



SOUTHERN NEVADA Breastfeeding COALITION

Breastfeeding Resources for Southern Nevada

Breastfeeding is a wonderful way to support the growth of your child while nurturing a bond that will last a lifetime. The Southern Nevada Breastfeeding Coalition wants to encourage mothers to breastfeed and has many resources for women who may need some additional support or for moms going back to work or school.

National Breastfeeding Helpline: (800) 994-9662

Web Resources please visit

www.snvbreastfeeding.org

Private In-Home Consultations

Autumn Wake, RN, BSN, IBCLC
(904) 613-8255 awakeLacatation@gmail.com

Rosemarie Arroyo Casillas, IBCLC & LLL Leader
(702) 592-7673 Ra.IBCLC@gmail.com

Amie Norris, IBCLC
(702) 907-5668 Breastfeedinguntangled.com

Zena Gresham, IBCLC
(702) 425-2791 ZtoALactation.com

Laura Cooper, CLC
(702) 907-5668 Earthmotherbaby.com

Phelicia Cyrus, CLC
(702) 907-5668 Earthmotherbaby.com

Keys to Credentials

Certified Lactation Counselor (**CLC**) – has taken a one week course in lactation counseling and passed a post test.

Certified Lactation Educator (**CLE**) – has successfully completed a one week course (40 hour) in basic lactation and its management, and required post seminar homework.

Certified Lactation Educator Counselor (**CLEC**) – has successfully completed a 40-hour credit course in basic lactation and its management, and required post seminar homework which may include a clinical component.

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.

When calling a provider from this list, please indicate that you got their name from this breastfeeding resource directory.

Breastfeeding Support **Se habla español*

* St. Rose Barbara Greenspun Women's Care Center – IBCLCs, private consultations, baby weigh station, weekly support group, classes, pump rentals. (702) 616-4901. Warmline: (702) 616-4908.

* La Leche League of Southern Nevada – Free group mother-to-mother support meetings and free phone or email support. For leader phone numbers and emails, plus a full list of monthly meetings around town, visit www.lalecheleague.org

* Nevada WIC (Women, Infants & Children) – Available for WIC eligible participants only. Breast pumps available. (800) 8-NEV-WIC. www.nevadawic.org/for-families/closest-clinic/

UMC Healthy Living Institute – Offering prenatal classes, free phone help and private consults. 901 Rancho Lane, Suite 180, Las Vegas, NV 89106. (702) 383-2229.

Summerlin Hospital – Offering breastfeeding support groups, free phone helpline (702) 233-7542

Belly Bliss – Offering breastfeeding classes, infant CPR classes, breast pump rentals and prenatal massage. Open Monday to Saturday. 5761 S. Fort Apache Rd, Las Vegas (702) 597-5158. www.desertperinatalspa.com

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