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 baby's 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
BREASTFEEDING SUPPORT SERVICES

GENERAL RESOURCES

La Leche League of San Diego County (858) 848-6455 (MILK)
www.lllosandiego.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.nchsfh.org for WIC info and clinic locations

SDSU Research Foundation WIC Program* (888) 999-6897
9210 Sky Park Court, Suite 150, San Diego, CA 92123
www.sdsuwic.org

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

PCI’s Healthy Start program provides free in-home prenatal, childbirth, and child development education sessions to eligible families in central and east San Diego. (619) 791-2610 x312; www.pcihealth.org

County of San Diego, HHSA Maternal, Child, and Family Health Services, Naomi Billups at sdcounty.ca.gov (619) 692-5693

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 and Leilani’s Wellness Center Dr. James Murphy and Leilani Songer IBCLC serving all your breastfeeding needs and problems, including lip and tongue tie assessments/releases, complete follow up with breastfeeding and wound care support. We offer a free breastfeeding support group that meets on the first Tuesday of every month at our office. Ph:(760) 533-7953. In-network insurance providers. 2667 Camino Del Rio South, Suite 201, San Diego, CA 92108

Jenna Khoury, DMD
The Brush Stop Pediatric Dentistry
Board Certified Pediatric Dentist specializing in lip/tongue-tie release for infants to support breastfeeding families (760) 635-5995 7720 Rancho Santa Fe Rd, Suite 215, Carlsbad CA 92009

Najmeh Hannanvash, DDS, MSD
Little Star Pediatric Dentistry
American Board of Pediatric Dentistry Diplomate Specializing in treatment of labial and lingual frenectomies (lip and tongue ties) for infants, children, teenagers, and adults with CO2 laser. On-site IBCLC and CST support various days per/week. Several nursing rooms available post-procedure. (619) 630-4000. 5550 Carmel Mountain Road, Suite 200, San Diego, CA 92130 www.littlestardentistry.com

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

Team Tongue Tie
Pediatrician (Alisa Sacker MD), Dentist (Rosanne Berger DDS) and RN/IBCLC (Rachel Beaubier) providing state of the art CO2 laser frenectomies, lactation support, and aftercare. Let us help make breastfeeding more comfortable and effective for our Moms and babies. info@teamtonguette.com www.TeamTongueTie.com 12825 High Bluff Drive, Ste #313, San Diego, CA 92130. Phone: (858) 480-9454

Darshan Dabir DDS, MS
Pediatric Dentist, Diplomate of the American Board of Pediatric Dentistry. A team approach to lip and tongue ties affecting Infants, Children and Teenagers. We partner with an IBCLC and a Speech and Occupational therapist to provide a comprehensive solution. Carlsbad Children’s Dentistry, 3257 Camino de Los Coches, #304, Carlsbad, CA 92009 (760) 633-1131. www.sunnysmilez.com. Email: contact@sunnysmilez.com

Seth M Pransky, MD, Pediatric Otolaryngology, Head and Neck Surgery
Rebecca Cherry, MD, Pediatric Gastroenterologist 8929 University Center Lane, San Diego, CA 92122. Phone: (858) 625-0809 www.pediatricspecialtypartners.com. Dr. Seth Pransky is well known for his assessment and management of nursing/feeding issues related to ankyloglossia and has authored several peer review studies on frenulotomy. Intervention includes lactation consultant and pediatrician input along with concerns for mother and infant well-being and consideration of multiple issues related to successful nursing. rcherry@pediatricspecialtypartners.com Spransky@pediatricspecialtypartners.com

Suppliers 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.

The Sweetest Milk (619) 222-1043
Margaret Goebel, IBCLC, RLC www.thesweetestmilk.com Consultations and breastfeeding support in your home.

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.pattyusheriblc.com Phbellusher@gmail.com

San Diego Breastfeeding Center (619) 606-2211
IBCLC; Debbie Murai, RN, IBCLC; Nicole Kreps, RN, IBCLC

Pump rentals and other breastfeeding supplies. Email: dianne@northcountybirthandbeyond.com

Mamas & Milk (858) 218-6455
Dawn Dickerson, M.Ed, IBCLC, RLC CD(DONA), RYT
dawn@mamsandmilk.com www.mamasandmilk.com

Private Lactation consults in home or in-office; breastfeeding classes, free weekly support groups. Specialize in tongue/lip tie, milk supply issues, premature babies, latch issues, breastfeeding older babies, breast massage for engorgement, plugged ducts, mastitis, etc. Aetna Preferred Provider. Also offer Prenatal Yoga and Birth Story Listening. In-Office consults and Support Groups are held at: 15706 Pomarero Rd. Ste 108, Poway, CA 92064

Breastfeeding Matters (408) 398-6046
Barbara Dodson IBCLC, MSRD bedodson1@aol.com

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.

Sweet Life Lactation (858) 215-3744
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


Laura Wheeler, MSN RN, CPNP, IBCLC (858) 459-4351
Children’s Primary Care Group 7300 Girard Avenue Ste. 106 La Jolla CA 92037. Prenatal and post birth lactation consultation as well as well-baby care with a certified pediatric nurse practitioner. We will bill your insurance. www.cpcmg.net

Kellie Hunziker MPH, RD, IBCLC (760) 580-1907
Breastfeeding help at your home. Private prenatal breastfeeding classes. Pre- and post-natal nutrition counseling. Assistance with pump rentals and other breastfeeding supplies. Email: kelliehunzikerg@gmail.com

Loving Lactation (858) 335-1717
Ginger Krula, IBCLC

Lactation consults including prenatal, latching, building milk supply, tongue/lip tie issues and tools /tips to help your baby breastfeed more easily all in the comfort of your own home. Serving all of San Diego County.
gingerlovinglactation@gmail.com

Breastfeeding Consultants of San Diego, LLC (619) 677-2730
Heather Shabestari BS, IBCLC, RLC heather@bfcosd.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.bfcosd.com

Kimberly Bianco, Lactation Consultant (IBCLC)
“Helping Families to Grow Since 2000”
www.AllYourBabyNeeds.com

What we do: Offer Lactation Services in San Diego, help with all things breastfeeding including: Sore nipples; re-lactating; getting off of formula and back to breastfeeding; weaning off of a nipple shield; breastfeeding during the early weeks; over supply vs. under supply; plugged ducts; mastitis; thrush; weaning; pumping; returning to work; night time challenges; premature babies and multiples. email: kimblyerallyourbabyneeds.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
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. Breastfeeding classes, free support groups, and personal lactation consultations in our office or your home.

Latching With Love, by Wendy Colson RN, IBCLC
Over 21 years’ experience helping moms and babies specializing in pre-term and term suck issues, latch difficulties, low milk supply, lip and tongue-tie management; Out-patient consultations in North County ONLY, 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
2235 Encinitas Blvd, #206, Encinitas, CA 92024.
Valentina Caputo IBCLC, Kimberly Loeser-Murphy RN, IBCLC Home and Office visits available. Experience specializing in low milk supply, latch difficulties & pain, tongue/lip tie issues, breast refusal, multiples and preemies, Supportive Holistic Postpartum Care with doulas and lactation. Holistic Postpartum Care with doulas, nannies and lactation. www.bestbabyever.org

Babylove Lactation (858) 324-4180
Alyssa McPherson, IBCLC
Helping new moms overcome their breastfeeding challenges and meet their breastfeeding goals. Offering in-home consultations and private breastfeeding classes. In-Network with Aetna and United Healthcare PPOs. www.babylovesandiego.com

Willow Pullan Ridenour, M.Ed, RN, IBCLC (415) 939-4673
1948 Via Centre, Vista, CA 92081  www.babies-in-bloom.com

As a nurse, teacher, musician and mom, I will facilitate your breastfeeding journey by empowering you with knowledge, skills and techniques that are tailored specifically to the uniqueness of you and your baby. willowpullanridenour@gmail.com

NORTH COUNTY INLAND

Breastfeeding with Grace (858) 271-0913
Grace Magill, IBCLC , RLC, LLL graceibclc@gmail.com
Working in the breastfeeding community since 1976, IBCLC since 2002. Breastfeeding consultations and private breastfeeding classes. In-home, office and HIPAA secure video feeding support consultations. In-office lymphatic massage for wellness and Reiki sessions are also available.

Expecting-Wellness.com (858) 247-1417
Kara Sunderland, RN, PHN, IBCLC, MLD Wellness Therapist, RM
Offering home, office, and HIPAA secure video feeding support consultations. In-office lymphatic massage for wellness and Reiki sessions are also available.

Best Start Birth Center (619) 299-0840 Office
800-470 BABY (2229) www.beststartbirthcenter.com
Provides education and resources for natural childbirth, WATER BIRTH, lactation and postpartum support.
**EAST COUNTY**

Happy Healthy Moms and Babies (619) 992-1933
Rose deVigne Jackiewicz RN, IBCLC

Precious Hours Birth Doula Service
Private lactation consultations 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 in our Comprehensive Perinatal Services Program (CPSP) receive breastfeeding educational sessions during pregnancy, and lactation support post-partum throughout 9 sites across San Diego county. Education & support is given by CLEs and IBCLCs.

Babies at their Best (619) 838-2494 Babiesattheirbest.com
Reyna Joselevitz (Malke) IBCLC, CCE, Certified HUG teacher.
Helping you understand and feed your baby. Private lactation consults in your home, Prenatal breastfeeding classes, Help with feeding issues. BILINGUAL ENGLISH/SPANISH
malkejg@hotmail.com

**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.
www.NMCSD.med.navy.mil

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 Thursday Breastfeeding Support Group in Poway call (858) 613-4053. For info on free Monday Breastfeeding Support Group in Escondido call (442) 281-3089.

Telephone Support Services:
Pomerado (Poway) Lactation Office – (858) 613-4053
Palomar (Escondido) Lactation Office – (442) 281-3089

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

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 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 11AM-12 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 at San Dieguito United Methodist Church Fri 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 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. Provide nursing supplies including breast pump rentals and sales, nursing bras, apparel and breastfeeding accessories. Certified lactation educators available 7 days/wk. Hours: M-F 9-6, Sat and Sun 9-5. Breastfeeding support groups on Mon 3:30-5; Wed and Fri 2-3:30 pm and NICU Mother’s Milk Club Wed 12:30 - 1:30 PM. Call for classes and appointments.

Tri-City Medical Center (760) 940-7745

**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 Room (1-603)
To check support group schedule please reference postpartum care/support group under: https://health.ucsd.edu/specialties/obgyn/maternity/EVENTS/Pages/default.aspx

Premature Infant Nutrition Clinic (PINC)
Eyla Boies, MD and Terry Lawson, RN, IBCLC

**BREAST PUMP COMPANIES**

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