



Breastfeeding Information and Support

snvbreastfeeding.org

facebook.com/snvbreastfeeding.org

Lactation Specialist in Southern NV

International Lactation Consultant Association

www.ilca.org

Rosemarie Arroyo Casillas, IBCLC

Breastfeeding & CPR classes at Belly Bliss

Private in-home consultations

(702) 592-7673 www.desertperinatalspa.com

Laura Cooper, BA, CLEC, student lactation consultant

Advanced Breastfeeding Support of Las Vegas

www.breastfeedingsupportlv.com

Office: (702) 764-9290 Cell: (702) 321-6712

Phelicia Cyrus, CLC

Next 2 Venus

Private in-home consultations

(702) 500-6559 www.pheliciacyrus.com

Christine Ferguson, RN, ICCE, IBCLC

Sacred Beginnings

(702) 907-7542

Alura Hirsch, CLC, ALC

Vegas Valley Lactation Services

Lactation visits

(702) 483-1666 www.vegasvalleylactation.com

Colette Moore, BSN, RN, IBCLC

Private in-home consultations, prenatal packages

(702) 217-0882 www.lasvegasbreastfeeding.com

Jefferyanna Nelson, CLC

Doula & CLC

(702) 245-9100 www.jefferyanna.com

Jollina Simpson, IBCLC

Private in-home consultations

(702) 524-9705

Autumn Wake, RN, BSN, IBCLC

Advanced Breastfeeding Support of Las Vegas

www.breastfeedingsupportlv.com

Office: (702) 764-9290 Cell: (904) 613-8255

Lisa Weinshenker, RN, BSN, IBCLC

Breastfeeding and Babies, Yeah!

(702) 944-7437 www.breastfeedinglv.com

Keys to Credentials

International Board Certified Lactation Consultant (IBCLC) – most extensive formal lactation education and requires clinical hands on training lactation; has passed an international certification exam and has in continuing education requirements in lactation. Recertifies every 5 years. Educated to handle more complex breastfeeding scenarios.

Advanced Lactation Consultant (ALC)- Completed a 45-hour training and have passed a criterion-referenced examination, and demonstrated the competencies and skills required to provide counseling, requires recertification every 3 years.

Certified Lactation Counselor (CLC) – has successfully completed a one-week course (45 hour) of training and competency verification in breastfeeding and lactation support. Re-certifies every 3 years.

Certified Lactation Educator (CLE) – has successfully completed a one-week course (45 hour) in basic lactation and its management and required post seminar homework.

Certified Lactation Educator Counselor (CLEC) – has successfully completed a 45-hour credit course in basic lactation and its management and required post seminar homework which may include a clinical component.

Bachelors of Science in Nursing (BSN)

Registered Nurse (RN)

Bachelor of the Arts (BA)

International Certified Childbirth Educator (ICCE)

Thank you for Breastfeeding in PUBLIC!

NRS 201.232 Notwithstanding any other provision of law, a mother may breast feed her child in any public or private location where the mother is otherwise authorized to be, irrespective of whether the nipple of the mother's breast is uncovered during or incidental to the breastfeeding. **AB 113** Requires certain employers to make certain accommodations for a nursing mother.



SOUTHERN NEVADA Breastfeeding COALITION



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La Leche League Leaders in Southern NV

La Leche League leaders provide mother-to-mother support, encouragement, and education to pregnant and breastfeeding mothers.

www.lalecheleaguenv.org

- Corrine 702-822-2229
- Kate 702-203-4803
- Jenny 702-340-6970
- Dorothy 702-588-0445

Breastfeeding USA

Breastfeeding Counselors are experienced breastfeeding mothers accredited following completion of a comprehensive breastfeeding education program.

www.breastfeedingusa.org

- Alura 702-250-5506

Breastfeeding Support

A Happy Nest

Postpartum support, Placenta encapsulation, Meal Prep.
(702) 907-NEST (6338) www.ahappynest.net

Angel Breast Pumps

Offering breast pump rentals and discounted sales
(702) 862-6435 www.angelpumps.net

Belly Bliss / Desert Perinatal Associates

Breastfeeding, Infant CPR, Pump rentals, prenatal massage
(702) 597-5158 www.desertperinatalspa.com

Doulas of Las Vegas

Pregnancy & postpartum care, prenatal yoga, lactation
(702) 476-8998 www.doulasoflasvegas.com

St. Rose Barbara Greenspun Women's Care Center

Private consultations, baby weigh station, weekly support group, classes, pump rentals. **Se Habla espanol**
(702) 616-4901. Warmline: (702) 616-4908

Summerlin Hospital Medical Center

Breastfeeding moms group (IBCLC & CLC)
summerlinhospital.com Helpline **(702) 233-7542**

The Healthy Living Institute at UMC

Health and wellness activities & education, car seat classes, senior celebrations, private lactation consults.
(702) 383-7353 www.umcsn.com

Well Rounded Momma

Private consultations, support groups, breastfeeding classes
(702) 478-5080 www.wellroundedmomma.com

Postpartum Support Services

Perinatal Mood and Anxiety Disorders (PMADs) Encompass a range of mental health disorders. *You are not alone.* With help, you will be well. *Speak Up When Down.*

For immediate assistance contact: (702) 970-8580

www.MaternalMentalHealthNOW.org

Gabrielle Kaufman, MA, LPCC, BC-DMT Director

Assistance Programs

DHHS - The Nevada Department of Health and Human Services promotes the health and well-being of its residents through the delivery or facilitation of a multitude of essential services to ensure families are strengthened, public health is protected, and individuals achieve their highest level of self-sufficiency.
www.dhhs.nv.gov

Nurse-Family Partnership

Maria Teresa Johnson, Sr. CHN

(702) 759-0779 to sign up

www.Nursefamilypartnership.org

Nevada Early Intervention Services

1-800-522-0066

Provides services to children birth until three with developmental delay or disabilities, and their families.
This evaluation is free of charge.

Nevada 211

Call for information and referrals to health and human service programs in Nevada

Nevada (PEP) Parents Empowering Parents

702.388.8899 Toll-Free 1.800.216.5188

Nevada PEP is a nonprofit organization that provides information, services and training to Nevada families of children with disabilities.

Nevada WIC

Starting healthy habits, growing brighter futures! WIC provides nutritious foods, nutrition education, breastfeeding support, and referrals to health and other social services to participants at no charge. WIC serves income eligible pregnant, postpartum and breastfeeding women, and infants and children up to age 5 who are at nutrition risk. Visit website for closest WIC clinic and store.
1-800-863-8942 www.nevadawic.org



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Telephone Resources

Breastfeeding Helpline

National Women's Health Information Center provides and locates nursing mother support

www.Womenshealth.gov

Monday – Friday: 9 am – 6 pm (*English and Spanish*)

(800) 994-9662

Infant Risk Center

Up-to-date evidence-based information on the use of medications during pregnancy and breastfeeding

Monday – Friday: 8am – 5pm

(806) 352-2519

Apps

Pacify (free to Nevada WIC participants)- all-inclusive membership that provides on-demand access to a nationwide network of nurses, nutritionists, and lactation consultants who are available for consultation 24/7.

CentraCare Baby (free) – resource to build confidence related to pregnancy, breastfeeding & adjustment to parenting

Coffective (free) – a tool to help pregnant women set and reach their goals

LactMed (free) - database of drugs and dietary supplements that may affect breastfeeding

Breastfeeding Solutions (\$6.99) – a guide to overcoming most common breastfeeding problems

Facebook Groups & Blogs

Best for Babes Foundation

www.facebook.com/BestForBabes

Breastfeeding Aversion Agitation Awareness

www.facebook.com/breastfeedingaversion

Breastfeeding Welcomed Here

www.facebook.com/groups/334407923395646

Blacktating

www.facebook.com/BlacktatingBlog

Breastfeeding Moms Unite!

www.facebook.com/Breastfeeding-Moms-Unite-

Dispelling Breastfeeding Myths

www.facebook.com/DispellingBfMyths

Facebook Groups & Blogs continued

Dysphoric Milk Ejection Reflex

www.facebook.com/DMERORG

For Babies' Sake

www.facebook.com/ForBabiesSake

Historic Photos and Prints of Breastfeeding

www.facebook.com/HistoricBreastfeedingPhotos

IGT And Low Milk Supply Support Group

www.facebook.com/groups/IGTmamas/

Las Vegas Valley Homebirth

www.facebook.com/groups/515057985176333/

Lactation Connection of LV

www.facebook.com/groups/LCofLV/

Mocha Milk

www.mochamilk.blogspot.com

Tongue Tie Babies Support Group

www.facebook.com/groups/tonguetiebabies/

The Leaky B@@b

www.facebook.com/TheLeakyBoob

World Alliance for Breastfeeding Action (WABA)

www.facebook.com/groups/31307243403/about/

Educational Videos

Breastfeeding Medicine of Northeast Ohio

The Basics of Latching & Hand Expression

www.bfmedneo.com

Healthy Families BC

Alternative Feeding Methods for Newborns

www.healthyfamiliesbc.ca/home/articles/video-alternative-feeding-methods-newborns

Stanford Medicine

Breastfeeding Videos

www.med.stanford.edu/newborns/professional-education/breastfeeding.html

Global Health Media

For Mothers & Health Care Workers

www.globalhealthmedia.org/videos/breastfeeding



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Internet Resources

Academy of Breastfeeding Medicine

www.bfmed.org

The Adoptive Breastfeeding Resource

www.fourfriends.com/abr

American Academy of Pediatrics

www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/Breastfeeding/Pages/AAP-Policy-on-Breastfeeding.aspx

American College of Obstetricians and Gynecologists (ACOG)

- www.acog.org/About-ACOG/ACOG-Departments/Breastfeeding/Breastfeeding-Resources
- www.acog.org/About-ACOG/ACOG-Departments/Toolkits-for-Health-Care-Providers/Breastfeeding-Toolkit/Breastfeeding-Frequently-Asked-Questions
- www.acog.org/About-ACOG/ACOG-Departments/Toolkits-for-Health-Care-Providers/Breastfeeding-Toolkit/Physician-Conversation-Guide-on-Support-for-Breastfeeding

Breastfeeding After Breast and Nipple Surgery

www.bfar.org/index.shtml

Breastfeeding and Attachment Parenting twins

www.breastfeedingtwins.tripod.com/MainPages/index.html

Center for Disease Control and Prevention

- www.cdc.gov/breastfeeding
- www.cdc.gov/breastfeeding/pdf/strategy9-addressing-marketing-infant-formula.pdf

Dr. Jack Newman IBCLC

www.breastfeedingonline.com/newman.shtml

Dr. Jay Gordon, MD FAPP

www.drjaygordon.com

Dr. Mercola

www.articles.mercola.com/sites/articles/archive/2013/11/13/breastfeeding-vs-formula-feeding.aspx

Dr. Sears

www.askdrsears.com/topics/feeding-eating/breastfeeding/why-breast-is-best/breastfeeding-benefits-top-bottom

Internet Resources continued

Infant Risk Center ~ Dr. Hale, Texas Tech

www.infantrisk.com

International Baby Food Action Network

www.ibfan.org

Kelly Mom

www.kellymom.com

Lactation Education Resources

www.lactationtraining.com/resources/educational-materials/handouts-parents

Low Milk Supply

www.lowmilksupply.org

Nancy Mohrbacher: Breastfeeding Reporter

www.nancymohrbacher.com

Nevada Breastfeeds

www.nevadabreastfeeds.org

Nursing Freedom

www.nursingfreedom.org

Office of Women's Health

<https://www.womenshealth.gov/files/documents/fact-sheet-breastfeeding.pdf>

phD in Parenting

www.phdinparenting.com

Work and Pump

www.workandpump.com

World Health Organization (WHO)

www.who.int/topics/breastfeeding/en/

Disclaimer

Southern Nevada Breastfeeding Coalition cannot be held liable for the practices of providers listed on our resource page.

It is for informational resource purposes only. If you have concerns about a provider on this listing, please contact us at snvbreastfeeding@gmail.com. Providers listed in this directory, unless otherwise indicated, charge a fee for their services. Some have a sliding scale, and some accept insurances. The credentials listed after their names are listed as the individual requested and described. None have been verified by SNBC.

All licensed health practitioners have additional continuing education requirements to remain current in respective field.

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