

Resource Guide



Scan me to access the full Resource Guide

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



The San Diego County Breastfeeding Coalition Resource Guide provides a comprehensive list of local breastfeeding resources, including support groups, lactation consultants, and educational materials. It aims to connect families and healthcare providers with essential services to promote successful breastfeeding in the community.

WHAT'S IN THE GUIDE?



Local Support

The guide lists various breastfeeding support groups, lactation consultants, and peer counseling programs available throughout San Diego County.



Educational Resources

The guide includes materials on breastfeeding education, from prenatal classes to tips for new mothers, to help families make informed decisions.



Community Partnerships

The guide highlights the collaboration between healthcare providers, community organizations, and professionals to improve breastfeeding support & access.

Access SDCBC Breastfeeding Rights Card Breastfeed Anywhere, Anytime!

Breastfeeding parents have legal rights to breastfeed in any public or private location where they are authorized, and may also postpone jury duty while breastfeeding. Additionally, healthcare plans are required to cover breastfeeding support and supplies without cost-sharing, and various laws ensure accommodations for breastfeeding individuals in schools, businesses, and healthcare settings.

**MAY YOUR CHILD BE BLESSED WITH LOVE AND JOY
CONGRATULATIONS ON THE NEWEST ADDITION TO YOUR FAMILY**



FREE BREASTFEEDING SUPPORT WARMLINE

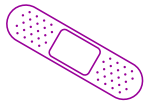
**Call Now for
Lactation Support & Referrals
1-800-371-6455 (MILK)**

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



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.

Information provided by the International
Lactation Consultant Association



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



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.