

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

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

The Pump House
Abbie Hoag, RN, IBCLC
(707) 365-7576

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

Learn how to express milk more effectively by combining the use of a breast pump, breast massage and hand expression by scanning the QR code below:



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

Scan the QR codes below for additional breastfeeding information

The Basics of Breast
Massage & Hand
Expression



General Breastfeeding
Information



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

(Updated 4/28/2025)



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
- postpartum weight loss



Take a Breastfeeding Class!



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

David Grant Medical Center
Tricare Only
Second Tuesday of the month
Call to register (707) 423-7556

Kaiser Permanente
Kaiser members only
Fairfield (707) 427-4466
Vallejo (707) 651-2692
Vacaville (707) 624-2225

NorthBay Medical Center
NorthBay patients only
(707) 646-5024

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

Communicare+OLE
Patients only, classes located in Napa
(707) 254-1770

Who Can Help Me With Breastfeeding?

Lactation Consultants are trained, professional breastfeeding specialists that can help with breastfeeding problems, such as latching difficulties, painful nursing and low milk production.

Lactation Consultants

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

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

NorthBay Lactation Clinic
(707) 646-5022

The Pump House
Abbie Hoag, RN, IBCLC
(707) 365-7576

WIC Program
WIC participants only
Ana Rivera
(707) 784-2137

Communicare+OLE
Patients only
(707) 254-1770

Baby & Me Groups

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

New Parent Support Program
Military families only
Tuesdays 9am-10:30am
1st Street Chapel on Travis AFB
(707) 423-5168

Solano County La Leche League
Zoom Meetings/In-Person
Nickie (916) 622-8944
***Follow on Facebook: [goo.gl/MtB3Ww](https://www.facebook.com/MtB3Ww)**