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
- Your baby seems weak, tired, or not interested at most feedings
- Your baby’s skin or white parts of the eyes are very jaundiced
- Your baby has little or no stool, or has dark green mucus stools after 1st week of life
- 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 more than 10% in term newborns the first week
- Your baby seems weak, tired, or not interested at most feedings
Scripps Health Lactation Services Breastfeeding classes and support groups: 1-800-SCRIPPS or www.scripps.org

Scripps Memorial Hospital-La Jolla (858) 626-4538 Mothers Boutique open M-F 9:30 – 3:30, Sat. 12-4PM. Breastfeeding support group at Good Samaritan Episcopal Wed 10-11:30 am. 9888 Genesee Ave. La Jolla, CA 92037

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

Scripps Memorial Hospital-Encinitas (760) 633-7850 Breastfeeding support group at San Diego United Methodist Church Fri 1-2 PM. 354 Santa Fe Drive, Encinitas, 92024

Scripps Mercy Hospital-Chula Vista (619) 691-7272 Lactation helpline 619-691-7212 (Eng/Span), Breastfeeding support group (Eng/Span) at Hospitalist Conference room, Fridays 11am-12 am .435 H Street, Chula Vista, CA 92190

Scripps Well Being Center-Chula Vista, Breastfeeding support group (Eng/Span) Mondays 1-2 PM. 237 Church Ave. Chula Vista, CA 91910

Vista United Methodist Church Breastfeeding support group Wed 1-2 PM. 490 South Melrose, Vista, CA 92081

Palomar Health Lactation Services Prenatal Breastfeeding Classes: Call (800) 628-2890 to register Outpatient Lactation Services: Breast Pump or Baby Scale Rental, availability of outpatient lactation consultations. Free Thursday Breastfeeding Support Group in Poway call (858) 613-4053.

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

Premature Infant Nutrition Clinic (PINC): Assistance in helping premature infants transition to breastfeeding, help mothers with breastmilk supply issues, evaluate fortified breastmilk feeds and monitor growth. Thursdays 9am-1 pm: Call (858) 496-4800 for appointments. 7910 Frost Street, Suite 350, San Diego, CA 92123.

North County Health Services (760) 736-6767 We have 13 health clinic locations to make it easier to get affordable healthcare in North County San Diego. www.nchhs-health.org/

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

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

Sharp Healthcare Lactation Services

Sharpe Grossmont Women’s Center (619) 740-4983 Breastfeeding support warmline. Breastfeeding support group available Mon 1-3:30pm and Thurs 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) 502-8848, 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 Offer breastfeeding support 7 days/week. Variety of 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 groups Mon: 3:30-5pm: Wed & Fr: 2 – 3:30pm & NICU Mother’s Milk Club Wed: 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 warmline. Inpatient consultations & outpatient clinic services by appointment (free) (760) 940-5500. Childbirth & breastfeeding classes: 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.

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. 1000 Vale Terrace, Vista, CA 92084. www.vistacommunityclinic.org

PROVIDERS OF BREASTFEEDING (LACTATION) SERVICES

Although listed by address, the sources listed below may 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

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

Best Milk LLC- (619) 393-9307 Jen Peters, MSN, RN, IBCLC & Michelle Snyder, MS, RD, IBCLC - offers a unique spin on lactation consulting by providing personalized in home and virtual infant feeding and 4th trimester support. Jen will be by your side offering evidence-based advice, manageable and concise feeding plans, and unwavering support in finding the BEST milk for you and your baby. www.yourbestfeeding.com contact@yourbestfeeding.com, 

Breastfeeding Consultants of San Diego, LLC Heather Shabestan BS, IBCLC, RLC (619) 677-2730 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. heather@bfcfcsd.com www.bfcfcsd.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.beststartbirthingcenter.com

Mamas & Milk Dawn Dickerson, M.Ed, IBCLC, RLC CD(DONA), RYT, Carlee Rivera-Sims, IBCLC Private Lactation consults in-home or in-office; free weekly support groups. Specialize in milk supply issues, premature babies, latching issues, mastitis and more. Accept Aetna Preferred and UCSD Managed Care Insurances. 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 858-218-6455

Mother to Mother Midwifery is a group practice that consists of 4 midwives who provide education, resources and support for natural childbirth, home birth, water birth, lactation, postpartum care and well-woman care. Also host a weekly Mothering and Breastfeeding Support Group, led by our midwives and CLEC.
students. Breastfeeding supplies are sold at our office, including Legendary Milk products. Office (619)220-8189; On-Call Midwife (619)297-2229; 1816 Howard Ave, San Diego, CA, 92103 www.mothertomothermidwifery.com

North County Birth and Beyond Dianne Randall, IBCLC, LCCE (619) 851-2445 dianne@northcountymbirthandbeyond.com Breastfeeding consultations in your home or my office. Prenatal breastfeeding classes. Serving central San Diego to Encinitas. Visit my web site at: www.northcountymbirthandbeyond.com

San Diego Breastfeeding Center Robin Kaplan San Diego Breastfeeding Center (619) 724-4117. 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 and more. Aetna PP0 Preferred Provider, authorized Tricare Provider, authorized UCSD Managed Care provider, reduced fee for MediCal.

www.sdbfc.com

Serenity Breastfeeding (619) 990-6479. Christine Hennes, IBCLC christine@serenitybreastfeeding.com Nurture-Empower-Teach Lactation consults in the comfort of your home. More than 20 years experience working with over 15,000 families. Specializing in correct latch, also knowledgeable in lip/tongue tie issues, and milk supply concerns, and clogged ducts. Go to my website to view appointment availability and also to self-schedule a consultation. www.serenitybreastfeeding.com

Children’s Primary Care Group 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

Laura Wheeler MSN CPNP IBCLC (628) 459-4351, 4150 Regents Park Row #355 La Jolla CA 92037

Nicolle Kastner MSN CPNP IBCLC (760) 547-1010, 3605 Vista Way #130, Oceanside CA 92056

NORTH COASTAL

Babies in Bloom Rochelle McLean IBCLC, CCE, CD Supporting breastfeeding families since 1996. (760) 940-BABY (2229) 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

Latching With Love Wendy Colson RN, IBCLC Over 23 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/Boobie Body. 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, Heidi Burke-Pevney IBCLC. Kimberly Looser-Murphy RN, IBCLC In Home and Office visits available. Experience specializing in low milk supply, latch difficulties & pain, tongue/lip tie issues, breast refusal, multiplets and prememies. Supportive Holistic Postpartum Care with doula and lactation. www.bestbabievery.org

NORTH COUNTY INLAND

Breastfeeding with Grace Grace Magill, BS, IBCLC, RLC, LLL (858) 271-0913 grace@babiesathome.com In breastfeeding field since 1976. IBCLC since 2002. Breastfeeding consultations in your home or my home office. Prenatal breastfeeding classes, Free support group Weds 10-11AM at Angelika Theater Carmel Mtn. All breastfeeding aides. Specializations: Tongue/lip-tie, supply issues, latch, suck problems, pumping, supplementing, back to work. www.breastfeedingwithgrace.com

Expecting Wellness Kara Sunderland, BSN, RN, PHN, IBCLC, MLD Therapist Expecting-Wellness.com (858) 247-1417 UCSD Managed Care Provider, Aetna Provider, and Fee-For-Service Provider. I offer comprehensive infant feeding support services and lymphatic treatments to reduce pain and swelling.

Kellie Hunziker MPH, RD, IBCLC 760-580-1907 kelliehunziker@gmail.com Breastfeeding consultation in the comfort of your home. Also, private prenatal breastfeeding classes, nutritional counseling, and assistance with pump rentals and other breastfeeding supplies. Breastfeedinghelpathome.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.

*Babies at their Best Reyna Joselevitz (Malke) IBCLC, CCE, Certified HUG teacher (619) 838-2494 malkejg@hotmail.com BILINGUAL ENGLISH/SPANISH Babiesattheirbest.com

Littles Lactation Nutritionist. Erin Jackson RD, IBCLC (619) 243-9627, erinnejackson@gmail.com Providing online breastfeeding and nutrition courses and consultations.

TONGUE-TIE (ANKYLOGLOSSIA) ASSESSMENT

Seth M Pransky, MD, Pediatric Otalaryngology Head and Neck Surgery Dr. Pransky has authored multiple peer-reviewed studies on ankyloglossia (tongue-tie) His well-known comprehensive evaluation of nursing problems includes a complete medical exam, input from the lactation consultant and pediatrician, along with maternal concerns. If appropriate, a frenulotomy is done to achieve successful nursing; www.pediatricspecialtypartners.com Phone: (868) 625-0809 Spransky@pediatricspecialtypartners.com 8929 University Center Lane, San Diego, CA. 92122.

Team Tongue Tie Alisa Sacker Pediatrician/IBCLC, Rosanne Berger, Dentist/IBCLC, Jarrah Foster IBCLC are providing state of the art CO2 laser frenectomies for babies, kids, and adults; lactation support and extensive aftercare follow up care included. Let us help make breastfeeding more comfortable and effective for our Moms and babies. info@teattonguecom Phone: (858) 480-9454, www.TeamTongueTie.com 12625 High Bluff Drive, Ste #313, San Diego, CA 92130.

Jean Chan DDS & Associates is a well-established private practice with Board Certified pediatric dentists that specialize in the release of lip and tongue-ties with a leading-edge CO2 laser and cold laser therapy for optimum healing. We have over 25 years of experience and offer FREE after care visits. NO INSUR-ANCE, NO PROBLEM- WE OFFER A MEMBERSHIP PLAN. (619) 579-2363 www.healthygums.com 260 E Chase Ave #101 El Cajon, CA 92020

Children’s Dentistry, Diplomate of the American Board of Pediatric Dentistry. A team approach to lip and tongue ties affecting Infants, Children and Teenagers. We partner with Board-Certified Lactation Consultants and Speech and Occupational Therapists to provide a comprehensive solution.

Carlsbad Children’s Dentistry: 3257 Camino de los Coches. #304, Carlsbad, CA 92009. contact@sunnymilez.com (760) 633-1131 www.sunnySmilez.com AND Children’s Dentistry of San Diego: 10717 Camino Ruiz, #103, San Diego, CA 92126 www.starrySmilez.com (858) 536-1111 contact@starrySmilez.com
### GENERAL BREASTFEEDING RESOURCES

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

**PCI’s Healthy Start** provides free in-home prenatal, childbirth, breastfeeding and parenting education to eligible families (including Dads!) in San Diego, with a focus on African American and immigrant communities. English, Spanish, Somali, French, and Haitian Creole speaking staff are available.  
(619) 791-2610 x301; www.pciglobal.org

**Nurturely** Free online prenatal lactation education for expectant parents and health professionals. Download and follow along from the comfort of your home. Advocacy to promote acceptance of breastfeeding in public -for a small donation, order your “thank you for breastfeeding in public” cards. Follow us on social media @nurturely. nurturely.org/

**WIC (Women, Infants, & Children) PROGRAMS**  
WIC offices offer classes, support groups, counseling and other services. 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

### BREAST PUMP COMPANIES

**Unimom** is dedicated to increasing breastfeeding rates. We strive for a goal of “70/24” (70% of mothers breastfeeding for 24 months). Unimom supports breastfeeding moms through sales of our quality products which allows us to allocate at least 5% of our profits to supporting breastfeeding. Visit us at www.unimomus.com, or call (954) 858-5588.

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

**Motif Medical** makes breast pumps and maternity compression garments covered by insurance. Qualify for desktop and portable breast pumps, pregnancy support bands and postpartum recovery support garments at motifmedical.com/insurance.

### BREASTFEEDING SUPPORT GROUPS IN SAN DIEGO COUNTY

Our vision is that every breastfeeding family will have access to the information, resources and community support necessary to breastfeed for as long as mother and child wish. Visit our website for the most current information on breastfeeding support groups in your area: [https://www.breastfeeding.org/supportgroups/](https://www.breastfeeding.org/supportgroups/)

### BREASTFEEDING-FRIENDLY CHILDCARE IN SAN DIEGO COUNTY!

Did you know many childcare providers in San Diego County are dedicated to supporting your decision to breastfeed? Breastfeeding-Friendly San Diego partners don’t just tolerate breastfeeding – they go out of their way to wholeheartedly support it. The Breastfeeding-Friendly San Diego program works with childcare providers to create breastfeeding-friendly environments and practices.

**Find a designated BFSD childcare near you:** If you’ve decided to breastfeed or are still considering your options, be sure to seek out breastfeeding-friendly child-care providers. Your childcare provider’s support will be an important part to meeting your breastfeeding goals.  
[https://www.breastfeeding.org/breastfeeding-friendly-sites/](https://www.breastfeeding.org/breastfeeding-friendly-sites/)

**Find additional resources for caregivers**  
For breastfeeding-friendly resources to support friends, family, babysitters and nannies who may also watch your breastfed baby visit the link: [https://ucsdcommunityhealth.org/work/breastfeeding/child-care-2/](https://ucsdcommunityhealth.org/work/breastfeeding/child-care-2/)

**Are you a child care provider in San Diego County?**  
If you are a childcare provider or know of a childcare provider that would like to be recognized as a Breastfeeding-Friendly San Diego (BFSD) partner please visit: [https://www.breastfeeding.org/chilcare-2/](https://www.breastfeeding.org/chilcare-2/). Free resources and materials, available in English and Spanish, are available to help sites complete the Building Blocks to Breastfeeding-Friendly to become a recognized BFSD partner.

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**Created by: San Diego County Breastfeeding Coalition**  
c/o AAP-CA3 3160 Camino Del Rio S. Suite 101, San Diego, CA 9210

To print additional copies, you can find the guide on our website at [https://www.breastfeeding.org/resourceguide/](https://www.breastfeeding.org/resourceguide/)