



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
sdcbbc@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

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.mohtertobabyca.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.)

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.)

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)

Scan the QR Code to
Download Your California
Breastfeeding Rights Cards



breastfeeding.org/breastfeeding-and-working/



Special Thanks to our Partner

Hospital Breastfeeding Services

PALOMAR MEDICAL CENTER ESCONDIDO

858-613-4276 / 2185 Citracado Parkway 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 (619) 502-5848

Sharp Chula Vista Medical Center Women's and Infant

Services 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.

Additional Resources

American Academy of Pediatrics, CA Chapter 3

(619) 281-2273
www.aapca3.org

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.

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

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.

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

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

Innecare 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

 **Virtual/Telehealth Services Offered**

 **Serving Parents with Disabilities**

Milk Bank

University of California Health Milk Bank

(858) 249-MILK (6455)

UCmilkbank.ucsd.edu

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!



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!

Contact us

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

Email: sdcbc@breastfeeding.org



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"

Children's Primary Care Medical Group Lactation Services 📞 ♿

(858) 302-2269 cpcmg.net

We are kind, compassionate, expert lactation providers serving all of San Diego County. Our IBCLC pediatricians and nurse practitioners offer lactation consultations in person and via video. We also offer a weekly virtual newborn class and lactation support group. Contact our lactation specialist at (858) 302-2269 for more information.

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, pumping, returning to work & more. Accepts most PPOs insurance plans, UCSD HMO, & Tricare.

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

(619) 729-3640 www.alisagalvan.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, 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 IBCLCs. Home, office, virtual private lactation consults; weekly support groups. Specialize in tongue/lip ties, oral motor function, latch difficulties, milk supply challenges, multiples, infant reflux and allergies, premature babies, etc. Accept PPOs (Aetna, Cigna, Anthem, BC/BS), Tricare, UCSD HMO, & offer reduced fees for MediCal. Inclusive practice. English | Spanish

San Diego Breastfeeding Center Foundation 📞 ♿

www.sdbfcfoundation.org/consultations

SDBFC Foundation provides free/reduced-fee private lactation consultations for BIPOC and low-income individuals. Currently, we have 3 clinics: La Mesa, Bankers Hill, and Southeast San Diego. See our website to book an appt at one of our clinics.

San Diego County Midwives 📞 ♿

(858) 278-2930

15644 Pomerado Road Suite 302 Poway, CA

www.sandiegocountymidwives.com

In-person Support Group every Tuesday 10am-11am at our office in Poway. Our lactation consultants & educators assist those attending the group free of charge during this time. We welcome all who need help in breastfeeding or want to join our babyfeeding support group. Our group is for all mothers & partners to discuss the joys & challenges of feeding their baby. English | Japanese

Virtual Breastfeeding Inc. 📞 ♿

(619) 880-7062 onlinebreastfeeding@gmail.com

www.virtualbreastfeeding.com/

Philline Benson RN, MSN, IBCLC

Expert lactation support for breastfeeding challenges such as nipple pain, low milk supply, latching difficulty, & other issues for new mothers with a focus on pregnancy, birth-6 weeks postpartum, or older. Free Prenatal Breastfeeding Education & ProBono for MediCal patients. Book your insurance-covered virtual consult via secured telehealth. Call for discount if not covered. English | Tagalog

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 WellnessLactationsd.com

9750 Miramar Road #214 San Diego, CA 92126

Ruth Hammer, MSN, RN, IBCLC, PMH-C

For over 20 years, Ruth witnessed the profound bond between mothers and their babies blossom through breastfeeding. For Ruth it is a privilege to be part of this intimate journey, guiding families towards successful feeding experiences, especially in the delicate NICU environment.

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

CENTRAL SAN DIEGO/COASTAL cont.

Best Start Birth Center

Direct: (619) 299-0840 / Office: 800-470 BABY (2229) /

www.beststartbirthcenter.com

3630 Enterprise Street, San Diego, CA 92110

Birth Center specialized in Water/Natural/Family-Centered Birth, Midwifery Care, Natural Family Planning, Well Woman, PAP, Cervical Cap & contraception services. Licensed, Board Certified Nurse-Midwives. Free Pregnancy Testing at our office, Mon-Fri 9 am-5 pm. Please call first. San Diego-California Border, Healthy Start Project Partner. Accept Tricare Prime & Standard/Select. English | Spanish

Breastfeeding Consultants of San Diego, LLC

(619) 677-2730 www.bfcofsd.com. heather@bfcofsd.com

Heather Shabestari, BS, IBCLC, CEIM

Prenatal and postnatal lactation consultations in your home + virtual/phone consultations. Evidence-based guidance on milk supply issues, tongue/lip tie restrictions, poor/inefficient suck, slow weight gain, reflux, mastitis, getting baby back to breast, supplementation, pumping, allergies, etc.

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

Lactation consults in-home or in-office; free weekly support groups. Specialize in tongue/lip tie, milk supply issues, premature babies, latching issues, pumping, nipple shields, breastfeeding older babies, breast massage for engorgement, plugged ducts, mastitis, etc. Accept Aetna Preferred and UCSD Managed Care. Offer Baby Moves Yoga, Prenatal Yoga & Birth Story Listening.

Mother to Mother Midwifery

Office (619) 220-8189 & On-Call Midwife (619) 297-2229

www.mothersmothermidwifery.com

1816 Howard Ave, San Diego, CA, 92103.

Group practice of 4 midwives who provide education, resources, and support for natural childbirth, home birth, water birth, lactation, postpartum care, and well-woman care. Host weekly Mothering and Breastfeeding Support Group, led by midwives and CLEC students. Breastfeeding supplies are sold at our office, including Legendary Milk products.

Jarrah Foster Lactation & Wellness

858-751-4664 Lactwell.com 2801 4th Avenue San Diego 92103

Located inside the San Diego Community Birth Center

Jarrah Foster B.S, MBA, IBCLC, wellness coach

Offering in person and virtual lactation consultations, babywearing services, and post-trauma growth coaching. We also host a lactation support group every Friday from 11am -12pm at the San Diego Community Birth Center.

Serenity Breastfeeding

(619) 990-6479 christine@serenitybreastfeeding.com

Christine Hennes, IBCLC Nurture-Empower-Teach

Lactation consults in your home. 20+ years of experience working with over 15,000 families. Specializing in correcting latch, lip/tongue tie issues, milk supply concerns, & clogged ducts. Visit website to view appointment availability and self-schedule a consultation. www.serenitybreastfeeding.com

Upheld Postpartum

Jenna Rubie, RN-BSN, IBCLC, Certified Innate Postpartum Care Provider, Craniosacral fascial therapy

(619) 609-7402 www.upheldpostpartum.com

Customized In-Home and Virtual Lactation Consultations. Supporting postpartum families since 2010. Expert assessment + compassionate support to help you meet your feeding goals. Passionate about maternal mental health and providing a judgement free space so you can feel Upheld. Accepting most PPO insurance.

Wellness and Breastfeeding

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

sharon.wellnessandbreastfeeding@gmail.com

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. Serving Ocean Beach/Point Loma/La Jolla areas mostly.

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*

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

Email: sdcbc@breastfeeding.org



Providers of Breastfeeding Support Services

NORTH COUNTY cont.

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.

Breastfeeding Fixers & Leilani's Wellness Center

(760) 533-7953 / www.breastfeedingfixers.com

Leilani Songer IBCLC, ICP, Birth & Postpartum Doula, Rebecca Feasel RN, IBCLC, Wendy Dimmock CLC.

Specialize in tongue/lip ties, plugged milk ducts, mastitis, sleepy baby, preemies, multiples, ultrasound therapy, Micro Current Neurofeedback, treating depression, PTSD & more. Author "9 Steps to Peaceful Breastfeeding." Virtual, office, home visits available San Diego, East & North Counties. In-network: Tricare, Blue Shield PPO, Blue Cross PPO & Cigna PPO.

Breastfeeding Help at Home

Kellie Hunziker MPH, RD, IBCLC (760) 580-1907

www.breastfeedinghelppathome.com

kellie.hunziker@breastfeedinghelppathome.com

Breastfeeding consults and breastfeeding preparation classes in the comfort of your home. Also, offering virtual consults and phone Q&A. Consults including 2 weeks of phone and email support. Fee for Service Provider.

COLFS Medical Clinic

(619) 692-4401 or (619) 795-3581

362 W. Mission Ave. Ste. 105 Escondido, CA 92025

Free Lactation Support Group FRI 10am - 12pm. Medical Services, Primary Care Services, Physicals, Well Child Visits, Pregnancy Testing, Ultrasound, Postpartum Care, STD Testing, Natural Family Planning, Support for Miscarriage, Prenatal, Parenting Support, & Men. Earn While You Learn, Free Baby Items. Personalized Support to our Clients. Resources, Referrals, Emotional Support. English | Spanish

Del Sur Perinatal Group

(619) 341-4011

A safe place to discuss and support issues concerning pregnancy, birth, breastfeeding, and all things beyond! We welcome all individuals from the greater San Diego area. Please join our meet-up every Thursday from 10am-11am via zoom and in person when it is safe. We are located in the community of Del Sur but we welcome mothers from all of San Diego County.

Free Breastfeeding Support Groups breastfeeding.org/support-groups

In-Person and Virtual Options

Full CRCL Women's Health & Wellness

(760) 691-9555 <https://www.fullcrcl.co/>. *Jaren Soloff RD, IBCLC.* In-Home, office and virtual lactation and nutrition consultations. Supporting families with: latch and supply concerns, oral restrictions, nutrition concerns, allergies/elimination diets. Accepting PPO plans (Aetna, United, Cigna, BCBS). Additional services include nutritional counseling for women. Free group Wednesdays @ 12pm at Cap Wellness in Encinitas.

Milky Way Lactation LLC

(229) 292-9119 <https://www.whitehouseibclc.com/>

Sara Whitehouse RN-BSN, IBCLC

Lactation support in the comfort of your own home! As an IBCLC and Registered Nurse I have experience working with families in the NICU and newborn setting as well as older babies. Breastfeeding is a journey and I am here to help with any needs or concerns that may arise! In-network provider with TRICARE, Aetna, and accept most PPO insurance plans!

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.

Mouths of Babes Lactation Services

(702) 860-9391 www.moblactation.com

21475 Trail Ridge Drive Escondido, CA 92029

Sara Gale RN, IBCLC

Compassionate, professional care from award-winning IBCLC & RN. Working for breastfeeding families since 2011. Experienced in lactation support, including in-home, in-hospital, & in the NICU. Specialties include prenatal education, tongue tie evaluation & support, low milk supply, & preterm infants. All consultations include text message support afterwards.

Nightingale Baby

Partnered with LoveStrong Wellness lovestrongwellness.com

(858) 225-4691 (call or text) www.nightingale-baby.com

16935 W. Bernardo Dr. Suite 140 San Diego, Ca 92127

Jennifer Gathman, RN, MSN, IBCLC, PMH-C

Offering a wide range of prenatal through postpartum lactation support with over 13 years of maternal-newborn experience as a nurse. Also offering prenatal and postpartum support, education, maternal mental health screenings & resources, support groups, classes, and tons of resources for new families. Some insurance accepted, payment plans available.

North County Birth and Beyond

(619) 851-2445 diannerandall88@gmail.com

www.northcountybirthandbeyond.com

Dianne Randall, IBCLC, LCCE.

Breastfeeding consultations in your home or my office; as well as virtual & phone consultations. Breastfeeding support. Serving Central San Diego to Encinitas.

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

Jarrah Foster Lactation & Wellness

Lactation support group every Friday from 11am -12pm at the San Diego Community Birth Center. (2801 4th Avenue San Diego 92103) Contact 858-751-4664 or visit Lactwell.com

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) <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
support?**

Free lactation support
and referrals are
available in English,
Spanish, Tagalog,
Arabic, French, and
Korean.

1-800-371-6455

@sdbreastfeeding
breastfeeding.org



Serving Parents with Disabilities

Virtual/Telehealth Services Offered

Contact us

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

Email: sdcbc@breastfeeding.org



San Diego County
Breastfeeding Coalition

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 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

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 & her pediatric dental team specialize in the release of lip & tongue-ties with comprehensive care & the best CO2 & cold laser for optimum healing. With 25+ years of experience & thousands of happy parents, she will be with you every step of the way! Ask about our MEMBERSHIP PLAN offering unrestricted access to quality care for a low price!
English | Spanish | Mandarin | American Sign Language

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.

About Us

The San Diego County Breastfeeding Coalition (SDCBC) is a 501c3 non-profit organization that has been serving the San Diego community since 1994. Our mission is to improve the health and wellbeing of our community by protecting, promoting, and supporting breastfeeding through education, outreach, advocacy, and service.

SDCBC brings together health care providers, agencies, organizations, individuals, families, and other breastfeeding advocates who are passionate about making breastfeeding attainable for all families in San Diego County.

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

