

# SAN DIEGO COUNTY BREASTFEEDING COALITION



## RESOURCE GUIDE

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

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



San Diego County  
Breastfeeding Coalition



@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**



**My body is  
amazing, I love all  
that it can do!**

## How big is a newborn's stomach?



**Day 1**

size of a cherry

5-7 mL  
1- 1.4 teaspoons



**Day 2**

size of a walnut

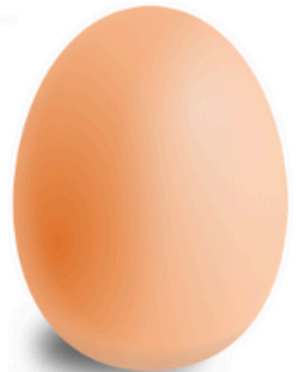
22-27 mL  
0.75-1 oz



**One week**

size of an apricot

45-60 mL  
1.5- 2 oz



**One month**

size of large egg

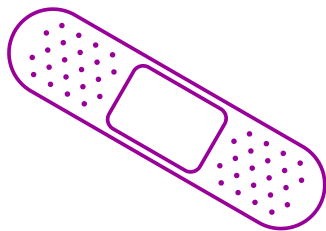
80-150 mL  
2.5- 5 oz

[www.letmommysleep.com](http://www.letmommysleep.com)

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

# 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) 792-5009
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](http://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/](http://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**

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[breastfeeding.org/breastfeeding-and-working/](https://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  
Breastfeeding classes and support groups throughout the county, open to the community. Offers lactation supplies, outpatient lactation consultations, scale and pump rentals. All sites ADA accessible. Our Lactation Helplines are for non-emergency questions. Every attempt will be made to return calls within 24 hours (Saturday calls can take up to 48 hours for a reply).

### **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 - 1pm



### **Scripps Memorial Hospital (Encinitas)**

(760) 633-7850 // 354 Santa Fe Drive, Encinitas, 92024.  
Helpline, Consultations, bras and other products, pump, and scale rentals available. Mother's Boutique open M, W, F from 12-4 pm

### **Scripps Mercy Hospital (San Diego)**

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

## **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](http://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. Breastfeeding Support Groups available Tuesdays and Fridays at 1 pm at 8008 Frost Street, suite 250. For more information Breastfeeding Support Group at Sharp Mary Birch - San Diego - Sharp HealthCare

## **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](http://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**

Two pediatricians offer lactation consultations/evaluations in two offices:

**Kearney Mesa Office** 858-496-4800 with Piper Sandel, MD, IBCLC. NABBLM-C on Tuesdays

**La Jolla Office** 858-203-4962 with Michelle Leff, MD, IBCLC, FAAP, NABBLM-C on Mondays

We offer lactation care of the preterm and term infant and his or her breastfeeding parent. We can assist with routine breastfeeding complications, the transition from supplement to direct breastfeeding, optimizing milk supply, and monitoring the nutritional status of the infant. We also offer prenatal breastfeeding consultations for pregnant parents as well as for those considering inducing lactation.

**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](http://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](http://www.sandiegowic.org)

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

## Innercare WIC Program

(760) 344-9606 / [www.sdwic.com/](http://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](http://sdwic.com)

[wicprogram@scrippshealth.org](mailto: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](http://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/](http://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](http://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](http://zomee.com) & Unimom [unimomus.com](http://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](mailto: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](http://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](http://UCmilkbank.ucsd.edu)**



# PROVIDERS OF BREASTFEEDING SUPPORT SERVICES

## COUNTY WIDE

### All Your Baby Needs ☎️ ♿

(619) 838-7267 [kimberly.williams1205@gmail.com](mailto: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](mailto:hello@birthtobreast.com)

Ruth Hale IBCLC, Doula [www.birthtobreast.com](http://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](http://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](mailto:hello@nightanddaysandiego.com)

[nightanddaysandiego.com](http://nightanddaysandiego.com) Rachael Oeffner IBCLC

Prenatal & postpartum lactation care to help you reach your feeding goals. In-home, office [located in Mission Valley], & 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. Insurances accepted: Most PPO Insurance plans, UCSD Managed Care HMO and Tricare.

### Nightingale Nursing ☎️

Jennifer Gathman, NP, IBCLC, PMH-C

858-225-4691, [www.mynightingalenursing.com](http://www.mynightingalenursing.com)

16935 W. Bernardo Dr. Ste 140, Rancho Bernardo, Ca 92127

We offer home visits, in office, or virtual consults. As a nurse practitioner and IBCLC we can provide more of the lactation care and support you need from prenatal through postpartum. With over 16 years of maternal-newborn experience as a nurse, our prenatal/postpartum support, education, maternal mental health screenings, support groups, classes, and tons of resources for new families will help you to reach your goals as a new parent. Some insurance accepted. Financial assistance may be available.

### PUSH San Diego - Alisa Galvan, LAC, IBCLC ☎️

(619) 786-3329 [www.PushSanDiego.com](http://www.PushSanDiego.com)

@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, acupressure, and dietary/lifestyle advice. In home and virtual consultations available by appointment. Se habla español

### San Diego Breastfeeding Center ☎️ ♿

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

[www.sdbfc.com](http://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 Equity Alliance ☎️ ♿

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

San Diego Lactation Equity Alliance provides reduced-fee private lactation consultations for BIPOC and low-income qualifying individuals. We offer in home, in clinic and telehealth consultations. Visit our website to book an appt at one of our clinics

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](mailto:sdcbc@breastfeeding.org)



# Providers of Breastfeeding Support Services

## COUNTY WIDE

### Virtual Breastfeeding Inc.

(619) 880-7062 [onlinebreastfeeding@gmail.com](mailto:onlinebreastfeeding@gmail.com)  
[www.virtualbreastfeeding.com/](http://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.

### Wellness and Breastfeeding

Sharon Johnson RN Ms. IBCLC (619) 997-5005

[sharon.wellnessandbreastfeeding@gmail.org](mailto:sharon.wellnessandbreastfeeding@gmail.org)

[www.wellnessandbreastfeeding.com](http://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](http://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](http://Wholenesslactation.com)

[rutiknowsbreast@gmail.com](mailto: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.



## CENTRAL SAN DIEGO/COASTAL

### Breastfeeding Consultants of San Diego, LLC

((619) 794-3112 [www.bfcofsd.com](http://www.bfcofsd.com). [heather@bfcofsd.com](mailto: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 feeding journey! Over a decade of experience. 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 many insurance plans such as Aetna, United Healthcare, Cigna, and Blue Cross/Blue Shield.

### Family Health Centers of San Diego Postpartum Education Center

(619) 906-4621 // [fhcsd.org](http://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](http://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 [www.Melaninmilksd.com](http://www.Melaninmilksd.com)

[3737 Camino Del Rio S, Suite 109 San Diego, CA, 92108](#)

Chardá Bell, IBCLC, CLEC, CD - Lactation, Doula, Health

Education. Melanin Milk SD and our collective, provides in-home, in clinic and virtual lactation support with a family centered approach to care. We are a Black owned and operated small business. We accept some insurance plans, cash/credit, FSA and virtual payments. sliding scale & reduced costs visits available for Black and indigenous families. Prenatal consults and Spinning Babies Parent birthing classes also available. We also have a Spanish speaking lactation consultant available. Text (available 24/7) to book or inquire about rates or insurance coverage.

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Serving Parents with Disabilities

Contact us

Phone: 1-800-371-MILK (6455)

Email: [sdcbc@breastfeeding.org](mailto:sdcbc@breastfeeding.org)



San Diego County  
Breastfeeding Coalition

# PROVIDERS OF BREASTFEEDING SUPPORT SERVICES

## NORTH COUNTY

### Babies in Bloom

(760) 940-BABY (2229)

[www.babies-in-bloom.com](http://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

Lactation Lounge support groups Mondays at 1 PM

### Best Baby Ever

(760) 443-8683 [www.bestbabyever.org](http://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](http://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.

### Whole Women Nutrition

(760) 274-0149 / [www.wholewomennutrition.com](http://www.wholewomennutrition.com)

Jaren Soloff RD, IBCLC & Team /

[hello@wholewomennutrition.com](mailto:hello@wholewomennutrition.com)

3150 Pio Pico Drive Suite 101 Carlsbad CA 92008 4403

Manchester Ave Suite 207B Encinitas, CA 92024

Our team of Registered Dietitian and Lactation Consultants provide trauma informed, compassionate counseling for families looking for support with latch & supply concerns, oral restrictions, bottle refusal and maternal and infant nutrition.

We accept most PPO & HMO plans for in office or in home consultations.

We host a monthly prenatal breastfeeding workshops and weekly postpartum support groups at Cap Wellness Center.

### Mother Nurtured

(562) 335-8966 [www.mothernurtured.org](http://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.

### New Mom School Encinitas

162 S Rancho Santa Fe Road, Suite B70 Encinitas, CA 92024

<https://newmomsschool.com/encinitas-ca>

New Mom School offers in-person postnatal education support groups as well as breastfeeding support groups starting in early April. These groups provide a welcoming space for moms to ask questions, receive guidance from trained professionals, and connect with other new moms.

### San Diego Lactation

(760) 807- 7229 [www.sandiegolactation.com](http://www.sandiegolactation.com)

Corinne Breshears RN, IBCLC

Providing compassionate and personalized hands-on care in the comfort of your own home. Escondido and Poway office appointments are also available. We offer prenatal visits for planning, and postpartum visits which can address low milk supply, latch difficulties, pumping, and breast or nipple pain. Specialized flange fitting available with full flange kit. Support Group Mother's Circle on Fridays in Escondido. Breastfeeding classes offered. Accepting most insurances.



### Tammy Encinas Gardner

(760) 522-9082 [Lactationtammy@gmail.com](mailto:Lactationtammy@gmail.com)

Tammy Encinas Gardner, RN, BSN, IBCLC

In-home lactation consults. Specializes in prenatal and newborn consultations. Over 18 years experience working as a mother-baby RN. Many insurances accepted. Call, text, or DM to check insurance coverage.

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 **Virtual/Telehealth Services Offered**

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



# Free Breastfeeding Support Groups

For up to date support group information please visit  
[breastfeeding.org/support-groups](https://breastfeeding.org/support-groups)

*In-Person and Virtual Options*

## **AlignSD & Birth to Breast San Diego Monthly Lactation Support Group**

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

Join us once a month on Wednesday mornings at 9:30 AM for an exciting in-person event! The AlignSD & Birth to Breast Lactation Support Group is here to provide you with valuable guidance and support on your breastfeeding journey.

## **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](mailto: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 Valori Sharp, CLE - 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) <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



**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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**Email: [sdcbc@breastfeeding.org](mailto: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](mailto: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) [Chilshelthsd.com](http://Chilshelthsd.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](http://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](http://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** *Pediatric Specialty Partners 3262 Holiday Court #204 La Jolla, Ca 92037, (858) 625-0809, [pediatricsspecialtypartners.com](http://pediatricsspecialtypartners.com) [spransky@pediatricsspecialtypartners.com](mailto:spransky@pediatricsspecialtypartners.com)*

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. Decision making for intervention, including a frenulotomy, is based on the entire assessment of the 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](http://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

