>

Going back to work as a breastfeeding mother: <http://breastfeedla.org/at-work/>

Resource directory of breastfeeding service providers and in LA area: www.breastfeedla.org

Infant Risk Center

International call center Monday-Friday 8am-5pm (CST). The InfantRisk Helpline provides answers to questions about the use of drugs during pregnancy and breastfeeding. Please call us for information about the safety of using drugs, over-the-counter drugs, herbal products, chemicals, vaccines, and other substances. Also provides information about the use of alcohol during pregnancy and lactation. The InfantRisk Center at Texas Tech University Health Sciences Center strives to educate health care providers and the general public to reduce birth defects and create healthy breastfeeding relationships. The center's highly-trained staff provides current, evidence-based information about the use of medications during pregnancy and breastfeeding. Run by Dr. Jack Hale.

(806) 352-2519

www.infantrisk.com

International Lactation Consultants Association (ILCA)

ILCA is the professional association for International Board Certified Lactation Consultants (IBCLC) and other healthcare professionals who care for breastfeeding families. Resources, directories, and a search engine to find lactation consultants (IBCLC) in your area.

www.ilca.org

KellyMom – complete breastfeeding informational site

Created by Kelly Bonyata, IBCLC, KellyMom.com provides support & evidence-based information on breastfeeding. Comprehensive topics in accessible language, with many links to other resources and sites.

www.kellymom.com

La Leche League

An international, nonprofit, nonsectarian organization dedicated to providing education, information, support, and encouragement to women who want to breastfeed. Founded in 1965 in Illinois, it is now an international organization with presence in over 65 countries. The mission of La Leche League is to help mothers to breastfeed through mother-to-mother support, encouragement, information, and education, and to promote a better understanding of breastfeeding as an important element in the healthy development of the baby and mother.

www.llusa.org United States

www.llli.org International

LactMed (Drug & Lactation Database)

A peer-reviewed and fully referenced database of drugs to which breastfeeding mothers may be exposed. Among the data included are maternal and infant levels of drugs, possible effects on breastfed infants and on lactation, and alternate drugs to consider. Type in whatever OTC or RX medicine and it will tell you that drug's relation/affect on breast milk.

www.toxnet.nlm.nih.gov/cgi-bin/sis/htmlgen?LACT

CALIFORNIA LAWS – BREASTFEEDING

California Laws Related to Breastfeeding

You have laws protecting your rights re: lactation accommodation in the workplace, jury duty, nursing in public, attending school, and much more.

Please visit the California Department of Public Health to see a full list:

<http://www.cdph.ca.gov/healthinfo/healthyliving/childfamily/pages/californialawsrelatedtobreastfeeding.aspx>

Or visit www.cdph.ca.gov and search the site for “breastfeeding laws”

Or visit www.breastfeedLA.org/laws

NURSING IN PUBLIC:

California Civil Code § 43-53. 1997 Section 43.3 of the Civil Code

43.3. Notwithstanding any other provision of law, a mother may breastfeed her child in any location, public or private, except the private home or residence of another, where the mother and the child are otherwise authorized to be present.

**QUESTIONS ABOUT YOUR RIGHTS?
HAVE YOUR RIGHTS BEEN VIOLATED?**

Please contact info@breastfeedla.org or longbeachbreastfeeds@gmail.com

KEY

AAHCC = American Academy of Husband-Coached Childbirth, Bradley Method certified childbirth teacher

CD = Certified Doula

CLC = Certified Lactation Counselor – specifically trained to offer direct support to breastfeeding mothers, trouble shoot & refer out

CLE = Certified Lactation Educator – specifically trained to teach a breastfeeding class/workshop and lead support groups.

CLE = Certificated Lactation Educator-Counselor – specific to University of California San Diego extension program

IBCLC = Internationally Board Certified Lactation Consultant – specifically highly-trained in the clinical management of breastfeeding

LVN = Licensed Vocational Nurse

PHN = Public Health Nurse

PT = Physical Therapist

RN = Registered Nurse