



Inland Empire Breastfeeding Coalition

Mandy Lindberg, IBCLC

May 5th 2020



LOMA LINDA UNIVERSITY

CHILDREN'S HEALTH

MANDY LINDBERG, IBCLC

Families on the Move- lomalandbabies.org

Every Monday 9:30-11:30am

Join us for an adult-participation movement class for babies, toddlers and preschoolers. Research shows that creative movement is an essential part of a child's social, emotional, physical and intellectual development. This class will include song, dance, cooperative play, sign language, body awareness and relaxation exercises. Moms, dads or grandparents are welcome! Participants should wear comfortable clothing and be prepared to remove shoes.

Breastfeeding Support Group- lomalindababies.org

Every Wednesday and Friday 9:30-11:30am

Join our free breastfeeding support group led by an International Certified Lactation Consultant or Certified Lactation Educator. We will address your concerns and touch on a number of pertinent topics including how to avoid common challenges, going back to work, and more! Nursing chairs and pillows are available.

Classes- lomalandbabies.org

- ▶ Childbirth offered twice a month. Either two Sundays 9am-1pm or a five week course Tuesday or Thursdays (rotates every other month) this month the class is on Tuesday 6:30-9pm. \$85/couple
- ▶ All About Newborns offered twice a month. Either a Sunday course combined with Breastfeeding Basics or a one time class Tuesday or Thursday (rotates every other month, opposite of childbirth) \$30/couple
- ▶ Breastfeeding Basics offered Either a Sunday course combined with Breastfeeding Basics or a one time class Tuesday or Thursday (rotates every other month, opposite of childbirth) \$30/couple
- ▶ It's Time to Eat offered once a month. \$30/family

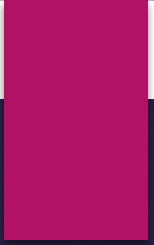


Redlands Community Hospital
Perinatal Services
802 W. Colton Ave, Suite D
Redlands, 92374
909-793-6330

APPOINTMENTS MONDAY THROUGH FRIDAY 8-4:30

Perinatal Services- Redlands

- ▶ Individual appointments are available at no cost to you.
- ▶ Schedule your one on one appointment with a Certified lactation Consultant. (IBCLC)
- ▶ During this Covid 19 season, we will not be having our support groups.
- ▶ Weights are done before and after all feedings, to validate transfer of breastmilk.
- ▶ If you desire support and or education, we are here to help.
- ▶ Common Breastfeeding Issues: Painful latch, Increasing your milk supply, weaning off a nipple shield and or SNS- supplemental nursing system
- ▶ Low or slow weight gain..



SAC Health System

GRETCHEN ANDREWS, IBCLC

Services

SACHS is doing phone calls, texts, Zoom and/or FaceTime consultations and exploring other ways to meet the needs of breastfeeding moms and their babies.

The SACHS lactation clinic is virtual for now, but we're hoping to expand services as soon as it is safe to do so.

We are seeing newborns regularly and have limited morning visits to only children under the age of 2 years who are well so that the newborn exposure is limited. We are also modifying our flow so that babies are brought back right away rather than sitting in the waiting room.

Clinic: (909) 382-7100



Riverside Community Hospital

LACTATION INPATIENT FURLOUGHED

CLINIC CLOSED UNTIL FURTHER NOTIFICATION

Kaiser Fontana

MIA HERNANDEZ, IBCLC

Lactation Outpatient Clinic

- ▶ Open Monday-Friday 8:30am-4:30pm
- ▶ There are no outpatient lactation services at Ontario or Chino
- ▶ Patients should contact the call center at 888-750-0036 to schedule an in-person, video, or phone appointment.
- ▶ It is recommended that parents request the newborn exam to be done at the Fontana location where lactation help is included with the newborn visit all 7 days.



San Bernardino Resources

KANISHA NEAL RD, CLEC

Resources

San Bernardino County WIC Program

www.SBcounty.gov/WIC

1 (800) 472-2321

N/A

Inland Behavioral & Health Services WIC

<https://ibhealth.org/wic-2/>

1 (855) 424-7942

Available to anyone needing services

Public Health Foundation Enterprises WIC for Chino

<https://www.phfewic.org/learn-and-grow/breastfeeding/>

1 (888) 278-6455

Available to anyone needing services

St. Bernardine Medical Center Free Breastfeeding Support

N/A

(909) 881-4420

Available to anyone needing services

Pomona Valley Hospital Breastfeeding Line

N/A

(909) 623-6455

Available to anyone needing services

The Natural Birth Place in San Bernardino

<https://www.naturalbirthplace.com/>

(909) 567-2165

Services available by Zoom, phone, and in-person for special cases. Fee for service

Additional Resources

- ▶ Best Fed Babies Virtual Support. www.virtualbreastfeedinghelp.com Kathleen Pickering IBCLC and Laurie Haessly, MA, RDN, IBCLC
- ▶ San Antonio Regional Hospital in Upland. Healthy Beginning Newborn Feeding Center. 1175 Arrow Hwy, Upland 91786. Monday, Tuesday, Thursday, and Friday from 9am-1pm. First visit is free for anyone who delivers at SARH, 2nd or more visits will be charged \$10 for a weight/jaundice check, or \$20 for an entire lactation assessment with pre and post weights. All other patients are charged \$25/visit. 909.920.6230 https://www.sarh.org/our_services/healthy_beginnings/
- ▶ Corona Regional Lactation Clinic is open. Baby Connection 951-808-6721 and Facebook group is Corona Regional Breastfeeding Support Group
- ▶ Simply Mama for Breast Pump resources
- ▶ Loving Support 24/7 for Riverside County WIC 888-451-2499/951-358-7212(for those outside of the Riverside area)
- ▶ Just Natural Breastfeeding Solutions, Roberta Cervantes BSN, RN, IBCLC. www.justnaturalbreastfeeding.com, 951-394-2087. Accepting Aetna and can provide Super Bill for PPO insurances
- ▶ La Leche League: Facebook group La Leche League Inland Empire. www.lllie.org
- ▶ Kaiser Fontana Education for Prenatal Breastfeeding Class: 909-609-3000. If patients aren't able to get help from the call center, they should call Pediatric RN at 909-427-5203.
- ▶ Redlands Community Hospital Out Patient Perinatal Services 909-793-6330. Free individual lactation Appointment with a IBCLC.
- ▶ Loma Linda Children's Health Birth and Beyond Education Center Support Groups and Classes lomalindababies.org