

SAN DIEGO COUNTY BREASTFEEDING COALITION

c/o AAP-CA3

3160 Camino Del Rio South, Suite 101
San Diego, CA 92108



For Additional Copies:
Call: 1-800-371-MILK (6455)
Email:
sdbc@breastfeeding.org
www.breastfeeding.org

2017 BREASTFEEDING RESOURCE GUIDE

BREASTFEEDING HELPLINES *Spanish Spoken

American Red Cross WIC*	(800) 500-6411
Grossmont Hospital Women's Center	(619) 740-4983
Kaiser Permanente Lactation Clinic	(866) 940-2218
La Leche League of San Diego County#	(858) 848-6455
Naval Medical Center San Diego	(619) 532-5261
North County Health Services WIC*	(888) 477-6333
Palomar Health	(760) 796-6802
San Ysidro Health Center WIC*	(888) 942-7942
Scripps Memorial Hospital - Encinitas	(760) 633-7850
Scripps Memorial Hospital - La Jolla	(858) 626-4538
Scripps Mercy Hospital	(619) 260-7098
Scripps Mercy Hospital WIC*	(619) 260-3400
SDSU Foundation WIC*	(888) 999-6897
Sharp Mary Birch Hospital for Women	(858) 939-4127
Tri-City Medical Center	(760) 940-7745
UCSD Medical Center	(858) 249-5727

Spanish (858) 792-5009

BREASTFEEDING AND DRUGS INFORMATION

Mother to Baby California (866) 626-6847

(Mon-Fri, 9am-5pm Pacific Time) <http://www.mothersbabyca.org/>

Thomas Hale's InfantRisk Center: (806) 352-2519

(Mon-Fri, 8am-5pm Central Time) www.infantrisk.org

National Library of Medicine: www.toxnet.nlm.nih.gov

(click on "LactMed")

WORKING AND BREASTFEEDING INFORMATION:

<http://www.breastfeeding.org/advocacy/working-and-breastfeeding-resources/>

NURSING IN PUBLIC RESOURCES:

www.breastfeeding.org AND <http://www.bestforbabes.org>

HOW TO TELL IF YOUR BABY IS GETTING ENOUGH MILK:

Every mother-baby pair is different! That makes it hard to say exactly how your baby should be eating but here are some guidelines:

Signs that your baby is getting enough milk are:

- ☐ One or two periods per day when your baby is alert, bright-eyed, and looking at your face
- A baby who wants to eat every 1-3 hours and is **generally** satisfied between feedings, however--it is common for newborns to "cluster feed" (need to be breastfeeding **very frequently**) for a daily 4-6 hour stretch, often followed by a long period of sleep. This is normal behavior and helps stimulate an ample milk supply as your baby becomes an expert at latching and removing milk.
- ☐ **Breastfeed at least 8 or more times in 24 hours**
- ☐ At least 3-4 wet diapers per day by day 3 of life
- ☐ The normal change in stools over the first 2-5 days of life: meconium (dark green, tarry) to transitional stools (lighter green or brown) to true breastmilk stools (yellow, seedy, or loose). The number of stools will increase each day.

In the first few days, your baby is getting rich, yellow colostrum (first milk).

After 3-5 days, when your milk increases, you will also notice:

- ☐ Your breasts feel full before a feeding and softer afterwards
- ☐ A letdown sensation or milk dripping from the other breast
- ☐ You can hear your baby swallow
- ☐ You can see milk in your baby's mouth
- ☐ The processed product (stool!) coming out the other end!

After the first week, your baby should:

- Breastfeed at least 8-12 times in 24 hours (every 2-3 hrs, "cluster feeding" periods are normal)
- ☐ Breastfeed about 10-20 minutes at each feeding
- ☐ Be happy during and after a feeding
- ☐ Gain about 4-7 oz per week (after a small weight loss the first week)
- ☐ Return to birth weight by 2 weeks of age
- ☐ Have 6 or more pale colored, wet diapers in 24 hours
- ☐ Have 4-12 stools in 24 hours
- ☐ Be alert and bright-eyed for several periods each day

Call your baby's doctor if:

- ☐ Your infant sucks only briefly, very softly or irregularly
- ☐ Your baby is very jaundiced (yellow) and getting more yellow
- ☐ You have severe, constant nipple pain
- ☐ Your baby fights the breast or cries after a minute or two
- ☐ Your baby has fewer than 6 wet diapers a day
- ☐ Your baby has little or no stool, or has dark green mucus stools
- ☐ Your baby seems weak, tired, or not interested in feeding

Sponsored by:

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN™

California Chapter 3 - San Diego and Imperial Counties



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Editor: Heidi Burke-Pevney, IBCLC and Nancy E. Wight MD,
IBCLC, FABM, FAAP; Translation by: Marisa Pardos;
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BREASTFEEDING SUPPORT SERVICES

ABOUT THIS GUIDE

We often assume that breastfeeding is such a natural process that anyone should be able to do it. The truth is, breastfeeding is a learned process for both mother and baby. If challenges do arise they can most often be minimized or managed with skilled help.

Talk to your midwife, doctor, or birth attendants about your plans to breastfeed and find out what kind of breastfeeding support is available at the place and time you give birth. There are a variety of breastfeeding support services that offer information, support, and technical assistance, both before and after your baby is born. This is a guide to those services.

ABOUT THE SAN DIEGO COUNTY BREASTFEEDING COALITION (SDCBC)

The SDCBC is a non-profit 501(c)(3) corporation, licensed in California since 1994, whose mission is to promote, protect and support breastfeeding through education, outreach and advocacy in our community. The SDCBC depends on volunteers, an Executive Director, memberships, donations, conference proceeds, and small grants to complete our various outreach, educational and support projects.

We honor and publicize breastfeeding champions in our community, including workplaces of all types. One of our yearly projects, the **Breastfeeding-Friendly Workplace Awards** needs YOU to nominate worthy businesses that support their breastfeeding employees. We accept nominations until June 1 each year.

Our main fundraising event, the **Liquid Gold Gala**, is held every October as a dinner, awards event, and silent and live auction. Sponsorship opportunities (with credit) are available at many levels and auction donor items are always welcome. We enlist healthcare providers, business and community leaders, local media stars, and many others in a grand party in a lovely venue. The monies raised benefit the work of the SDCBC for the infants, mothers and families of San Diego County.

With grants from **Rest Haven Children's Health Fund**, the SDCBC provides breast pumps and supplies to high risk, underserved families through its **BREAST Program**.

For more information on ALL SDCBC programs and events go to www.breastfeeding.org.

GENERAL RESOURCES

La Leche League of San Diego County (858) 848-6455 (MILK)
www.llofsandiego.com Mother-to-mother support via monthly meetings & phone help countywide at no charge.
La Leche League Helpline: 877-4-LALECHE

WIC (Women, Infants, & Children) PROGRAMS

WIC offices offer classes, support groups, counseling and other services. Ask your local WIC office for details.

American Red Cross WIC Program* (800) 500-6411
www.sandiegowic.org 3950 Calle Fortunada, San Diego, CA 92123

North County Health Services WIC Program: (888) 477-6333
Warm line in Eng & Span, M-F, 7:30am-4:30pm
150 Valpreda Rd, San Marcos, CA 92069
www.nchs-health.org for WIC info and clinic locations

SDSU Research Foundation WIC Program* (888) 999-6897
9210 Sky Park Court, Suite 150, San Diego, CA 921

Scripps Mercy Hospital WIC Program* (619) 260-3400
3660 7th Ave., 2nd floor, San Diego, CA 92103

San Ysidro Health Center WIC Program* (619) 426-7966
1655 Broadway, Suite #18, Chula Vista, 91911

County of San Diego, HHS Maternal, Child, and Family Health Services, Naomi.billups@sdcounty.ca.gov 619-6692-5693

UC San Diego, Extension Lactation Education Programs
(858) 534-9262 Website: <http://extension.ucsd.edu/lactation>,
Email: ucsdlactation@ucsd.edu Lactation Education for individuals who want to become a CLEC (Lactation Educator Counselor), IBCLC (Lactation Consultant) or IBCLCs needing LCERPs. Online and In-Class options available. BRN Credit Available

TONGUE-TIE (ANKYLOGLOSSIA) CLIPPING:

Breastfeeding Fixers

A Breastfeeding practice with Dr. James Murphy and Leilani Wilde, IBCLC, serving all your breastfeeding needs and problems, including lip and tongue tie assessments/releases, complete follow up with breastfeeding and wound care.

We offer a free Breastfeeding Cafe the first Tuesday of every month at our office. Ph:760-533-7953

509 S. Cedros Ave, Suite D, Solana Beach, CA 92075
breastfeedingfixers@gmail.com, breastfeedingfixers.com

Najmeh Hannanvash, DDS, MSD

Pediatric Dentist. American Board of Pediatric Dentistry Diplomate.

Ph. 619-630-4000 www.littlestardentistry.com

Specializing in the treatment of labial and lingual frenotomies (release of lip and tongue ties) for infants, children, teenagers, and adults by use of laser.

On-site IBCLC and CST support various days per/week. Nursing rooms available post-procedure.

5550 Carmel Mountain Road, Suite 200, San Diego, CA 92130

Children's Specialists of San Diego, Division of Otolaryngology/Head & Neck Surgery

<http://www.childrensspecialists.com/body.cfm?id=21&action=detail&ref=17> ; 3030 Children's Way, Suite 402, San Diego, CA 92123;

Phone: (858) 309-7701. Additional clinics in El Centro, Encinitas, Escondido & Murrieta.

Jenna Khoury, DMD

The Brush Stop Pediatric Dentistry

7720 Rancho Santa Fe Rd, Suite 215, Carlsbad CA 92009

Phone: 760-635-5995

Board Certified Pediatric Dentist specializing in lip/tongue-tie release for infants to support breastfeeding families.

BREAST PUMP COMPANIES

Ameda Breastfeeding offers the most safe and effective breast pumps and accessories available to today's modern hospitals, retailers and WIC agencies. To learn more about Ameda products and breastfeeding programs, contact Jeane Shauger at (310) 697-9730 www.ameda.com

Medela, Inc. (800) 435-8316. A long-time champion of breastfeeding, Medela is the only company to develop products based on research by the world's leading lactation experts. <http://www.medelabreastfeedingus.com>

Hygeia II Medical Group, Inc. 714-515-7571

<https://www.hygeiahealth.com/>

Limerick, Inc. 877-546-3742

<https://limerickinc.com/>

PROVIDERS OF BREASTFEEDING (LACTATION) SERVICES

Although listed by address, the sources listed below provide services throughout San Diego County. The credentials listed after their names are listed as the individual requested and have not been verified by the San Diego County Breastfeeding Coalition. The San Diego County Breastfeeding Coalition does not certify or guarantee any services provided. Some breastfeeding services accept insurance and MediCal. Ask when you call. *Spanish spoken

CENTRAL SAN DIEGO/ LA JOLLA/ BEACHES

Beautiful Beginnings (619) 583-1129

www.beautifulbeginnings.org

Referrals for Birth and Postpartum Doulas, Breastfeeding Support, Childbirth and parenting classes, and Birth Doula Trainings.

Healing Connections (619) 794-6771

Teresa Rzesiewicz, RN, BSN, PHN, MBA, IBCLC

trzesiewicz@aol.com Lactation visits and infant massage in your home.

San Diego Breastfeeding Center (619) 606-2211

Robin Kaplan, M.Ed, IBCLC; Anna Choi, BS, IBCLC; Melanie Cromwell, RN, IBCLC; Ali Murray, RN, IBCLC www.sdbfc.com

In-home and in-office private lactation consults; free weekly support groups; prenatal/postpartum breastfeeding classes. Specializes in tongue/lip ties, latch difficulties, milk supply challenges, premature babies, multiples, reflux, etc. Aetna Preferred Provider, authorized Tricare Provider, authorized UCSD Managed Care provider, reduced fee for MediCal.

Serenity Breastfeeding 619-990-6479

Christine Hennes, IBCLC, RLC, CCE

christine@serenitybreastfeeding.com

Nurture-Empower-Teach

Private lactation consults in the comfort of your home.

Experience working with over 15,000 moms & babies.

Visit my website at: www.serenitybreastfeeding.com

The Sweetest Milk (619) 222-1043

Margaret Goebel, IBCLC,RLC www.thesweetestmilk.com

Consultations and breastfeeding support in your home.

Mamas & Milk (858) 218-6455

Dawn Dickerson, M.Ed, IBCLC, RLC CD(DONA), RYT

dawn@mamsandmilk.com www.mamasandmilk.com

Private lactation consults in your home or at our office; prenatal breastfeeding classes; free weekly support groups; prenatal and mama yoga. In-Office consults and Support Groups are held at: 15706 Pomerado Rd. Ste 108, Poway, CA 92064

Breastfeeding Matters

In-home consulting serving Pacific Beach, Ocean Beach, Point Loma and Mission Hills. For help with all breastfeeding matters, in the comfort of your own home, contact Barbara Dodson IBCLC, MSRD, at 408-398-6046 or bedodson1@aol.com

Patty Bell Usher, RD, IBCLC (307)-752-4854

In-home lactation counseling, support and prenatal classes in the South Bay and surrounding areas. Providing the right help at the right time for new moms. www.pattyusheribclc.com
Pbellusher@gmail.com

Sweet Life Lactation (858) 869-7001

Sarah P. Lin, IBCLC sarah@sweetlifelactation.com

In-home lactation consults; group and private prenatal and back to work classes; free drop-in support group.

www.sweetlifelactation.com

North County Birth and Beyond (619) 851-2445

Dianne Randall, IBCLC, LCCE

dianne@northcountybirthandbeyond.com

Breastfeeding consultations in your home or my office. Prenatal breastfeeding classes. Serving central San Diego to Encinitas.

Visit my web site at: www.northcountybirthandbeyond.com

Breastfeeding Consultants of San Diego, LLC (619) 677-2730

Heather Shabestari BS, IBCLC, RLC heather@bfcfsd.com

Provides in-home and in-office lactation consultations; free breastfeeding support groups; breastfeeding classes, knowledgeable in milk supply issues, tongue-tie, poor suck, fussy baby, baby not gaining weight, reflux, milk blister, clogged ducts, etc. Call/email for more information. Accepts Aetna insurance. www.bfcfsd.com

NORTH COASTAL

Babies in Bloom (760) 940-BABY (2229)

Rochelle McLean IBCLC, CCE, CD 1948 Via Centre, Vista, CA 92081 www.babies-in-bloom.com

Rochelle has been supporting breastfeeding families since 1998. Babies in Bloom Birth Center & Boutique offers classes, support and natural products for your baby & family: breastfeeding supplies and accessories (including breast pump and scale rentals), nursing bras and more. We offer breastfeeding classes, free support groups, and personal lactation consultations in our office or your home.

Latching With Love, by Wendy Colson RN, IBCLC

Nurse Wendy has over 20 years experience helping moms and babies; specializing in pre-term and term suck issues, latch difficulties, low milk supply, lip and tongue-tie management; offers private in-home consultations, corporate lactation programs, and a community mentor for nursing and lactation students; Founder of Boobie Bar. ACCEPTS MOST INSURANCES

www.latchingwithlove.com

Best Baby Ever at Whole Life Home Care (858) 369-5930

(619) 507-6108 (cell) www.bestbabyever.org

2235 Encinitas Blvd, #206, Encinitas, CA 92024

Kimberly Loeser-Murphy RN, IBCLC & Karla Grenstad RN, IBCLC Home and Office visits available within 24 hrs. Experienced with insurance reimbursement. All private PPO insurances billed. Authorized TriCare provider. Over 35 years of experience specializing in low milk supply, latch difficulties & pain, tongue/lip tie issues, breast refusal, multiples and preemies, Supportive Holistic Postpartum Care with doulas, nannies and lactation.

Babylove Lactation (858) 324-4180

Alyssa McPherson, IBCLC

www.babylovesandiego.com

www.facebook.com/BabyloveLactation

Supporting San Diego breastfeeding families with in-home consultations and private breastfeeding classes. Aetna In-Network Participating Provider.

NORTH COUNTY INLAND

Breastfeeding with Grace (858) 271-0913

Grace Magill, IBCLC, RLC, LLL graceibclc@gmail.com

Working in the breastfeeding community since 1976, an IBCLC since 2002. Breastfeeding consultations and support in your home or in my home office. Private prenatal breastfeeding classes. Rental of breast pumps, sales of breastfeeding aides. Specializing in tongue and lip tie issues, milk supply issues, latch and suck-related problems, premies and pumping/supplementing and going back to work. breastfeedingwithgrace.com

Carolyn Tompkins, IBCLC (760) 522-6735

www.naturallysimplebaby.com

Breastfeeding Education and Lactation Consultations

EAST COUNTY

Happy Healthy Moms and Babies (619) 992-1933

Rose deVigne Jackiewicz RN, IBCLC

www.NurseRoseOnline.com

Breastfeeding assistance and referrals. Online breastfeeding classes.

Leilani Wilde IBCLC; DONA Trained Labor & Postpartum Doula (619) 922-0808

Specializing in tongue ties, preemies, low /insufficient milk supply. In-home private lactation consults;

leilani@mothersbreastisbest.com

Precious Hours Birth Doula Service

Private lactation consults along with reduced fee breastfeeding clinics. One on one or small group prenatal breastfeeding classes; Breastfeeding Doula and Childbirth Education blog

www.precioushoursdoulaservice.com

SOUTH COUNTY

Family Health Centers of San Diego

Postpartum Education Center (619) 906-4621

1827 Logan Ave. Suite 2, San Diego, CA 92113

Patients enrolled in our Comprehensive Perinatal Services Program (CPSP) receive breastfeeding educational sessions during their pregnancy, and lactation support postpartum throughout 9 sites across San Diego county.

Education & support is given by our team of CLEs and IBCLCs.

HOSPITAL BREASTFEEDING SERVICES

Kaiser Permanente Hospital OB Patient Education (866) 940-2218 (outpatient), 4647 Zion Ave, San Diego, CA 92120.

Breastfeeding classes; consults in office and hospital. Breast pump sales, call (619) 528-5153. Kaiser members ONLY.

Naval Medical Center San Diego (619) 532-6914

34800 Bob Wilson Drive, San Diego, CA 92134-5000.

Breastfeeding classes; office and hospital consults, with help for special needs mothers and infants; staff and client education.

Naval Hospital Camp Pendleton (760) 725-1331

Susan Mojica RN, MSN, 149 Los Padres Dr., Oceanside, CA, 92058

PALOMAR HEALTH LACTATION SERVICES

Prenatal Breastfeeding Classes: Call (800) 628-2880 to register

Outpatient Lactation Services: Breast Pump or Baby Scale

Rental, availability of outpatient lactation consultations, or information on free [Friday Breastfeeding Support Group in Poway](#) call: (858) 613-4053

For info on free [Tuesday Breastfeeding Support Group in Escondido](#) call: (760) 739-2434

Telephone Support Services:

Pomerado (Poway) Lactation Office – (858) 613-4053

Palomar (Escondido) Lactation Office – (760) 739-2434

Please leave a message and Lactation Consultant will return your call during normal business hours

Vista Community Clinic 760-631-5000 x 1070 (Breastfeeding Warm Line), 1000 Vale Terrace, Vista, CA 92084

www.vistacommunityclinic.org , In office lactation consultations before and after birth, in Women's Center and Pediatric Departments. Breastfeeding Support Group Mondays 10-11, Classroom 2.

Rady Children's Hospital San Diego (858) 576-1700 x2531

3020 Children's Way, San Diego, CA 92123. Inpatient lactation consults.

SCRIPPS HEALTH LACTATION SERVICES

Breastfeeding classes and support groups: 1 (800) SCRIPPS

or www.scripps.org

Scripps Memorial Hospital-La Jolla (858) 626-4538

9888 Genesee Ave. La Jolla, CA 92037. Breast pump rentals and sales. Lactation consultations; Mothers Boutique: Open M-F 9:30 – 3:30, Sat. 12PM – 4PM. Breastfeeding support group occurs at Good Samaritan Episcopal Wednesdays 10a-11:30 am.

Scripps Mercy Hospital (619) 260-7098

4077 5th Ave, San Diego, CA 92103. Breastfeeding classes, breast pump rental and sales. Breastfeeding support group occurs Thursdays 2-3 PM

Scripps Memorial Hospital-Encinitas (760) 633-7850

354 Santa Fe Drive, Encinitas, 92024. Breastfeeding classes; Lactation consultations; Nursing Nook: Open daily. Breastfeeding support group occurs at San Dieguito United Methodist Church Fridays 1-2 PM

Scripps Mercy Hospital-Chula Vista (619) 691-7272

435 H Street, Chula Vista, CA 92190. Breast pump rental and sales. Breastfeeding support group occurs at Scripps Well Being Center Mondays 1-2 PM

Vista United Methodist Church (Support Group)

490 South Melrose, Vista, CA 92081. Breastfeeding support group occurs at Wednesdays 1-2 PM

SHARP HEALTHCARE LACTATION SERVICES

Grossmont Hospital Women's Center (619) 740-4983

Breastfeeding support warmline. 5555 Grossmont Center Drive, La Mesa CA 91942. Inpatient and outpatient support services. Breastfeeding support group available every Monday 1-3:30pm and Thursday 9-11:30am; breast pump rentals & sales.

Sharp Chula Vista Medical Center Women's Pavilion

(619) 502-5848, please leave a message. 751 Medical Center Court, Chula Vista, CA 91911

Sharp Mary Birch Hospital for Women & Newborns- New Beginnings Boutique (858) 939-4127 3003 Health Center Drive, San Diego, CA 92123 Inpatient and outpatient support services available. The onsite New Beginnings Boutique provides nursing supplies including breast pump rentals and sales, nursing bras, apparel and breastfeeding accessories. Certified lactation educators are available to answer your breastfeeding questions 7 days/wk. Hours: M-F 9-6, Sat and Sun 9-5. Breastfeeding support groups occur Mondays 3:30-5; Wednesdays and Fridays 2-3:30 pm and NICU Mother's Milk Club Wednesdays 1230 - 1:30 PM. Call for classes and outpatient appointments.

Tri-City Medical Center (760) 940-7745

Breastfeeding support warmline. 4002 Vista Way, Oceanside, CA 92056. Inpatient consults & outpatient clinic services by appointment (free) (760) 940-5500. Childbirth & breastfeeding classes: www.tricitymed.org, Breastfeeding support group every Wednesday 9:15-11:00am.

UCSD Health Systems Lactation Services (858) 249-5727

Jacobs Medical Center 9300 Campus Point Dr. La Jolla Lactation support group Tuesdays 1:00 – 3:00 pm First Floor Conference Room (1-737)

To check support group schedule please reference postpartum care/support group under:

<https://health.ucsd.edu/specialties/obgyn/maternity/EVENTS/Page/default.aspx>

Premature Infant Nutrition Clinic (PINIC)

7910 Frost Street, Suite 350, San Diego, CA 92123

Eyla Boies, MD and Terry Lawson, RN, IBCLC

Assistance in helping premature infants transition to breastfeeding, help to mothers with breastmilk supply issues, evaluate fortified breastmilk feeds and monitor growth. Wednesdays 8am –11 am; call 858 496-4800 for appointments.

<http://health.ucsd.edu/specialties/obgyn/maternity/newborn/nicu/spin/staff/Pages/clinic.aspx>