



San Diego County
Breastfeeding Coalition

San Diego County Breastfeeding Resource Guide



Free Breastfeeding Support Warmline
1-800-371-MILK (6455)

Offering support in English, Spanish, Arabic, French, Korean, and Tagalog



@sdbreastfeeding

breastfeeding.org
2907 Shelter Island Drive, Ste. 105-476
San Diego, CA 92106
sdcbc@breastfeeding.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.

In the first few days, your baby is getting rich, yellow colostrum (first milk). This is all your baby needs. **Here are some ways to make sure your baby is getting enough milk:**

In the first 24-48 hours,

- attempt to breastfeed whenever your baby is awake, or every 3 hours.
- Practice skin-to-skin care as much as possible.
- 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.

In days 3 to 5 (48 to 120 hours after the baby was born):

- 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.

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

- Your breasts feel full before a feeding and softer afterward,
- 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:

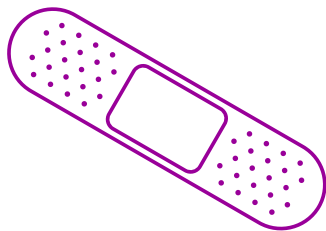
- Your infant sucks only briefly, very softly or irregularly
- Your baby is very jaundiced (yellow) and getting more yellow
- You have severe, constant nipple pain
- Your baby fights the breast or cries after a minute or two
- Your baby has fewer than 6 wet diapers a day
- Your baby has little or no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

Need Help?
Call our free warmline
1-800-371-MILK(6455)

Offering breastfeeding support and referrals in English, Spanish, Arabic, French, Korean, and Tagalog

FIVE REASONS TO ASK FOR HELP

from an International Board
Certified Lactation Consultant



feeding hurts



you dread feeding
because of pain or fear



you are concerned
about your milk supply



your baby does not
seem satisfied



you are worried about
your or your baby's
wellbeing

You are not alone. We are here to support you.

WHEN DO I CALL A LACTATION CONSULTANT?

Asking for help is a sign of strength, be brave enough to do it.



Lactation consultants are vital members of your prenatal and postnatal healthcare team. They're board-certified and trained professionals who teach new parents how to breastfeed. They are often nurses, dietitians, doctors, or feeding professionals. Lactation consultants can assess, diagnose, and treat many breastfeeding issues.

You should call a lactation consultant if:

- **Poor weight gain.**
 - Your lactation consultant will gather information from you and do a weighted feed, weighing your baby before and after a feeding to determine how much milk they took in.
- **Painful latch.**
 - If you are experiencing sore, cracked or bleeding nipples, know that it doesn't have to be that way.
- **Breast or nipple infections.**
 - You can overcome these with treatment and support from your provider and a lactation consultant.
- **Fussiness at the breast or breastfeeding refusal.**
 - A lactation consultant can identify what's going on — perhaps it's a slow or overactive letdown, a latch or positioning that needs improvement or a case of infant reflux.
- **Clogged ducts, engorgement or overactive letdown.**
 - Your lactation consultant can give you tips on how to prevent clogs and relieve discomfort.
- **Preparing to go back to work or school.**
 - A lactation consultant can help you prepare and navigate these changes while maintaining your supply and breastfeeding relationship.
- **Infants with medical issues or special feeding needs.**
 - Multiples or babies born premature, or those with medical issues such as jaundice, tongue or lip ties, cleft lip or cleft palate, can benefit from extra support for breastfeeding and pumping.

Breastfeeding Helplines

American Red Cross WIC*	(800) 500-6411
Kaiser Permanente Lactation Clinic	(866) 940-2218
La Leche League of San Diego County	(858) 848-6455
La Leche League Spanish Line*	(858) 245-5172
Naval Medical Center San Diego	(619) 218-1409
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 Research Foundation WIC*	(888) 999-6897
Sharp Grossmont Hospital for Women	(619) 740-4983
Sharp Mary Birch Hospital for Women	(858) 939-4127
Tri-City Medical Center	(760) 940-7745
TrueCare WIC*	(888) 477-6333
UCSD Medical Center*	(858) 249-5727

*Se Habla Español



Breastfeeding and Drugs Information

Mother to Baby California Call (866) 626-6847
(Mon-Fri, 9am-5pm PST) Text (855) 999-3525
<http://www.mohtertobaby.org/>

Infant Risk Center at Texas Tech (806) 352-2519
(Mon-Fri, 8am-5pm CT)
<https://www.infantrisk.com/>

Drugs and Lactation Database:
<https://www.ncbi.nlm.nih.gov/books/NBK501922/>

LactMed
(Drugs and Lactation Database)
is now available as an App!



Apple App Store



Google Play Store

**Special Thanks to our
Resource Guide
Sponsors**



San Diego County Board of Supervisors



Promise Health Plan

Blue Shield of California Promise Health Plan is an
independent licensee of the Blue Shield
Association.

Breastfeeding Rights Information

BREASTFEED ANYWHERE, ANYTIME

The law supports breastfeeding parents

A lactating parent may breastfeed their child in any location, public or private, where the parent and child are authorized to be present. (Cal. Civil Code § 43.3.)

A breastfeeding mother may postpone jury duty for as long as they are breastfeeding by indicating that they are breastfeeding on the jury summons form. (Cal. Civ. Proc. Code § 210.5; Cal. Rules of Court, rule 2.1006.)

Under the Affordable Care Act, generally preventive care such as breastfeeding support, supplies, and counseling must be covered by health plans with no cost sharing. (www.hrsa.gov/womensguidelines/.)

- Breast pumps and supplies that assist lactation are tax deductible medical expenses. (www.irs.gov.)

Hospitals must provide information on where to receive breastfeeding education or make available a breastfeeding consultant. (Cal. Health & Safety Code §§ 123360, 123365.)

The procurement, processing, distribution or use of human milk for the purpose of human consumption is **considered to be a service**, not the sale of human milk. (Cal. Health & Safety Code § 1647.)

All public and charter schools must provide lactating students with a private, secure room with an electric outlet and a place to safely store expressed breast milk. (Cal. Education Code § 222.)

Lactating people are entitled to full and equal accommodations, advantages, facilities, privileges, or services in all businesses. (Cal. Civil Code §§ 51-53.)



**Advocate for yourself and other breastfeeding parents.
Learn more at breastfeeding.org or
Call 1-800-371-MILK (6455)**

**US Department of Labor
Breastfeeding Workers Rights/
File A Complaint
1-866-487-9243**

**California Labor Commissioner's Office
Breastfeeding Rights Line/File a Complaint
833-LCO-INFO (833-526-4636)**

Created In Partnership by



Scan the QR Code to Download
Your California Breastfeeding
Rights Cards



breastfeeding.org/breastfeeding-and-working/

Breastfeeding Rights Information



BREASTFEEDING PARENTS IN THE WORKPLACE

It is unlawful for an employer to discriminate against someone based on sex, which includes because of breastfeeding. (Cal. Gov't Code § 12921(a), § 12926(r)(1)(c).)

Employers must provide a clean, safe, and private room that contains a place to sit, a shelf or table to place a breast pump and other items, and access to electricity. The room must be near the employee's work area and cannot be a bathroom. (Cal. Labor Code § 1031.)

Employers must provide lactating employees with access to a refrigerator or other cooling device and sink with running water. (Cal. Labor Code § 1031.)

Employers must provide a reasonable amount of break time for a lactating employee to express breast milk. (Cal. Labor Code § 1030.)

Lactating parents may request accommodations from their employers, if needed. Typically lactation is not a disabling condition requiring disability leave, but some people may need to be transferred to a less strenuous or hazardous position or need other reasonable accommodations. (2 CCR § 11035(d).)

An employee may take pregnancy disability leave for any medically recognized physical or mental condition related to pregnancy or childbirth, including lactation-related medical conditions such as mastitis. (2 CCR § 11035(u).)

Employers must implement a policy that provides a process by which their employees can request lactation accommodations, and includes the employee's right to file a complaint if their rights have been violated. (Cal. Labor Code §§ 1030 - 1034.)

**Breastfeeding Rights Line/File a Complaint California
Labor Commissioner's Office
at 833-LCO-INFO (833-526-4636)**

US Department of Labor
Breastfeeding Workers Rights/
File A Complaint
1-866-487-9243

California Labor Commissioner's Office
Breastfeeding Rights Line/File a Complaint
833-LCO-INFO (833-526-4636)

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Rights Cards



breastfeeding.org/breastfeeding-and-working/

Hospital Breastfeeding Services



PALOMAR MEDICAL CENTER ESCONDIDO

858-613-4276 / 2185 Citracado Parkwy Escondido, CA 92029
Breastfeeding Support Group (free) with an RN, IBCLC every Tuesday, 1:00 - 2:30, check in at the main entrance lobby. Register for Virtual Breastfeeding classes twice a month, @ <https://www.palomarhealth.org> (click on classes/events). In-person Lactation Consultation provided for patients after delivery.

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

(858) 626-4538  
1-800-SCRIPPS (800-727-4777) or scripps.org.
Breastfeeding classes and 4 support groups throughout the county, open to community. Lactation supplies, Outpatient Lactation Consultations, and scale/pump rentals available. All sites ADA accessible. Helplines and Breastfeeding Support Groups via phone and MS Teams. English | Spanish.

Breastfeeding Support Group Fridays at 1 p.m. is virtual. To register you can call or go online. Our Lactation Helplines are for non-emergency questions. Every attempt will be made to return calls within 24 hours (except on Saturdays – then up to 48 hours).

Scripps Memorial Hospital (La Jolla)

(858) 626-4538 // 9888 Genesee Ave. La Jolla, CA 92037.
Helpline, Consultations, bras and other products, pump, and scale rentals available. Mother's Boutique open M-F 9 am-3 pm, Sat 9 am-1 pm

Scripps Memorial Hospital (Encinitas)

(760) 633-7850 // 354 Santa Fe Drive, Encinitas, 92024.
Helpline, Consultations, bras and other products, pump, and scale rentals available.



Scripps Mercy Hospital (San Diego)

(619) 260-7098 // 4077 5th Ave., San Diego, CA 92103
Pump rentals are available.

Scripps Mercy Hospital (Chula Vista)

(619) 691-7212 // 435 H St., Chula Vista, CA 91910
English and Spanish Helpline.

SHARP HEALTHCARE LACTATION SERVICES

Sharp Chula Vista Medical Center Women's and Infant Services (619) 502-5848 751 Medical Center Court, Chula Vista, CA 91911 Please leave a message.  

Sharp Grossmont Hospital for Women

(619) 740-4983 / 5555 Grossmont Center Drive, La Mesa, CA 91942 Breastfeeding support warmline. Breast pump rentals/ sales along with limited nursing supplies available for purchase. Free breastfeeding support group available virtually on Mon & Wed 10am & in person on Mon at 1pm & Thurs at 9am (holidays excluded). More information www.sharp.com/health-classes/breastfeeding-support-group-webinar-2472

SHARP Mary Birch Hospital for Women & Newborns / New Beginnings Boutique

(858) 939-4127 / 3003 Health Center Drive, San Diego, CA 92123
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: 10am -4pm, Sat & Sun 10am-3pm. During COVID-19 restrictions, breastfeeding support groups available at <https://www.sharp.com/health-classes/breastfeeding-support-group-webinar-2472>

TRI-CITY MEDICAL CENTER

760-940-7745-Lactation Department
4002 Vista Way Oceanside, CA 92056
Inpatient lactation consultations after delivery, Free outpatient consultations 7 days a week by appointment. Breastfeeding support warmline. Please call and leave a message.

UC SAN DIEGO Virtual Lactation Support Group

Mondays 3 -4 pm via zoom (except federal holidays)
Advanced registration is required, please go to health.ucsd.edu/childbirthclasses
Breast pumps are available in our gift shops in both Jacobs and Hillcrest. Please call the childbirth education line in advance to ensure that pumps are available at 619-543-6585

UCSD PEDIATRICS

Three pediatricians offer lactation consultations/evaluations in two offices:

Kearney Mesa Office 858-496-4800 with Piper Sandel, MD, IBCLC.

La Jolla Office 858-203-4962 with Michelle Leff, MD, IBCLC, FAAP on Mondays and Eyla Boies, MD, FAAP, FABM on Wednesdays

Premature Infant Nutrition Clinic (PINC) meets Thursdays 8:45 am – 1 pm. In PINC we offer a team approach for the lactation care of the preterm infant and his or her mother. During a visit to PINC one of the above pediatricians sees preterm infants and their mothers assisting them in the transition to more direct breastfeeding, optimizing mother's milk supply, and monitoring the nutritional status of the infant.

WIC (Women, Infants, and Children Program)

WIC offers breastfeeding education and support in addition to healthy foods and nutrition education. Breast pumps are available based on need. If you are pregnant, breastfeeding or have a child under the age of 5, please visit sdwic.com or contact a local WIC agency below to see if you qualify. WIC welcomes parents, foster parents, legal guardians and single fathers.

American Red Cross WIC Program

(800) 500-6411 www.sandiegowic.org

Locations across San Diego County. Breastfeeding Support and Education. Interpreter services are available. Bilingual staff. English | Spanish | Tagalog | Vietnamese | Arabic | Farsi

Innercare WIC Program

(760) 344-9606 / www.sdwic.com/

561 E Street, Brawley, CA 92227

Provide individual and virtual counseling, lactation consultations, pump loans and referrals. English | Spanish

San Ysidro Health WIC Program

1-888-942-7942 <https://www.syhealth.org/services/wic-program> Lactation educator counselors and IBCLC provide breastfeeding support and education. Interpreter services are available. Visit our website for WIC and clinic locations. Bilingual staff:

English | Spanish | Chinese | Tagalog | Portugues.

Scripps Mercy Hospital WIC Program

(619) 260-3400 sdwic.com

wicprogram@scrippshealth.org

Breastfeeding Support and Education. Translation Services are available. Bilingual Staff

SDSU Research Foundation WIC Program

SDSU Research Foundation WIC Program (888) 999-

6897 www.sdsuwic.org Locations across San Diego

County. Breastfeeding Support and Education.

Bilingual staff: English | Spanish | Tagalog | Arabic | Farsi

TrueCare WIC Program

(888) 477-6333 (English & Spanish Warmline; available Mon-Fri 7:30 AM - 4 PM)

www.truecare.org/programs-resources/wic/

150 Valpreda Rd, San Marcos, CA 92069.

We have 13 health clinic locations to make it easier to get affordable healthcare in North County San Diego. Visit our website for WIC and clinic locations.

English | Spanish | Tagalog | Vietnamese

Breast Pumps

Hygeia Breast Pumps

(619) 818-0497

Hygeia offers award-winning, hospital-strength, cordless, ultra quiet breast pumps and accessories for no cost through all major insurance plans in San Diego County (PPO, HMO, Medi-Cal Plans, Tricare). The Hygeia Baby mobile app also provides virtual sessions with Lactation Consultants to help moms learn how to successfully breastfeed and pump. English | Spanish To apply for a breast pump, please visit www.MomsGetMore.com

Breast Pump Genie

1-800-555-7009

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

Get a free pump through insurance, including MediCal! Providing the finest hospital/medical-grade breast pumps available. Offering pumps from Zomee zomee.com & Unimom unimomus.com, pumps with multiple flanges sizes, onboard rechargeable batteries, hands-free options, 2-year warranty, 24/7 support, plus more to make sure your breastfeeding/pumping experience is comfortable & effective!

Additional Information

Black Infant Health Program (BIH)

286 Euclid Avenue, Suite 308, San Diego, CA 92114

(619) 266-7466 bih@neighborhoodhouse.org

San Diego County Black Infant Health Program (BIH) works to improve African-American infant and maternal health, as well as decrease health and social inequities for women and infants.

Vista Community Clinic

(760) 631-5000 ext 1070 / www.vistacommunityclinic.org

In-office lactation consultations before and after birth, in Women's Center and Pediatric Departments.

Global Communities' Healthy Start

(858) 279-9690 <http://bit.ly/HealthyStartReferral>

Free childbirth, breastfeeding & parenting support to families in San Diego, with a focus on Black and Immigrant communities. Staff are certified Childbirth, Lactation, and Parent Educators and connect families to free midwifery and doula support as needed. English, Spanish, Tagalog, French, Haitian Creole, and Somali. **FREE** Southeast San Diego Breastfeeding Support Groups 7227 Broadway Lemon Grove 91945 Suite 303 Every Tuesday 11am-12pm & Every Thursday 10am-2pm

Milk Bank

University of California Health Milk Bank

We are a non-profit, HMBANA member milk bank, owned and operated by UC San Diego and located in the San Diego Blood Bank. We provide high-quality pasteurized donor milk for hospitals and families to improve infant health. We appreciate referrals of potential donors to help improve the donor milk supply in our region!

858- 249-MILK (6455)

UCmilkbank.ucsd.edu



Providers of Breastfeeding Support Services

COUNTY WIDE

All Your Baby Needs 📞 ♿

(619) 838-7267 kimberly.williams1205@gmail.com

Kimberly Williams IBCLC, Doula, Health Educator

Birth professional for 22+ years, Birth & Postpartum doula, & IBCLC certified lactation consultant for the past 10 years, I bring a deep breath of knowledge to my practice. In home & telehealth consultations. Most recently LC at Scripps La Jolla Hospital, I can offer you a comprehensive plan best suited to you and your family. "Helping to grow families since 2000"

Birth to Breast 📞 ♿

(619) 888-5730 hello@birthtobreast.com

Ruth Hale IBCLC, Doula www.birthtobreast.com

Birth to Breast specializes in all three latches (breast, bottle, and flange), oral function/reflexes, and milk supply. Parents can expect to feel heard, walk away with a doable plan, and have a guide for their pregnancy to postpartum period. We accept anthem/blue cross/blue shield, Cigna, United healthcare, UMR, Tricare Triwest, and Aetna.

Children's Healthcare Medical Associates ♿

(619) 297- KIDS (5437) Chilshhealthsd.com *Stephen Carson*

MD/DO Lactation Educator (CLC, CLE, etc.) NP/APRN

We offer prenatal (to prepare for the transition of breastfeeding) and postpartum lactation support and education to assist you in reaching your breastfeeding goals. Our newborn pediatric patients receive breastfeeding assistance with any of the following issues: latch difficulties & pain (assessment for tongue tie), milk transfer & supply, mastitis & clogged ducts, and pumping (returning to work). English/Spanish

Night and Day San Diego 📞 ♿

(619) 567-8146 hello@nightanddaysandiego.com

nightanddaysandiego.com *Rachael Oeffner IBCLC*

Prenatal & postpartum lactation care to help you reach your feeding goals. In-home & virtual visits. Providing expert & compassionate care across San Diego. Specializing in latch difficulties, milk supply concerns, premature babies, oral assessment including tongue/lip ties, pumping, engorgement and mastitis & more.

PUSH San Diego - Alisa Galvan, LAC, IBCLC 📞 ♿

(619) 786-3329 www.alisagalvan.com

[@alisa_galvan@push_san_diego](mailto:alisa_galvan@push_san_diego)

2310 Sixth Ave. San Diego, CA 92021

Integrative lactation consultant and licensed acupuncturist providing prenatal breastfeeding education and postpartum breastfeeding support with access to unique, natural and holistic tools including herbal medicine, acupuncture, and dietary/lifestyle advice. In office, in home and virtual consultations available by appointment only. Se habla español.

San Diego Breastfeeding Center 📞 ♿

(619) 724-4117 8325 University Ave. La Mesa, CA 91942.

www.sdbfc.com *Robin Kaplan, M.Ed, IBCLC*

Group practice of exceptional IBCLCs. Specialize in tongue/lip ties, oral motor function, milk supply challenges, multiples, infant reflux and allergies, premature babies, pumping, and bottle refusal. Accepts PPOs (Aetna, Cigna, Anthem, BC/BS, UHC), Tricare, UCSD HMO, & offers sliding scale.

San Diego Lactation

(760) 807- 7229 www.sandiegolactation.com

Corinne Breshears RN, IBCLC

Providing compassionate hands-on care in the comfort of your own home/telehealth. Prenatal visits; postpartum visits address low milk supply, latch difficulties, pumping, breast or nipple pain. Specialize in twins. Support Group and classes. Accepting most insurances.

San Diego Lactation Equity Alliance 📞 ♿

<https://www.sdlea.org/>

San Diego Lactation Equity Alliance provides free/reduced-fee private lactation consultations for BIPOC and low-income individuals. Currently, we have 2 clinics: La Mesa and Southeast San Diego (lemon grove). Visit our website to book an appt at one of our clinics.

Virtual Breastfeeding Inc. 📞 ♿

(619) 880-7062 onlinebreastfeeding@gmail.com

www.virtualbreastfeeding.com/

Philline Benson RN, MSN, IBCLC

Virtual Breastfeeding Inc. offers free prenatal lactation support and a free initial consultation for medical patients, with medical insurance accepted. They now provide in-person consultations at patients' homes across San Diego County, including areas as far as Oceanside and Temecula. Free support groups available.

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.

♿ **Serving Parents with Disabilities**
📞 **Virtual/Telehealth Services Offered**

Contact us
Phone: 1-800-371-MILK (6455)
Email: sdcbc@breastfeeding.org



Providers of Breastfeeding Support Services

COUNTY WIDE

Wellness and Breastfeeding

Sharon Johnson RN Ms. IBCLC (619) 997-5005
sharon.wellnessandbreastfeeding@gmail.org
www.wellnessandbreastfeeding.com
Offering in-home, phone, and virtual lactation consultations.
I have 23 years of experience in hospitals, and clinics, in addition to home visits. Specializes in pre and post tongue tie release

Wellness Lactation

(760) 717-2061 WellnessLactationsd.com
9750 Miramar Road #214 San Diego, CA 92126
Rachelle Markham IBCLC.
Advanced solutions for infant feeding, in a judgment free, inclusive space. 25 yrs of experience, extensive training in oral function, holistic options, rhythmic movements, infant reflexes, bottle feeding and troubleshooting difficult situations. You deserve information to make the decisions that work best for you!

Wholeness Lactation

(619) 213-2658 Wholenesslactation.com
rutiknowsbreast@gmail.com
Ruth Hammer, MSN, RN, IBCLC, PMH-C
Ruth's expertise is with medically fragile and premature infants, but she is experienced with all newborns beginning their breastfeeding journey. She offers guidance, encouragement, and education navigating common challenges for families. Her focus is also on the parents' mental and physical health, as she believes feeding and caring for your baby encompasses the parent and family as a whole.



WHAT TO DO IF YOU EXPERIENCE BREAST PROBLEMS WHILE BREASTFEEDING:

Consult a lactation consultant:

They can assess your baby's latch and provide guidance on proper positioning to prevent and manage breastfeeding difficulties.

Ensure proper latch:

Make sure your baby is taking a wide grasp of the areola, not just the nipple.

Frequent feeding:

Nurse your baby often, especially in the early days, to help regulate milk supply and prevent engorgement.

Warm compresses:

Applying warm compresses to the breast before feeding can help with milk let-down.



Hand expression:

Gently express milk from a blocked duct to help clear it.

Seek medical advice:

If you experience severe pain, redness, fever, or signs of infection, contact your healthcare provider immediately.

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 **Serving Parents with Disabilities**
 **Virtual/Telehealth Services Offered**

Contact us
Phone: 1-800-371-MILK (6455)
Email: sdcbc@breastfeeding.org



Providers of Breastfeeding Support Services

CENTRAL SAN DIEGO/COASTAL

Breastfeeding Consultants of San Diego, LLC

(619) 677-2730 www.bfcofsd.com. heather@bfcofsd.com
Heather Shabestari, BS, IBCLC, CEIM

Provides in-person lactation consultations in the privacy of your own home as well as virtual/phone consultations. Let us help you on your breastfeeding/pumping journey! Offering evidence-based guidance on milk supply issues, tongue/lip tie concerns, poor/ inefficient suck, slow weight gain, reflux, clogged ducts, mastitis, getting baby back to breast, supplementation, pumping, allergies, etc .
Accepts Aetna PPO/POS. †Virtual and phone lactation consultations.

Family Health Centers of San Diego Postpartum Education Center

(619) 906-4621 // fhcsd.org

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. In-clinic and telehealth services.

English | Spanish | Tagalog | Vietnamese |

Chinese | Korean | American Sign Language | Arabic

Mamas & Milk

(858) 218-6455 www.mamasandmilk.com

5550 Carmel Mountain Rd, Ste 208, San Diego, 92130

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

Carlee Rivera-Sims, IBCLC, Anissa Cornelius, IBCLC

We are an IBCLC group practice offering prenatal and postpartum support, both in-home and in-office. Specialize in tongue/lip tie, milk supply issues, latching issues, pumping and flange fit, older babies, plugged ducts and mastitis, movement and oral rehabilitation, infant movement. Accept multiple insurances, including many PPOs, UCSD HMO, Aetna. We also have movement classes for babies, adults, and the whole family.

Melanin Milk SD

(619) 841-1160 Melaninmilk.com

7227 Boardway Lemon Grove CA 91945

Chardá Bell, IBCLC, CLC, Doula, Health Education

I provide in home, in clinic and virtual lactation support with a family centered approach to care. I'm a Black owned and operated business. I accept some PPO insurance plans, cash/card and sliding scale. Free and reduced costs visits available for BIPOC and marginalized communities. Prenatal consults and childbirth classes also available. Text service available 24/7 to book or inquire about rates or insurance coverage 619-841-1160.

NORTH COUNTY

Babies in Bloom

(760) 940-BABY (2229)

www.babies-in-bloom.com / 127 Main Street Vista, CA 92084
Rochelle McLean IBCLC, CCE, CD.

Breastfeeding classes, free support groups and personal lactation consultations in our office or via telehealth.

Breastfeeding supplies & accessories (breast pump and scale rentals). We specialize in tethered oral tissues & low milk supply and accept several types of insurance. Free Lactation Lounge support groups Mondays at 1 PM

Best Baby Ever

(760) 443-8683 www.bestbabyever.org

2235 Encinitas Blvd, #206, Encinitas, CA 92024

Heidi Burke-Pevney IBCLC, CLE

In-Home and Office visit available. Experience specializing in low milk supply, latch difficulties & pain, tongue/lip tie issues, breast refusal, multiples, and preemies. Supportive Holistic Care lactation. *Offering Virtual Q &A with new breastfeeding moms*

Bond to Bloom Infant Feeding

(310) 946-8305 www.bondtobloom.com

Janae Deuel MS, OTR/L, SWC, CPMT, IBCLC.

Offering comprehensive and individualized Occupational Therapy and Lactation support. 20 years of experience helping families with their unique feeding goals. Highly trained in medical and outpatient/home settings. Specializing in Infant Feeding & Development, Bodywork & Maternal Mental Health.

Full CRCL Women's Health & Wellness

(760) 274-0149 <https://www.fullcrcl.co/>

Jaren Soloff RD, IBCLC. hello@fullcrcl.co

Private In Home Lactation Consultations.

As a dually licensed Dietitian and Lactation Consultant, we provide specialized counseling for families needing support with: latch and supply concerns, oral restrictions, maternal and infant supplemental nutrition concerns, allergies/elimination diets, metabolic/endocrine concerns.



Mother Nurtured

(562) 335-8966 www.mothernurtured.org. Del Mar, CA 92014

April Bosch RN, MSN IBCLC

We offer in-person & virtual lactation consultations, both prenatal, postpartum, & beyond. Receive safe, judgement-free, & supportive space to collaborate & develop a feeding plan that works best for you & your family. We strive to educate & empower each individual in a family unit in supporting each other's role in feeding your little ones. Accepting most PPO insurance.

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.

 **Serving Parents with Disabilities**
 **Virtual/Telehealth Services Offered**

Contact us
Phone: 1-800-371-MILK (6455)
Email: sdcbc@breastfeeding.org



Free Breastfeeding Support Groups

For up to date support group information please visit
breastfeeding.org/support-groups

In-Person and Virtual Options

AlignSD & PUSH San Diego Monthly Lactation Support Group

2525 Camino del Rio South #300 San Diego, CA 92108
619-458-9355

Free monthly breastfeeding support group every last Wednesday of the month. 10am-11:30am. Hosted by PUSH San Diego and Align SD wellness center. [Sign up here](#)

Babies In Bloom

(760) 940-BABY

127 Main Street, Vista, CA

<https://www.babies-in-bloom.com/event-calendar/>

Mondays at 1 pm. Visit website or call to sign up

COLFS Medical Clinic

Free IN-PERSON Breastfeeding Support Group at COLFS Medical Clinic

362 W. Mission Ave Suite 105 Escondido CA 92025

Every Friday 10:00am-12:00pm. No registration necessary!

Email education@colfs.org or call (760) 741-1224

Lisa Simpkins IBCLC and San Diego County Midwives

Every Thursday from 10am-11am at A Family Affair Birth Center

15644 Pomerado Road Level 3 Poway CA 92064

For more information contact Lisa Simpkins 619-988-3911

"Milk & Cookies" led by Wendy Colson RN IBCLC & Jaren Soloff, RD IBCLC.

Cap Wellness Center 535 Encinitas Blvd., Suite 115

Encinitas, CA 92024. Weekly on Wednesdays at 12pm

Registration Required: 760-634-9715

Palomar Health Escondido

2185 Citracado Parkway Escondido, CA 92029

Every Tuesday (excluding holidays) 1:00 pm – 2:30 pm

No registration required. Walk-ins only

San Diego Breastfeeding Center - The Parent's Circle: Parenting and Chest/Breastfeeding Support Group

The Parent's Circle is led by Bre Booren, IBCLC - Donation based. San Diego Breastfeeding Center (8325 University Ave., La Mesa, CA 91942). Fridays, 10a-11am

Registration is required: [Register here](#)

San Diego Community Birth Center

Feeding Group meets on Fridays at 11am at 2801 4th Avenue, 92103.

Sharp Chula Vista Medical Center

751 Medical Center Ct Chula Vista, CA 91911, New Tower, Lobby. Fridays 1pm-2:30pm No registration necessary. English and Spanish

Sharp Mary Birch Hospital for Women & Newborns Free Breastfeeding Support Group

Tuesdays & Fridays: 1 – 3:00 p.m.

Sharp Learning Resource Center 8008 Frost Street, Suite 250

San Diego, CA 92123 A one-time registration is required.

[Click Here](#) <https://www.sharp.com/health-classes/breastfeeding-in-person-support-group-in-kearny-mesa-2709>

Sharp Grossmont Hospital for Women and Newborns

Free IN-PERSON Breastfeeding Support Group

First Floor - 5555 Grossmont Center Drive La Mesa, CA 91942

Mondays 1pm-3:30pm & Thursdays 9am-11:30am

No registration necessary. Contact our "warmline" at 619-740-4983 for more information

Southeast San Diego Breastfeeding Support Group

Every Tuesday 11am - 12pm and Thursdays 12pm-2pm

7227 Broadway, Lemon Grove CA Suite 303 - Use callbox to get buzzed in - Search Breastfeeding Center Foundation



Are you looking for Breastfeeding/ Chestfeeding Support?

1-800-371-MILK(6455)



English, Spanish, French, Arabic, Korean, & Tagalog



Call our FREE Warmline anytime to connect with a support person!



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Contact us
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Email: sdcbc@breastfeeding.org



FREE BREASTFEEDING SUPPORT WARMLINE

Call Now for Lactation
Support & Referrals

1-800-371-6455 (MILK)

Leave a message & we will return
your call in 24-48 hours



San Diego County
Breastfeeding Coalition



San Diego
Breastfeeding
Center *Foundation*



Global
Communities

**HEALTHY
START**

Tongue-Tie (Frenotomy) Resources

Carlsbad Children's Dentistry

(760) 633-1131 contact@sunnysmilez.com
3257 Camino de Los Coches #304 Carlsbad, CA 92009
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.

Children's Healthcare Medical Associates

(619) 297- KIDS (5437) Chilshealthsd.com Stephen Carson MD/DO
Lactation Educator (CLC, CLE, etc.) NP/APRN

Our team of board-certified Pediatricians along with lactation support will guide you from oral assessment of a tongue tie (ankyloglossia), breastfeeding assessment to decision making for intervention (Frenotomy). We have rooms available for post procedure breastfeeding. We offer a reduced cash fee for Frenotomy services. Our Frenotomy services are available to all patients and non-patients of our pediatric office.

Jean Chan DDS & Associates

(619) 579-2363 www.healthygrins.com
260 East Chase Avenue Suite #101, El Cajon, CA 92020
Do you have Tongue-Tie, Lip-Tie questions, we've got answers! Dr. Chan specializes in the release of lip & tongue-ties with comprehensive care & the best CO2 & cold laser for optimum healing. With 27+ years of experience & thousands of happy parents, she will be with you every step of the way! As a Preferred CA provider, we accept INSURANCE & have a MEMBERSHIP PLAN offering unrestricted access to quality care! English | Spanish | Mandarin

Little Star Pediatric Dentistry and Orthodontics

(619) 630-4000 www.littlestardentistry.com
5550 Carmel Mountain Road, Suite 200 San Diego, CA 92130
Specialize in treatment of labial and lingual frenectomies (lip/tongue ties) all ages with the use of a cold (CO2) laser. Comprehensive team approach with local IBCLC's and functional therapists to optimize results. Nursing rooms are available post-procedure. Consultation, laser frenectomy, and follow-ups all included. "Preferred Provider" in California.
English | Spanish | Farsi

Seth M Pransky, MD, Pediatric Otolaryngology, Head and Neck Surgery

www.pediatricsspecialtypartners.com
(858) 625-0809 / spransky@pediatricsspecialtypartners.com
Health Nucleus 4570 Executive Dr. Suite 100 La Jolla, Ca 92121
Dr. Pransky has authored multiple peer-reviewed studies on ankyloglossia (tongue-tie). His well-known comprehensive evaluation of nursing problems includes complete medical exam, input from lactation consultant & pediatrician, maternal concerns. Decision-making for intervention, including a frenulotomy, based on entire assessment of infant as well as maternal issues.

Children's Primary Care Medical Group

We have a team of board certified Pediatricians trained by Rady's Otolaryngologists (ENTs) to perform frenotomies. We work in concert with our IBCLCs to offer breastfeeding evaluation and scissor frenotomy when it can improve breastfeeding success. Contact our lactation specialist at (858) 302-2269 for more information. cpcmg.net



The Department of Health Care Services (DHCS) added doula services as a covered benefit on January 1, 2023.

Doula services are available in fee-for-service and through managed care plans (MCPs). Services include personal support to individuals and families throughout pregnancy and one year postpartum.

This includes emotional and physical support provided during pregnancy, labor, birth, and the postpartum period, as well as support for and after miscarriage and abortion.

For more information, please contact your Medi-Cal managed care plan.

Blue Shield Promise Health Plan, Member Services
Blue Shield Promise Health Plan, Maternity Care

1-855-699-5557
1-888-802-4410



Promise Health Plan

The San Diego County Breastfeeding Coalition



About Us

The San Diego County Breastfeeding Coalition (SDCBC) stands as a beacon of support and advocacy, tirelessly working to uplift families across our community since its establishment in 1994. As a 501c3 non-profit organization, our commitment is unwavering towards fostering the health and wellbeing of San Diego residents through the promotion and protection of breastfeeding.

At SDCBC, our mission resonates through every initiative we undertake: to improve the lives of families by championing breastfeeding through comprehensive education, extensive outreach, resolute advocacy, and compassionate service. We believe that breastfeeding is not only a fundamental aspect of maternal and infant health but also a vital component of community wellbeing.

What sets SDCBC apart is our ability to unite a diverse array of stakeholders – from healthcare providers to agencies, organizations, families, and passionate individuals – all sharing a common goal: to **make breastfeeding accessible and achievable for every family in San Diego County**. Through collaboration, innovation, and a steadfast commitment to inclusivity, we strive to create a supportive environment where every parent feels empowered on their breastfeeding journey.

Together, let us continue to nurture a community where breastfeeding is celebrated, supported, and embraced as a cornerstone of healthy living. Join us in our mission as we pave the way towards a brighter, healthier future for generations to come.

Contact us
Phone: 1-800-371-MILK (6455)
Email: sdcbc@breastfeeding.org



Take a photo of QR code to visit
our online resource guide