

Need a Breast Pump?

Having a breast pump is not necessary for successful breastfeeding. However, a pump may be needed if a mom is returning to work, school or will be away from her baby for a period of time. A pump may also be needed for any medical reason that affects breastfeeding.

Each program has different breast pump qualifications. Please call for more information.

Kaiser Permanente
*Kaiser members only
(877) 291-5204

La Clinica Great Beginnings
(707) 645-7316

Partnership HealthPlan of California
Member Services
(800) 863-4155

The Pump House
Abbie Hoag, RN, IBCLC
(707) 446-8959 / (707) 365-7576, cell

WIC Program
*No cost for WIC participants
Fairfield (707) 784-2200
Vacaville (707) 469-4555
Vallejo (707) 553-5381

Maximizing Milk Production with Hands-On Pumping

Learn how to express milk more effectively by combining the use of a breast pump, breast massage and hand expression.

<https://goo.gl/GCZjKo>

Laws to Protect Your Right to Breastfeed

Breastfeeding in public:

- A mother may breastfeed her child in any location, public or private.
CALIFORNIA CIVIL CODE 43.3

Employers are required to provide to breastfeeding employees with:

- A reasonable amount of break time to express breast milk for child.
- A private place, other than a bathroom, that may be used to express breast milk.
CALIFORNIA LABOR CODE 1030-1031

Schools are required to provide:

- Reasonable accommodations to a lactating pupil on a high school campus to express breast milk, breastfeed an infant or child, or address other needs related to breastfeeding.
CALIFORNIA EDUCATION CODE 222

Additional Breastfeeding Information

For additional breastfeeding information, please visit:

The Basics of Breast Massage & Hand Expression
<https://vimeo.com/65196007>

General Breastfeeding Information
<http://kellymom.com/>

Logo provided by:
World Alliance for Breastfeeding Action (WABA)
<http://waba.org/my/>

(Updated 1/30/23)



Your Road Map to Successful Breastfeeding

Importance of Breastfeeding

Breastfeeding has an extraordinary range of benefits. It has a profound impact on a child's survival, nutrition and development.

Breast milk provides all of the nutrients, vitamins and minerals an infant needs for optimal growth.

Benefits for Baby

- less risk of diabetes and obesity
- less risk of childhood cancers
- less risk of SIDS
- less risk of developing ear infections and allergies

Benefits for Mom

- less risk of breast and ovarian cancer
- less risk of Post-Partum depression
- saves money
- weight loss



Take a Breastfeeding Class!



Community Medical Center
Dixon (707) 635-1600 ext. 1662
Vacaville (707) 359-1822

Kaiser Permanente
*Kaiser members only
Fairfield (707) 427-4466
Vallejo (707) 651-2692

La Clinica Great Beginnings
*Free for La Clinica patients
(707) 645-7316

NorthBay Medical Center
*NorthBay patients only
Register online
(707) 646-4162

WIC Program
Fairfield (707) 784-2200
Vacaville (707) 469-4555
Vallejo (707) 553-5381

Who Can Help Me With Breastfeeding?

Lactation Consultants are professional breastfeeding specialists trained to teach mothers how to feed their baby. They help women experiencing breastfeeding problems, such as latching difficulties, painful nursing and low milk production.

Lactation Consultants

David Grant Medical Center
*Military families only
Dottie Fischer
(707) 423-7556

More Excellent Way (MEW)
(707) 648-1247

NorthBay Lactation Clinic
(707) 646-5022

The Pump House
Abbie Hoag, RN, IBCLC
(707) 446-8959 / (707) 365-7576, cell

WIC Program
*WIC participants only
Teri Ewell
(707) 784-2137

Baby & Me Groups

Kaiser Permanente Vacaville
*Kaiser members only
(707) 624-3074

More Excellent Way (MEW)
(707) 648-1247

New Parents Support Program
* Military families only
(707) 423-5318

Solano County La Leche League
Zoom Meetings
Jeanette (707) 469-0705
Becca (707) 628-1463

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