



Breastfeeding Information and Support

snvbreastfeeding.org

facebook.com/snvbreastfeeding.org

Lactation Consultants

Rosemarie Casillas, IBCLC

Ra.ibclc@gmail.com (702)592-7673

Laura Cooper, BA, IBCLC, Doula

Advanced Breastfeeding Support of Las Vegas

www.breastfeedingsupportlv.com

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

Lauren Frey, MA, CCC-SLP, IBCLC

www.lv lactation.com

(702) 919-6519

Brittni Lents, BS, IBCLC, ALC

Blents.ibclc@gmail.com (702)530-7665

Colette Moore, BSN, RN, IBCLC

(702) 217-0882 www.lasvegasbreastfeeding.com

Autumn Wake, RN, BSN, IBCLC, CIMI

Advanced Breastfeeding Support of Las Vegas

www.breastfeedingsupportlv.com

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

Lactation Counselors

Fortune Cotten, CBS

Breastfeeding & Me

www.breastfeedingandme.com

Aisha Fanning, CLEC, Doula

Vegas Family Doulas

(702) 907-6378 www.vegasfamilydoulas.com

Kealy Hawk, BSN, RN, CLC

Mama Moo Lactation

(307) 282-0220 www.mamamoolactation.com

Rikki Jenkins, CLC, CLEC, Doula

Rikki the doula Las Vegas Birth Services

(702)741-7570 www.rikkihedoula.com

Jefferyanna Nelson, CLC, Doula

Jefferyanna's Doula Services

(702) 245-9100 www.jefferyanna.com

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 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 Breastfeeding Specialist (CBS)- Completed 90-hour Lactation Consultant Training Program Enriched, have passed a criterion-referenced examination, and demonstrated the competencies and skills required to provide counseling, and breastfeeding and lactation support; requires recertification every 5 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.

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.

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.

Keys to Credentials

International Board Certified Lactation Consultant (IBCLC) – most



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facebook.com/snvbreastfeeding.org

Breastfeeding & Postpartum Support

Angel Breast Pumps

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

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 español* (702) 616-4901. Warm line: (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

Vegas Family Doulas

Postpartum support, Placenta encapsulation, Meal Prep. (702) 907-6378 www.vegasfamilydoulas.com

Virginia Bobro, Child birth educator, Doula

Lactation Visits, Prenatal breastfeeding classes, Birth Story Healing. vbobro@gmail.com www.lasvegasbirth.com

Well Rounded Momma

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

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

Southern Nevada Health District

Nurse Family Partnership and Embracing Healthy Baby are both free home visiting programs. Nurse Family Partnership is for pregnant first time mothers. Clients get assigned their own personal nurse. Embracing Healthy Baby is for pregnant mothers or mothers with infants less than 6 months old. Clients will be paired with a Community Health Nurse and a Community Health Worker. Enrollment in both programs is voluntary and Nurses and/or Community Health Workers provide education, resources and offer free breastfeeding support in the home.

www.southernnevadahealthdistrict.org 702-759-0892

Nevada Division of Public & Behavioral Health

<http://dphh.nv.gov/Programs/MIP/MIP-Home/>

Women, Infants, & Children (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
702-249-0325

www.nevadawic.org
www.itcnwic.org

Nevada WIC Breastfeeding Support

<https://wicbreastfeeding.fns.usda.gov/>

Telephone Resources

Breastfeeding Helpline

Monday – Friday: 9 am – 6 pm (*English and Spanish*)
(800) 994-9662 www.Womenshealth.gov

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

Work Life Law

Free legal hotline for Mothers who are or plan to pump after returning to work. (415) 703-8276

Apps

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

Local Facebook Groups & Blogs

Breastfeeding Welcomed Here

<https://www.facebook.com/BreastfeedingWelcomedHereNV>

Big Latch On-Las Vegas

<https://www.facebook.com/BigLatchOnLasVegas/>

Las Vegas Valley Homebirth

www.facebook.com/groups/515057985176333/

Lactation Connection of LV

www.facebook.com/groups/LCofLV/

Southern Nevada Breastfeeding Coalition

<https://www.facebook.com/snvbreastfeeding.org/>



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SNHD Website:

<http://www.healthysouthernnevada.org/>

Nevada 2-1-1 website:

<https://www.nevada211.org/>

Nevada Equal Rights Commission:

Phone: 775-823-6690

<https://detr.nv.gov/Page?Id=166>

The NERC upholds Title VII and the Nevada Pregnant Workers Act- both which protect mom from discrimination due to pregnancy and pregnancy related (breastfeeding) conditions.

Center for Work Life Law:

<https://www.pregnantatwork.org/pregnant-women-pregnancy/breastfeeding-employees/>

(415) 703-8276; they may offer free legal advice.

Fact sheet tailored to NV law with a number of wonderful suggestions:

<https://www.pregnantatwork.org/wp-content/uploads/Talking-About-Your-Pump-Nevada-Factsheet.pdf>

Sample letter for mom to give to her employer for pumping at work.

A Positive Parenting Practice - Parenting a teen is not easy. Many outside influences distract our youth and add challenges to parenting efforts. Youth need adults who are there for them—people who connect with them, communicate with them, spend time with them, and show a genuine interest in them. A key parental role is helping teens understand that their health and well-being —now and in the future—are not simply a matter of chance, but a matter of choice.

By engaging in positive parenting, parents can help their adolescent make healthy choices.

<https://www.cdc.gov/healthyyouth/protective/positiveparenting.htm>