



# Jefferson County Infant Feeding Resource Guide during COVID-19



## Lactation and infant/family support

## Apoyo gratuito en español/ Free support in Spanish

### **Mother's Milk Bank**

- Mothers' Milk Bank Baby Café Group is meeting virtually on Google Meet- to join fill out a short form here <https://rmchildren.org/mothers-milk-bank/baby-cafe/>

### **Jefferson County WIC**

- WIC is still open and offers food assistance, nutrition education and breastfeeding support
- Phone/text appts. with lactation consultants available, pumps can be mailed for qualifying families
- WIC serves low-income families who are pregnant, postpartum, and caring for children up to the age of 5
- Call 303-271-5780 if you live in Jeffco or visit [coloradowic.gov](http://coloradowic.gov) to find out if you qualify

### **La Leche League of Lakewood**

- Virtual meetings by Zoom the first Friday and third Saturday of the month. Visit [www.lloflakewood.org](http://www.lloflakewood.org)

### **Lutheran Medical Center**

- Call their Lactation Consultants at 303-425-2286 with questions or to find out about virtual support groups

### **Children's Hospital Breastfeeding Management Clinic**

- Offering appointments with limited hours. Call 720-777-3605 for more info

### **Jeffco Family Navigator**

For information on virtual in-home parenting support and community resources, call 303-239-7054

### **Amaryllis Therapy**

Online infant massage class, lactation consults, Thurs. group [www.amaryllistherapy.net/classes/babies/](http://www.amaryllistherapy.net/classes/babies/)

### **Apoyo gratuito a la lactancia en español/Free lactation support in Spanish**

- Adelante Consejeras de Lactancia para preguntas y recursos de alimentación infantil y crianza  
Adelante Lactation Counselor Warmline for questions on infant feeding and growth
- Línea tibia/Warmline 720-507-7265. En español o inglés/In Spanish and English

### **La hora del bebé/Baby Time:**

- Para padres latinos con niños pequeños y personas embarazadas. Comparta y conéctese para conversar acerca de temas específicos de criar niños pequeños. Inglés y español mezclado  
For Latinx parents who are expecting and with young children. To share and connect around the specific questions and needs of raising little kids. English & Spanish
- Ir a/go to [www.adelantejeffco.org](http://www.adelantejeffco.org)

### **Serie de Educación para el Parto, Cuidado del Bebé y Alimentación Infantil/ Childbirth Education, Baby Care, and Infant Feeding Series:**

- Dos veces a la semana por sólo 40 minutos  
Twice a week for just 40 minutes
- Regístrese en/Register at [www.adelantejeffco.org](http://www.adelantejeffco.org)

**el Navegador de Recursos de Jeffco** llame al 303-239-7054

## Trusted Online Sources

Jefferson County Public Health - local COVID-19 info and community resources  
<https://www.jeffco.us/3999/Coronavirus-Disease-2019-COVID-19> En español [aquí](#)

Colorado Dept. of Public Health & Environment  
<https://covid19.colorado.gov/pregnancy-breastfeeding>

Centers for Disease Control (CDC)  
[www.cdc.gov/coronavirus/2019-ncov/specific-groups/pregnancy-guidance-breastfeeding.html](http://www.cdc.gov/coronavirus/2019-ncov/specific-groups/pregnancy-guidance-breastfeeding.html)

4th Trimester Project  
<https://newmomhealth.com/>

US Breastfeeding Committee - COVID 19 & Infant Feeding  
[www.usbreastfeeding.org](http://www.usbreastfeeding.org)

*The CDC recommends that lactating persons continue to breast/chestfeed and feed their milk to their children during this pandemic. Please visit their website for appropriate recommendations and precautions. If you have further questions please talk to your provider.*



## Key Reminders

- You or baby's caregiver should always wash hands to prepare for any type of feeding.
- If you or baby's caregiver is feeling sick please wash hands and wear a mask while feeding baby. REMEMBER, NO CHILD UNDER AGE 2 SHOULD WEAR A MASK.
- Si usted o el cuidador del bebé se sienten enfermos, lávese las manos muy bien y use una mascarilla mientras alimenta al bebé. RECUERDE, NINGÚN NIÑO MENOR DE 2 AÑOS DEBE USAR UNA MASCARILLA.

## Other Phone Support

**Children's Hospital Free ParentSmart Healthline: Speak with a nurse 24/7**  
720-777-0123 or 1-855-KID-INFO

**Colorado Crisis Services**  
1-844-493-TALK (8255) or text "TALK" to 38255

**CO Child Abuse and Neglect Hotline**  
844-CO-4-Kids

**Postpartum Support International Helpline**  
Call/llame 1-800-944-4773 or text 503-894-9453 (English) 971-420-0294 (Español)