



## Breastfeeding Information and Support

[snvbreastfeeding.org](http://snvbreastfeeding.org)

[facebook.com/snvbreastfeeding.org](https://facebook.com/snvbreastfeeding.org)

### Lactation Specialist in Southern NV

**International Lactation Consultant Association**  
[www.ilca.org](http://www.ilca.org)

**Rosemarie Arroyo Casillas, IBCLC**  
Breastfeeding & CPR classes at Belly Bliss  
Private in-home consultations  
(702) 592-7673 [www.desertperinatalspa.com](http://www.desertperinatalspa.com)

**Laura Cooper, BA, CLEC, student lactation consultant**  
Advanced Breastfeeding Support of Las Vegas  
[www.breastfeedingsupportlv.com](http://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](http://www.pheliciacyrus.com)

**Christine Ferguson, RN, ICCE, IBCLC**  
Sacred Beginnings  
(702) 907-7542

**Zena Gresham, IBCLC**  
Z to A Lactation  
(702) 425-2791 [ZtoALactation@gmail.com](mailto:ZtoALactation@gmail.com)

**Alura Hirsch, CLC, ALC**  
Vegas Valley Lactation Services Lactation visits  
(702) 483-1666 [www.vegasvalleylactation.com](http://www.vegasvalleylactation.com)

**Colette Moore, BSN, RN, IBCLC**  
Private in-home consultations, prenatal packages  
(702) 217-0882 [www.lasvegasbreastfeeding.com](http://www.lasvegasbreastfeeding.com)

**Jefferyanna Nelson, CLC**  
Doula & CLC  
(702) 245-9100 [www.jefferyanna.com](http://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](http://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](http://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](http://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.

- Alura 702-250-5506 [www.breastfeedingusa.org](http://www.breastfeedingusa.org)

### Breastfeeding Support

#### A Happy Nest

Postpartum support, Placenta encapsulation, Meal Prep.  
**(702) 907-NEST (6338)** [www.ahappynest.net](http://www.ahappynest.net)

#### Angel Breast Pumps

Offering breast pump rentals and discounted sales  
**(702) 862-6435** [www.angelpumps.net](http://www.angelpumps.net)

#### Belly Bliss / Desert Perinatal Associates

Breastfeeding, Infant CPR, Pump rentals, prenatal massage  
**(702) 597-5158** [www.desertperinatalspa.com](http://www.desertperinatalspa.com)

#### Doulas of Las Vegas

Pregnancy & postpartum care, prenatal yoga, lactation  
**(702) 476-8998** [www.doulasoflasvegas.com](http://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](http://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](http://www.umcsn.com)

#### Well Rounded Momma

Private consultations, support groups, breastfeeding classes  
**(702) 478-5080** [www.wellroundedmomma.com](http://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](http://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](http://www.dhhs.nv.gov)

### Nurse-Family Partnership

Maria Teresa Johnson, Sr. CHN

**(702) 759-0779** to sign up

[www.Nursefamilypartnership.org](http://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](http://www.nevadawic.org)



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### Telephone Resources

#### Breastfeeding Helpline

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

**(800) 994-9662**

[www.Womenshealth.gov](http://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**

#### WorkLife Law

#### Free legal hotline

Mothers who are or plan to pump after returning to work. **(415) 703-8276**

### 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

**Collective** (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/](http://www.facebook.com/groups/515057985176333/)

#### Lactation Connection of LV

[www.facebook.com/groups/LCofLV/](http://www.facebook.com/groups/LCofLV/)

#### Southern Nevada Breastfeeding Coalition

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

### Facebook Groups & Blogs

#### Best for Babes Foundation

[www.facebook.com/BestForBabes](http://www.facebook.com/BestForBabes)

#### Breastfeeding Aversion Agitation Awareness

[www.facebook.com/breastfeedingaversion](http://www.facebook.com/breastfeedingaversion)

#### Blacktating

[www.facebook.com/BlacktatingBlog](http://www.facebook.com/BlacktatingBlog)

#### Breastfeeding Moms Unite!

[www.facebook.com/Breastfeeding-Moms-Unite-](http://www.facebook.com/Breastfeeding-Moms-Unite-)

#### Dispelling Breastfeeding Myths

[www.facebook.com/DispellingBfMyths](http://www.facebook.com/DispellingBfMyths)

#### Dysphoric Milk Ejection Reflex

[www.facebook.com/DMERORG](http://www.facebook.com/DMERORG)

#### Historic Photos and Prints of Breastfeeding

[www.facebook.com/HistoricBreastfeedingPhotos](http://www.facebook.com/HistoricBreastfeedingPhotos)

#### IGT And Low Milk Supply Support Group

[www.facebook.com/groups/IGTmamas/](http://www.facebook.com/groups/IGTmamas/)

#### Mocha Milk

[www.mochamilk.blogspot.com](http://www.mochamilk.blogspot.com)

#### Tongue Tie Babies Support Group

[www.facebook.com/groups/tonguetiebabies/](http://www.facebook.com/groups/tonguetiebabies/)

#### The Leaky B@@b

[www.facebook.com/TheLeakyBoob](http://www.facebook.com/TheLeakyBoob)

#### World Alliance for Breastfeeding Action (WABA)

[www.facebook.com/groups/31307243403/about/](http://www.facebook.com/groups/31307243403/about/)

### Educational Videos

#### Breastfeeding Medicine of Northeast Ohio

The Basics of Latching & Hand Expression

[www.bfmedneo.com](http://www.bfmedneo.com)

#### Healthy Families BC Alternative Feeding for Newborns

[www.healthyfamiliesbc.ca/home/articles/video-alternative-feeding-methods-newborns](http://www.healthyfamiliesbc.ca/home/articles/video-alternative-feeding-methods-newborns)

#### Stanford Medicine

Breastfeeding Videos

[www.med.stanford.edu/newborns/professiona-l-education/breastfeeding.html](http://www.med.stanford.edu/newborns/professiona-l-education/breastfeeding.html)

#### Global Health Media For Mothers & Health Care Workers

[www.globalhealthmedia.org/videos/breastfeeding](http://www.globalhealthmedia.org/videos/breastfeeding)



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### Internet Resources

#### Academy of Breastfeeding Medicine

[www.bfmed.org](http://www.bfmed.org)

#### The Adoptive Breastfeeding Resource

[www.fourfriends.com/abr](http://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](http://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](http://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](http://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](http://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](http://www.bfar.org/index.shtml)

#### Breastfeeding and Attachment Parenting twins

[www.breastfeedingtwins.tripod.com/MainPages/index.html](http://www.breastfeedingtwins.tripod.com/MainPages/index.html)

#### Center for Disease Control and Prevention

- [www.cdc.gov/breastfeeding](http://www.cdc.gov/breastfeeding)
- [www.cdc.gov/breastfeeding/pdf/strategy9-addressing-marketing-infant-formula.pdf](http://www.cdc.gov/breastfeeding/pdf/strategy9-addressing-marketing-infant-formula.pdf)

#### Dr. Jack Newman IBCLC

[www.breastfeedingonline.com/newman.shtml](http://www.breastfeedingonline.com/newman.shtml)

#### Dr. Jay Gordon, MD FAPP

[www.drjaygordon.com](http://www.drjaygordon.com)

#### Dr. Mercola

[www.articles.mercola.com/sites/articles/archive/2013/11/13/breastfeeding-vs-formula-feeding.aspx](http://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-](http://www.askdrsears.com/topics/feeding-eating/breastfeeding/why-)

[breast-is-best/breastfeeding-benefits-top-bottom](http://breast-is-best/breastfeeding-benefits-top-bottom)

### Internet Resources continued

#### Infant Risk Center ~ Dr. Hale, Texas Tech

[www.infantrisk.com](http://www.infantrisk.com)

#### International Baby Food Action Network

[www.ibfan.org](http://www.ibfan.org)

#### Kelly Mom

[www.kellymom.com](http://www.kellymom.com)

#### Lactation Education Resources

[www.lactationtraining.com/resources/educational-materials/handouts-parents](http://www.lactationtraining.com/resources/educational-materials/handouts-parents)

#### Low Milk Supply

[www.lowmilksupply.org](http://www.lowmilksupply.org)

#### Nancy Mohrbacher: Breastfeeding Reporter

[www.nancymohrbacher.com](http://www.nancymohrbacher.com)

#### Nevada Breastfeeds

[www.nevadabreastfeeds.org](http://www.nevadabreastfeeds.org)

#### Office of Women's Health

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

#### phD in Parenting

[www.phdinparenting.com](http://www.phdinparenting.com)

#### Work and Pump

[www.workandpump.com](http://www.workandpump.com)

#### World Health Organization (WHO)

[www.who.int/topics/breastfeeding/en/](http://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](mailto: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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