

# SAN DIEGO COUNTY BREASTFEEDING COALITION

c/o AAP-CA3  
3160 Camino Del Rio South, Suite 101  
San Diego, CA 92108



## 2021 BREASTFEEDING RESOURCE GUIDE

### 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.

**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 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 afterwards,
- 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!

### **BREASTFEEDING HELPLINES**

**\*Se habla español**

American Red Cross WIC*	*(800) 500-6411
Grossmont Hospital Women's Center	(619) 740-4983
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) 532-5261
Palomar Health	(760) 796-6802
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 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
	*(619) 543-7149

### **BREASTFEEDING AND DRUGS INFORMATION**

**Mother to Baby California: (866) 626-6847**

(Mon-Fri, 9am-5pm Pacific Time) <http://www.mothersbabyca.org/>

**Infant Risk Center at Texas Tech: (806) 352-2519**

(Mon-Fri, 8am-5pm Central Time) [www.infantrisk.org](http://www.infantrisk.org)

**Drugs and Lactation**

**Database:** <https://www.ncbi.nlm.nih.gov/books/NBK501922/>

**FOR MORE BREASTFEEDING RESOURCES VISIT US AT**

[www.breastfeeding.org](http://www.breastfeeding.org) OR CALL 1-800-371-MILK (4655)

- 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

**THANK YOU TO OUR 2021 SPONSOR**

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Promise Health Plan

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

**AAP-CA3**

AMERICAN ACADEMY OF PEDIATRICS CALIFORNIA CHAPTER 3  
San Diego & Imperial Counties

*Celebrating 60 years*  
OF CARING FOR CHILDREN  
FOUNDED IN 1942

THANK YOU TO THE  
AAP CA CHAPTER 3  
FOR THEIR SUPPORT

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## HOSPITAL BREASTFEEDING SERVICES

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### **PALOMAR MEDICAL**

**Palomar Medical Center Escondido. (442) 281-3089**<https://www.palomarhealth.org/facilities/palomar-medical-center> 2185 Citracado Parkwy, Escondido, CA 92029. Inpatient lactation consultation after delivery and phone consultation once mom and baby are at home. Please leave a message, and a lactation consultant will return your call during normal business hours.

**Palomar Medical Center Poway. (858) 613-4043**  
<https://www.palomarhealth.org/facilities/palomar-poway-outpatient> 15615 Pomerado Rd, Poway, CA 92064. Inpatient lactation consultation after delivery and phone consultation once mom and baby are at home. Please leave a message, and a lactation consultant will return your call during normal business hours. Breast pump and baby scale rentals also available.

**SCRIPPS HEALTH LACTATION SERVICES** Breastfeeding classes and support groups: **1-800-SCRIPPS** or [www.scripps.org](http://www.scripps.org)  
\*All Scripps patients may call any of our Lactation Helplines for non-emergency questions about lactation. Every attempt will be made to return calls within 24 hours. During the COVID-19 health care crisis, Scripps Breastfeeding Support Groups and lactation consultations have been canceled. \*

**Scripps Memorial Hospital (La Jolla) (858) 626-4538**  
9888 Genesee Ave. La Jolla, CA 92037. Helpline, Consultations, products, pump and scale rentals. Mother's Boutique open M-F 9:30 – 3:30, Sat. 12–4PM

**Scripps Memorial Hospital (Encinitas) (760) 633-7850**  
354 Santa Fe Drive, Encinitas, 92024. Helpline, Consultations, products, pump and scale rentals.

**Scripps Mercy Hospital (San Diego) (619) 260-7098**  
4077 5th Ave, San Diego, CA 92103. Pump rentals. Breastfeeding support group Thurs 11 AM - 12 PM

**Scripps Mercy Hospital (Chula Vista) (619) 691-7272 Lactation Helpline / (619) 691-7212 (English & Spanish Helpline) / 435 H Street, Chula Vista, CA 92190**  
English and Spanish speaking breastfeeding support group  
In the Hospitalist Conference room, Fridays 11 AM -12 PM

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

**\*Scripps Online Breastfeeding Support** Mondays, 1 - 2 PM  
Call in: **619-488-8282** / Conference ID: **5267805**  
Bilingual: English/Spanish

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

**Sharp Grossmont Women's Center (619) 740-4983**  
**5555 Grossmont Center Drive, La Mesa, CA 91942**  
Breastfeeding support warmline. Breast pump rentals and sales along with limited nursing supplies available for purchase.

**SHARP Mary Birch Hospital for Women & Newborns / New Beginnings Boutique. (858) 939-4127.** 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>. 3003 Health Center Drive, San Diego, CA 92123

**Vista Community Clinic**  
**760-631-5000 x 1070 / [www.vistacommunityclinic.org](http://www.vistacommunityclinic.org)**  
**1000 Vale Terrace, Vista, CA 92084**  
In-office lactation consultations before and after birth, in Women's Center and Pediatric Departments.

### **UCSD HEALTH SYSTEMS LACTATION SERVICES**

**UC Health Milk Bank (Lisa Stellwagen MD) (858) 249-6455 (MILK) / [ucmilkbank.ucsd.edu](http://ucmilkbank.ucsd.edu) 3636 Gateway Center Ave, Suite 102, San Diego, CA 92102.** The University of California Health Milk Bank is a non-profit, HMBANA accredited milk bank, owned and operated by UC San Diego Health. Our web portal provides information and resources for breastmilk feeding families, options to purchase milk, and a portal for milk donation. Serving all areas in San Diego County.

**UCSD Jacobs Medical Center. (858) 249-5727**  
9300 Campus Point Dr. La Jolla. Please utilize "stork" valet parking on the west side of Jacobs Medical Center, same price a self-parking.

**UCSD Premature Infant Nutrition Clinic (PINC) (Eyla Boies, MD and Terry Lawson, RN, IBCLC) (858) 496-4800 / [www.tinyurl.com/pp24r66p](http://www.tinyurl.com/pp24r66p) 7910 Frost Street, Suite 350, San Diego, CA 92123**  
Assistance in helping premature infants transition to breastfeeding, help mothers with breastmilk supply issues, evaluate fortified breastmilk feeds and monitor growth.

† This clinic continues to see patients in person.

† In-person appointments have been expanded to term infants and are being offered several days per week.

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

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### **ADDITIONAL RESOURCES**

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**La Leche League of San Diego County: (858) 848-6455 (MILK) + (858) 792-5009 (Spanish) / [www.llofsandiego.com](http://www.llofsandiego.com) <https://www.facebook.com/LaLecheLeagueOfSanDiegoCounty>**  
Parent-to-Parent support via phone help, email, and Facebook!

**WIC (Women, Infants, & Children) PROGRAMS**  
WIC offices offer classes, support groups, counseling and other services. Ask your local WIC office for details. \*\*All local WIC agencies are providing services by phone to current and new participants\*\* \*\*Breast pumps can be issued to eligible participants by arrangement to ensure physical distancing\*\*

**American Red Cross WIC Program\*: (800) 500-6411**  
[/www.sandiegowic.org](http://www.sandiegowic.org) / 3950 Calle Fortunada, San Diego, CA 92123

**Clinicas de Salud del Pueblo WIC Program\*: (760) 344-9606 / [www.cdsdp.org](http://www.cdsdp.org) / 561 E Street, Brawley, CA 92227**

**San Ysidro Health WIC Program\*: (619) 426-7966 / 1655 Broadway, Suite #18, Chula Vista, 91911**

**Scripps Mercy Hospital WIC Program\*: (619) 260-3400 / 3660 7th Ave., 2nd floor, San Diego, CA 92103**

**SDSU Research Foundation WIC Program\*: (888) 999-6897 <http://www.sdsuwic.org> / 9245 Sky Park Court, Suite 230, San Diego, CA 92123**

**TrueCare WIC\*: (888) 477-6333 (English & Spanish Warmline; available Mon-Fri 7:30 AM - 4 PM)**  
[www.truecare.org/location/truecare-san-marcos-wic-office](http://www.truecare.org/location/truecare-san-marcos-wic-office) / 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.

**PCI's Healthy Start\*: (619) 791-2610 x301 / [www.pciglobal.org](http://www.pciglobal.org) / [www.facebook.com/PCIHealthyStartSD](https://www.facebook.com/PCIHealthyStartSD)**  
Free childbirth, breastfeeding and parenting support to families in San Diego, with a focus on African American and immigrant communities. Staff are certified Childbirth, Lactation, and Parent Educators and connect families to free midwifery and doula support as needed. We speak English, Spanish, French, Haitian Creole, and Somali.

## PROVIDERS OF BREASTFEEDING (LACTATION) SERVICES

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. \*Se habla español † COVID-19 Virtual Resources

### CENTRAL SAN DIEGO/ LA JOLLA/ BEACHES

**Best Start Birth Center / Direct: (619) 299-0840 / Office: 800-470 BABY (2229) / [www.beststartbirthcenter.com](http://www.beststartbirthcenter.com)**

3630 Enterprise Street, San Diego, CA 92110. Provides education and resources for natural childbirth, water birth, lactation and postpartum support.

**Breastfeeding Consultants of San Diego, LLC (619) 677-2730.**

Heather Shabestari, BS, IBCLC, CLEC. 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, etc. Accepts Aetna PPO/POS. † Virtual and phone lactation consultations.

**Children's Primary Care Medical Group (858) 457-**

**2043 [www.cpcmg.net](http://www.cpcmg.net)** 4150 Regents Park Row #355 La Jolla CA 92037. Laura Wheeler, MSN, CPNP, IBCLC. Prenatal and post-birth lactation consultation as well as well-baby care with a certified pediatric nurse practitioner. We will bill your insurance. † Offering Virtual consultations through CPCMB MyChart

**Mamas & Milk / (858) 218-6455 [www.mamasandmilk.com](http://www.mamasandmilk.com)**

Dawn Dickerson, M.Ed, IBCLC, RLC CD (DONA), RYT & Carlee Rivera-Sims, IBCLC. 5550 Carmel Mountain Rd, Ste 208, San Diego, 92130. Private Lactation consults in-home or in-office; free weekly support groups. Specialize in milk supply issues, premature babies, latching issues, mastitis and more. Accept Aetna Preferred and UCSD Managed Care Insurances. Offer Baby Moves Yoga, Prenatal Yoga and Birth Story Listening. Classes and Support Groups are held at RISE Prime Wellness.

**Mother to Mother Midwifery. Office (619) 220-8189 & On-Call Midwife (619) 297-2229 [www.mothertomothermidwifery.com](http://www.mothertomothermidwifery.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 Legendairy Milk products.

**Nightingale Baby. (858) 215-4944 (Call or Text)**

**[info@nightingale-baby.com](mailto:info@nightingale-baby.com) / [www.nightingale-baby.com](http://www.nightingale-baby.com)**  
Jennifer Gathman, RN, MSN, IBCLC. Over 12 years of experience working with women and newborns, offering in-home or in-office lactation consultations, labor consults, prenatal, postpartum, and breastfeeding education, support groups, and perinatal mental health support. Ongoing support is personalized and evidence-based. † Currently offering discounted or free lactation support to families who are affected by COVID-19.

**San Diego Breastfeeding Center. (619) 724-4117 /**

**[www.sdbfc.com](http://www.sdbfc.com) / Free Support Groups:**

**<https://www.sdbfc.com/support-groups>.** Robin Kaplan, M.Ed, IBCLC; Debbie Murai, RN, IBCLC; Ashley Tehrani, IBCLC; Vicky Gellis, IBCLC; Tabitha Kemp, RN, IBCLC. In-home, in-office and virtual private lactation consults; free weekly support groups; prenatal/postpartum breastfeeding classes. Specializing in tongue/lip ties, latch difficulties, milk supply challenges, multiples, infant reflux and more. Accepts Aetna PPO/POS, Cigna PPO, Anthem PPO, BC/BS PPO, Tricare, UCSD HMO, & reduced fee for MediCal. † Offering Telehealth appointments & free virtual groups.

**Serenity Breastfeeding. (619) 990-6479**

**[christine@serenitybreastfeeding.com](mailto:christine@serenitybreastfeeding.com)**

**[www.serenitybreastfeeding.com](http://www.serenitybreastfeeding.com)**/ Christine Hennes, IBCLC Nurture-Empower-Teach Lactation consults in the comfort of your home. More than 20 years of experience working with over 15,000 families. Specializing in correct latch, also knowledgeable in lip/tongue tie issues, milk supply concerns & clogged ducts. Visit my website for appointment availability, and to self-schedule a consultation. † Offering Virtual consultations and 2 FREE breastfeeding support groups each week: Tuesday 2:30 pm & Friday 9:30 am

**Virtual Breastfeeding Inc. (720) 441-2889**

**[onlinebreastfeeding@gmail.com](mailto:onlinebreastfeeding@gmail.com)**

**[www.virtualbreastfeeding.com](http://www.virtualbreastfeeding.com)**/ Phylline Benson  
Receive expert lactation support from an experienced IBCLC, RN with a Master's degree in Nursing Education for breastfeeding challenges such as nipple pain, low milk supply, latching difficulty, and other issues. Get the latest information on breastfeeding for new mothers with a focus on pregnancy, birth to 6 weeks postpartum, or older. Book your appointment on our site! † Virtual breastfeeding support during pregnancy and postpartum to families in California via secure telehealth.

### NORTH COASTAL

**North County Birth and Beyond (619) 851-2445**

**[dianne@northcountybirthandbeyond.com](mailto:dianne@northcountybirthandbeyond.com)**

**[www.northcountybirthandbeyond.com](http://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. † COVID-19 Virtual Resources

**Babies in Bloom. (760) 940-BABY (2229)**

**[www.babies-in-bloom.com](http://www.babies-in-bloom.com)** / Rochelle McLean IBCLC, CCE, CD. 1948 Via Centre, Vista, CA 92081

Supporting breastfeeding families since 1998! Babies in Bloom Birth Center & Boutique offers classes, support and natural products for your baby & family. Breastfeeding supplies and accessories (including breast pump and scale rentals) available. We conduct breastfeeding classes, free support groups, online support and personal lactation consultations in our office or your home. † Phone and FaceTime consultations available.

**Best Baby Ever. (760) 443-8683**

**[www.bestbabyever.org](http://www.bestbabyever.org)** Heidi Burke-Pevney IBCLC

.2235 Encinitas Blvd, #206, Encinitas, CA 92024

In Home and Office visits available. Specializing in low milk supply, latch difficulties & pain, tongue/lip tie issues, breast refusal, multiples and preemies. Supportive Holistic Postpartum Care with doula and lactation. † Offering telehealth and phone consultations to breastfeeding mothers in need of support.

**Children's Primary Care Group (Nicole Kastner, MSN, CPNP, IBCLC & Rachel Perkins, MD, IBCLC)**

**(760) 547-1010 [www.cpcmg.net](http://www.cpcmg.net)**

3605 Vista Way #130, Oceanside CA 92056. Prenatal and post-birth lactation consultation as well as primary care with a Pediatrician, IBCLC. We will bill your insurance.

† Offering Virtual consultations through CPCMG MyChart

**Children's Primary Care Group (Jillian Peter-Truesdale, CPNP, IBCLC) 858-793-1011 / 11943 El Camino Real, # 210,**

San Diego, CA 92130. Prenatal and post-birth lactation consultation as well as well-baby care with a certified pediatric nurse practitioner. We will bill your insurance.

† Offering Virtual consultations through CPCMB MyChart

**Milky Way Lactation. (229) 292-9119 /**

**Milkywaylactation@whitehouseibcl.com**

**[www.whitehouseibcl.com/](http://www.whitehouseibcl.com/)** Sara Whitehouse, IBCLC

Mother of two and military spouse experienced in NICU and newborn nursery. Providing the best care for mothers and babies struggling with lactation issues and here to help and support you! Home visits in Oceanside & surrounding areas. Home visits in Oceanside & surrounding areas. TRICARE provider & most PPO insurance accepted. † Offering online & telehealth services.

**Del Sur Perinatal Group (619)341-4011**

**[Del-sur-perinatal-group@googlegroups.com](mailto:Del-sur-perinatal-group@googlegroups.com)**

Support through pregnancy, birth, breastfeeding, postpartum & beyond. Facilitators: Melonie Baranov RN, L&D, Lauren Patel CLEC & Postpartum Doula, Catherine Sage CLEC. † Virtual support group ongoing during the pandemic.

**<https://www.facebook.com/groups/673518493165053>**

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### NORTH COUNTY INLAND

**Breastfeeding Fixers & Leilani's Wellness Center. (760) 533-7953. / [www.breastfeedingfixers.com](http://www.breastfeedingfixers.com)**

Leilani Songer IBCLC, ICP & Rebecca Feasel RN, IBCLC. Birth & Postpartum Doula Specializing in tongue/lip ties, low/oversupply, painful latch, plugged milk ducts, mastitis, sleepy baby, preemies, multiples. Micro Current Neurofeedback, treating postpartum/chronic depression, PTSD & more. Author of "9 Steps to Peaceful Breastfeeding." † Virtual, office and home visits available.

**Breastfeeding with Grace. (858) 271-0913**

**[graceibcl@gmail.com](mailto:graceibcl@gmail.com)[www.breastfeedingwithgrace.com](http://www.breastfeedingwithgrace.com)**

Grace Magill, BS, IBCLC, RLC, LLL. In the breastfeeding field since 1976 & IBCLC since 2002. Breastfeeding consultations in my home office off the 15 Freeway. Prenatal private breastfeeding classes available. I carry all breastfeeding aides. Specializations: Tongue/lip-tie, supply issues, latch, suck problems, pumping, supplementing, preparing to go back to work. † Offering phone and FaceTime Consultations.

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

**[kellie.hunziker@breastfeedinghelppathome.com](mailto:kellie.hunziker@breastfeedinghelppathome.com)**

**[www.breastfeedinghelppathome.com](http://www.breastfeedinghelppathome.com)**

Registered Dietitian and Lactation Consultant.

† Offering home visits, virtual visits and private prenatal breastfeeding classes.

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### SOUTH COUNTY

**Family Health Centers of San Diego Postpartum Education**

**Center (619) 906-4621.** 1827 Logan Ave. Suite 2, San Diego, CA 92113 Patients in our Comprehensive Perinatal Services Program (CPSP) receive breastfeeding educational sessions during pregnancy, and lactation support post-partum. In-clinic and telehealth services. † COVID-19 Virtual Resources

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### BREAST PUMP COMPANIES

**Medela, Inc. (800) 453-8316 [medelabreastfeedingus.com](http://medelabreastfeedingus.com)**

A long-time champion of breastfeeding, Medela is the only company to develop products based on research by the world's leading lactation experts.

**Motif Medical [motifmedical.com/insurance](http://motifmedical.com/insurance)**

Motif Medical makes breast pumps and maternity compression garments covered by insurance. To qualify for desktop and portable breast pumps, pregnancy support bands and postpartum recovery support garments, visit our website.

**Unimom (954) 858-5588 [unimomus.com](http://unimomus.com)**

Unimom is dedicated to increasing breastfeeding rates. We strive for a goal of "70/24" (70% of mothers breastfeeding for 24 months). At least 5% of Unimom's profits support breastfeeding & breastfeeding moms.

Visit our website for the most current information on breastfeeding support groups in your area:

**<https://www.breastfeeding.org/support-groups/>**

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### TONGUE-TIE (FRENOTOMY) RESOURCES

**Children's Dentistry (Dr. Dabir, Diplomate of the American Board of Pediatric Dentistry)San Diego: (858) 536-1111**

**[contact@starrysmilez.com](mailto:contact@starrysmilez.com) [www.starrysmilez.com](http://www.starrysmilez.com)**

10717 Camino Ruiz, #103, San Diego, CA 92126

**Carlsbad: (760) 633-1131 / [contact@sunnysmilez.com](mailto:contact@sunnysmilez.com)**

**[www.sunnysmilez.com](http://www.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.

**Jean Chan DDS & Associates. (619) 579-2363 /**

**[www.healthygrins.com/](http://www.healthygrins.com/)** 260 E Chase Ave #101 El Cajon, CA

92020. We are a well-established private practice with Board Certified pediatric dentists that specialize in the release of lip and tongue-ties with a leading-edge CO2 laser and cold laser therapy for optimum healing. We have over 25 years of experience and offer free aftercare visits. No insurance? No problem! We offer a membership plan.

**Pediatric Specialty Partners (Seth M. Pransky, MD, Pediatric Otolaryngology, Head and Neck Surgery)(858) 625-0809**

**[www.pediatricsspecialtypartners.com](http://www.pediatricsspecialtypartners.com)**

**Dr. Pransky: [Spransky@pediatricsspecialtypartners.com](mailto:Spransky@pediatricsspecialtypartners.com)**

8929 University Center Lane, San Diego, CA 92122

Author of multiple studies on ankyloglossia (tongue-tie). Complete medical exam, input from the lactation consultant and pediatrician, along with maternal concerns. If appropriate, a frenulotomy is done to achieve successful nursing.

**Team Tongue Tie. (858) 480-9454**

**Alisa Sacker MD (Pediatrician) & IBCLC, Rosanne Berger,**

**Dentist/IBCLC, Karina Grant IBCLC & Jarrah Foster**

**IBCLC** work as a Team treating ties in babies, children and adults. CO2 laser frenectomy, aftercare, and all follow-up included.

**[www.TeamTongueTie.com/](http://www.TeamTongueTie.com/) [info@teamtonguetie.com](mailto:info@teamtonguetie.com)**

12625 High Bluff Drive, Ste #313, San Diego, CA 92130

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### TONGUE-TIE (FRENOTOMY)RESOURCES.[www.CPCMG.net](http://www.CPCMG.net)

**4S Ranch (Jaime Friedman, MD, FAAP)858-924-1960**

16918 Dove Canyon Road #200, San Diego, CA 92127

**Carmel Valley (Elena Fishman, MD, FAAP)858-793-1011**

11943 El Camino Real #210, San Diego, CA 92130

**Children's Campus (Marvin Zaguli, MD, FAAP)858-495-0500**

7910 Frost Street #400, San Diego, CA 92123

**Encinitas (Dr. Anna Mendenhall, MD, FAAP)760-436-4511**

499 N. El Camino Real #B100, Encinitas, CA 92024

**Gateway (Dr. Dori Mortimer, MD, FAAP)858-673-3340**

15725 Pomerado Road #203, Poway, CA 92064

**La Costa (Michael Jacobson, MD, FAAP & Patricia Lee, MD,**

**FAAP)760-633-3640 / 3257 Camino De los Coches #202,**

Carlsbad, CA 92009

**Santee (Regina Mangine, MD, FAAP)619-749-2150**

9600 Cuyamaca Street #101, Santee, CA 92071

**Scripps Ranch (Jamie Jordan, MD, FAAP& Jessie Bowers,**

**MD, FAAP) 858-566-4444 / 12036 Scripps Highlands Drive**

#102, San Diego, CA 92131

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### BREASTFEEDING-FRIENDLY CHILDCARE

The Breastfeeding-Friendly San Diego program works with childcare providers to create breastfeeding-friendly environments and practices. **<https://www.breastfeeding.org/child-care-for-parents/>**

**Find additional resources for caregivers:**

**<https://ucsdcommunityhealth.org/work/breastfeeding/child-care/>**

If you are a childcare provider or know of a childcare provider that would like to be recognized as a Breastfeeding-Friendly San Diego (BFSD) partner please visit:

**<https://www.breastfeeding.org/child-care-providers/>**. Free resources and materials, available in English and Spanish.