

SAN DIEGO COUNTY BREASTFEEDING COALITION



2019

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 WIC*	(888) 942-7942
Scripps Memorial Hospital - Encinitas	(760) 633-7850
Scripps Memorial Hospital - La Jolla	(858) 626-4538
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
	*(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 Infant Risk 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")

FOR MORE BREASTFEEDING RESOURCES VISIT US AT
www.breastfeeding.org OR CALL 1-800-371-MILK (4655)

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:

In the first few days, your body delivers small amounts of rich, yellow colostrum (first milk) to your baby. This is all your baby needs.

Ways to make sure your baby is getting enough milk:

- **In the first 24 hours**, attempt to breastfeed every 3 hours and practicing skin to skin
- **In the second 24 hours**, follow your baby's hunger cues. "Cluster feeding" (feeding very frequently, possibly every 1-3 hours). This is normal behavior and helps stimulate an ample milk supply as your baby becomes an expert at latching and removing milk
- **In days 3 to 5** (48 to 120 hours after baby was born):
 - Continue to breastfeed at least 8 or more times in 24 hours
 - Seeing an increase in wet and dirty diapers to 3-5 or more
 - It is common your milk increases at this time. You may notice:
 - Your breasts feel fuller before a feeding and soften after a feeding
 - You can hear your baby swallow
 - You can see milk in your baby's mouth

The normal change in stools over the first 2-5 days of life: meconium (black, tarry) to transitional stools (dark green or brown) to true breastmilk stools (yellow, seedy, or loose).

After the first week, your baby should:

- Breastfeed at least 8-12 times in 24 hours (every 2-3 hours, "cluster feeding" periods are normal)
- Breastfeed about 10-20 minutes at each feeding
- Be content during and after a feeding
- Gain about 4-7 oz per week (after a small weight loss of no more than 10% in term newborns the first week)
- Return to birth weight by 2 weeks of age
- Have 6 or more wet and dirty diapers in 24 hours

Call your baby's doctor if:

- Your infant sucks only briefly or very softly
- Your baby's skin or white parts of the eyes are 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 and dirty diapers a day
- Your baby has little or no stool, or has dark green mucus stools after 1st week of life
- Your baby seems weak, tired, or not interested at most feedings

Created by: San Diego County Breastfeeding Coalition
Edited by: Abigail Carandang, Administrative Coordinator

The San Diego County Breastfeeding Coalition is a nonprofit association driven by the mission to protect, promote, and support breastfeeding through education, outreach, and advocacy in our community. As a 501(c)(3) organization, we rely on our generous donors, sponsors, members and volunteers to continue our mission for thousands of families across San Diego County. If you would like to make a contribution, please visit our website at www.breastfeeding.org

HOSPITAL BREASTFEEDING SERVICES

Kaiser Permanente Hospital OB Patient Education (866) 940-2218 (outpatient) Breastfeeding classes; consults in office and hospital. Breast pump sales, call (619) 528-5153. Kaiser members ONLY. 4647 Zion Ave, San Diego, CA 92120

Naval Medical Center San Diego (619) 532-6914 Breastfeeding classes; office and hospital consults, with help for special needs mothers and infants; staff and client education. 34800 Bob Wilson Drive, San Diego, CA 92134-5000.
www.NMCSd.med.navy.mil

Naval Hospital Camp Pendleton (760) 725-1331 Weekly support groups. IBCLC on staff. 200 Mercy Circle, 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

Scripps Health Lactation Services Breastfeeding classes and support groups: 1-800-SCRIPPS or www.scripps.org

Scripps Memorial Hospital-La Jolla (858) 626-4538 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. 9888 Genesee Ave. La Jolla, CA 92037

Scripps Mercy Hospital (619) 260-7098 Breastfeeding classes, breast pump rental and sales. Breastfeeding support group occurs Thursdays 11AM-12 PM. 4077 5th Ave, San Diego, CA 92103

Scripps Memorial Hospital-Encinitas (760) 633-7850 Breastfeeding classes; Lactation consultations; Nursing Nook; Open daily. Breastfeeding support group at San Dieguito United Methodist Church Fri 1-2 PM. 354 Santa Fe Drive, Encinitas, 92024

Scripps Mercy Hospital-Chula Vista (619) 691-7272 Breast pump rental and sales. Breastfeeding support group occurs at Scripps Well Being Center Mondays 1-2 PM. 435 H Street, Chula Vista, CA 92190

Vista United Methodist Church (Support Group) Breastfeeding support group occurs at Wednesdays 1-2 PM. 490 South Melrose, Vista, CA 92081

Sharp Healthcare Lactation Services

Sharp Grossmont Women's Center (619) 740-4983 Breastfeeding support warmline. Breastfeeding support group available Mondays 1-3:30pm and Thursdays 9-11:30am with experienced RN lactation consultants; Breast pump rentals and sales along with limited nursing supplies available for purchase. 5555 Grossmont Center Drive, La Mesa, CA 91942

Sharp Chula Vista Medical Center Women's and Infant's Services (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 Staffed by lactation educators we offer breastfeeding support 7 days/week. Variety of nursing supplies including breast pump and baby weigh scale rentals, nursing bras and clothes and much more. Hours: M-F: 9am -6pm, Sat & Sun 9am-5pm. Breastfeeding support groups M: 3:30 – 5pm; W & F: 2 – 3:30pm & NICU Mother's Milk Club W: 12:30 – 1:30 pm. Call for information on outpatient services. 3003 Health Center Drive, San Diego, CA 92123

Tri-City Medical Center (760) 940-7745 Breastfeeding support warmline. Inpatient consults & outpatient clinic services by appointment (free) (760) 940-5500. Childbirth & breastfeeding classes: www.tricitymed.org. Breastfeeding support group every Wednesday 11 AM – 12:30 PM. 4002 Vista Way, Oceanside, CA 92056

UCSD Health Systems Lactation Services (858) 249-5727 Jacobs Medical Center 9300 Campus Point Dr. La Jolla Lactation support group: Monday 1:00 – 3:00 pm 9435 Modular Building Room 1-101 (except for federal holidays) Please utilize "stork" valet parking on the west side of Jacobs Medical Center, same price a self parking <https://health.ucsd.edu/specialties/obgyn/maternity/EVENTS/Pages/default.aspx>

Premature Infant Nutrition Clinic (PINIC) Eyla Boies, MD and Terry Lawson, RN, IBCLC Assistance in helping premature infants transition to breastfeeding, help mothers with breastmilk supply issues, evaluate fortified breastmilk feeds and monitor growth. Thursdays 9 am-1 pm; call (858) 496-4800 for appointments. 7910 Frost Street, Suite 350, San Diego, CA 92123. <http://health.ucsd.edu/specialties/obgyn/maternity/newborn/nicu/spin/staff/Pages/clinic.aspx>

Vista Community Clinic 760-631-5000 x 1070 (Breastfeeding Warm Line) In-office lactation consultations before and after birth, in Women's Center and Pediatric Departments. Breastfeeding Support Group Mondays 10-11, Classroom 2. 1000 Vale Terrace, Vista, CA 92084. www.vistacommunityclinic.org

Rady Children's Hospital San Diego (858) 576-1700 x2531 Inpatient lactation consults. 3020 Children's Way, San Diego, CA 92123

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 Referrals for Birth and Postpartum Doula, Breastfeeding Support, Childbirth and parenting classes, and Birth Doula Trainings.
www.beautifulbeginnings.org

Healing Connections Teresa Rzesiewicz, RN, BSN, PHN, MBA, IBCLC (619) 794-6771 trzesiewicz@aol.com Lactation visits and infant massage in your home.

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

Patty Bell Usher, RD, IBCLC (307) 752-4854 Pbellush-er@gmail.com 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

Serenity Breastfeeding Christine Hennes, IBCLC, RLC, CCE (619) 990-6479 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

San Diego Breastfeeding Center *Robin Kaplan, M.Ed, IBCLC; Melanie Cromwell, RN, IBCLC; Anna Choi, BS, IBCLC; Debbie Murai, RN, IBCLC, Nicole Kreps, RN, IBCLC, Mahea Buckler, RN, IBCLC; Sophie Talke, OTL/R, IBCLC; Michelle Clookie, IBCLC* (619) 724-4117 Offices located in La Mesa and Encinitas, serving all of San Diego County 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 PPO Preferred Provider, authorized Tri-care Provider, authorized UCSD Managed Care provider, reduced fee for MediCal. www.sdbfc.com

Mamas & Milk *Dawn Dickerson, M.Ed, IBCLC, RLC CD(DONA), RYT* dawn@mamsandmilk.com Private Lactation consults in-home or in-office; free weekly support groups. Specialize in tongue/lip tie, milk supply issues, premature babies, latching issues, breastfeeding older babies, breast massage for engorgement, plugged ducts, mastitis, etc. Accept Aetna Preferred and UCSD Managed Care Insurances. Also offer Baby Moves Yoga, Prenatal Yoga and Birth Story Listening. Classes and Support Groups are held at: RISE Prime Wellness, 5550 Carmel Mountain Rd, Ste 208, San Diego, 92130 www.mamasandmilk.com

Breastfeeding Matters *Barbara Dodson IBCLC, MSRD* (408) 398-6046 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.

North County Birth and Beyond *Dianne Randall, IBCLC, LCCE* (619) 851-2445 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

Laura Wheeler, MSN, 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

Breastfeeding Consultants of San Diego, LLC *Heather Shabestari BS, IBCLC, RLC* (619) 677-2730 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

Best Start Birth Center (619) 299-0840 Office 800-470 BABY (2229) Provides education and resources for natural childbirth, WATER BIRTH, lactation and postpartum support. 3630 Enterprise Street, San Diego, CA 92110 www.beststartbirthcenter.com

All Your Baby Needs Lactation Services *Kimberly Bianco, IBCLC* (619) 838-7267 kimberly@allyourbabyneeds.com "Helping Families to Grow Since 2000" 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. www.AllYourBabyNeeds.com

NORTH COASTAL

Latching With Love *Wendy Colson RN, IBCLC* Over 22 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

Babies in Bloom *Rochelle McLean IBCLC, CCE, CD* (760) 940-BABY (2229) 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). Breastfeeding classes, free support groups, online support and personal lactation consultations in our office or your home. 1948 Via Centre, Vista, CA 92081 www.babies-in-bloom.com

Best Baby Ever at Whole Life Home Care *Valentina Caputo IBCLC, Heidi Burke-Pevney IBCLC, Kimberly Loeser-Murphy RN, IBCLC* (858) 369-5930 In 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 and lactation. 2235 Encinitas Blvd, #206, Encinitas, CA 92024 www.bestbabyever.org

Willow Pullan Ridenour, M.Ed, RN, IBCLC (415) 939-4673 willowpullanridenour@gmail.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.

NORTH COUNTY INLAND

Breastfeeding with Grace *Grace Magill, IBCLC, RLC, LLL* (858) 271-0913 graceibclc@gmail.com Working in the breastfeeding community since 1976, 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. Specialized in tongue and lip tie issues, milk supply issues, latch and suck-related problems, preemies and pumping/supplementing and going back to work. breastfeedingwithgrace.com

Del Sur Prenatal, Breastfeeding and Postpartum Support Group *Maren McCabe, BSN, RN, IBCLC* (415) 792-9508 mmc-cabe317@gmail.com Every Thursday at 10AM. Call/Email/Facebook us for address. All meetings are accompanied by 4 facilitators - RN/IBCLC, Labor & Delivery RN, Postpartum Doula who has special emphasis on postpartum Mental Health and mood disorders and a baby wearing expert. A scale is present for weighted feeds and meeting place is "toddler friendly" for older siblings. Join our Facebook page for continuous support!

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

EAST COUNTY

Happy Healthy Moms and Babies *Rose deVigne Jackiewicz RN, IBCLC* (619) 992-1933 Breastfeeding assistance and referrals. Online breastfeeding classes. www.NurseRoseOnline.com

SOUTH COUNTY

Family Health Centers of San Diego Postpartum Education Center (619) 906-4621 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. 1827 Logan Ave. Suite 2, San Diego, CA 92113.

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

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/community-resources/wic/ for WIC info and clinic locations

SDSU Research Foundation WIC Program* (888) 999-6897
9210 9245 Sky Park Court, Suite 230, San Diego, CA 92123

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

San Ysidro Health 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 San Diego, with a focus on African American and immigrant communities. (619) 791-2610 x301; www.pciglobal.org

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

UC San Diego Extension, Lactation Education Program (858) 246-2312 ucsd lactation@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. <http://extension.ucsd.edu/lactation-programs>

Mayo Chiropractic: A Center for Life Dr. Emily Mayo DC specializes in pediatric/prenatal care and is Webster Certified. She helps to make sure that mom and baby are balanced to optimize breastfeeding. If babies cranial bones or upper neck are misaligned it can affect latch and comfort level leading to feeding difficulty. Let us help make breastfeeding more comfortable and effective. MayoChiropractic@gmail.com Phone: (715)-574-1810 www.MayoChiropractic.com 2180 Garnet Ave. Ste.3D San Diego

TONGUE-TIE (ANKYLOGLOSSIA) CLIPPING

Little Star Pediatric Dentistry Najmeh Hannanvash, DDS, MSD American Board of Pediatric Dentistry Diplomate Specializing in treatment of labial and lingual frenectomies (lip and tongue ties) for all ages with CO2 laser. On-site IBCLC and CST support available. Several nursing rooms available post-procedure. One of few "preferred-providers" in California. (619) 630-4000. www.littlestardentistry.com 5550 Carmel Mountain Road, Suite 200, San Diego, CA 92130

Team Tongue Tie Pediatrician/IBCLC (Alisa Sacker MD), Dentist/CLE, UCSD lactation student (Rosanne Berger DDS) and RN/IBCLC (Rachel Beaubier) providing state of the art CO2 laser frenectomies for babies, kids, and adults; full time lactation support, and extensive aftercare follow up care included. Free lactation support group on Thursdays, 12pm-1pm. Let us help make breastfeeding more comfortable and effective for our Moms and babies. info@teamtonguetie.com Phone: (858) 480-9454 www.TeamTongueTie.com, 12625 High Bluff Drive, Ste #313, San Diego, CA 92130.

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 both Board-Certified Lactation Consultants: Heidi Burke-Pevney, IBCLC and Willow Pullan Ridenour, M.Ed, RN, IBCLC; and a Speech and Occupational Therapist to provide a comprehensive solution. Our office hosts a free breastfeeding support group on the first Friday of every month from 11:30 AM - 1:00 PM at Carlsbad Children's Dentistry, 3257 Camino de Los Coches, #304, Carlsbad, CA 92009 contact@sunnysmilez.com (760) 633-1131 www.sunnysmilez.com

Seth M Pransky, MD, Pediatric Otolaryngology, Head and Neck Surgery **Rebecca Cherry, MD, Pediatric Gastroenterologist** 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. 8929 University Center Lane, San Diego, CA 92122. Spransky@pediatricspecialtypartners.com rcherry@pediatricspecialtypartners.com Phone: (858) 625-0809 www.pediatricspecialtypartners.com

The Brush Stop Pediatric Dentistry Jenna Khoury, DMD 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

BREAST PUMP COMPANIES

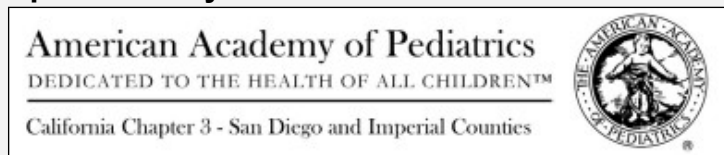
Hygeia Breast Pumps Please visit www.hygeiahealth.com or call (855) 786-7296 to learn more about our award-winning, hospital-grade performing, closed system breast pumps that are offered at no cost through insurance for eligible patients.

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>

To print additional copies, you can find the guide on our website at www.breastfeeding.org/resourceguide/

c/o AAP-CA3 3160 Camino Del Rio S. Suite 101, San Diego, CA

Sponsored by:



To view these resources on your mobile device, download the MothersMilk app from our partners at San Diego Mother's Milk Bank.