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) 245-5172
Naval Medical Center San Diego (619) 218-1409
Palomar Health (858) 613-4053
San Ysidro Health Center WIC* *(888) 942-7942
Scripps Memorial Hospital - Encinitas (760) 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
Breastfeeding Workers Rights/File A Complaint 1-866-487-9243

Breastfeeding and Drugs Information

Mother to Baby California: Call (866) 626-6847
(Mon-Fri, 9am-5pm Pacific Time)
http://www.mothertobabyca.org/

Infant Risk Center at Texas Tech: (806) 352-2519
(Varies by location)
https://www.infantrisk.com/

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

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 Support? Call our warmline
1-800-371-MILK(6455)
Palomar Medical Center Escondido
(442) 281-3089 / 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. https://www.palomarhealth.org/facilities/palomar-medical-center

Palomar Medical Center Poway
(858) 613-4053 / 15615 Pomera Rd, Poway, CA 92064.
https://www.palomarhealth.org/facilities/palomar-poway-outpatient
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.

UCSD Pediatrics
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 along with Terry Lawson, RN, IBCLC, 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.

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!

Additional Resources
American Academy of Pediatrics, CA Chapter 3
(619) 281-2273
www.aapca3.org

Global Communities’ Healthy Start
Global Communities’ Healthy Start program provides free childbirth, breastfeeding, and parenting support to families in San Diego, with a focus on Black and Immigrant communities. Staff is certified Childbirth, Lactation, and Parent Educators and connect families to free midwifery and doula support as needed. English, Spanish, French, Haitian Creole, and Somali.

Vista Community Clinic
(676) 631-5000 ext 1070 / www.vistacommunityclinic.org
In-office lactation consultations before and after birth, in Women’s Center and Pediatric Departments.

WIC (Women, Infants, & Children Program)
American Red Cross WIC Program
(800) 500-6411 www.sandiegowic.org
Locations across San Diego County. Breastfeeding Support and Education. Interpreter services are available. Bilingual staff. English, Spanish, Tagalog, Vietnamese, Arabic, Farsi

InnerCare WIC Program
(760) 344-9606 / www.cdsdp.org_561 E Street, Brawley, CA 92227
1:1 Lactation support, Breast Pump Rentals, Postpartum Support, Prenatal Education English, Spanish

San Ysidro Health WIC Program
1-888-942-7942
1655 Broadway, Suite #15, Chula Vista, 91911
https://www.syhc.org/services/nutrition-services/

Scripps Mercy Hospital WIC Program
(619) 260-3400 sdwic.com
wicprogram@scrippsahec.org
Breastfeeding Support and Education, Translation Services are available. Bilingual Staff

SDSU Research Foundation WIC Program
(888) 999-6897 www.sdsuwic.org Breastfeeding Support and Education. The WIC Program serves all eligible participants, including parents with disabilities. Our staff don’t have a lot of experience in this area, but we would like to learn how we can better support you! 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

Serving Parents with Disabilities
Virtual/Telehealth Services Offered
Providers of Breastfeeding Support Services

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
(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 Monday to Friday. We take most insurances.

San Diego Breastfeeding Center Foundation
(619) 606-2211 www.sdbfcfoundation.org
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 Monday to Friday. We take most insurances. English | Spanish

CENTRAL SAN DIEGO/COASTAL

Alisa Galvan, LAC, IBCLC
(619) 729-3640 www.alisagalvan.com
2310 Sixth Ave. San Diego, CA 92107
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.

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

Breastfeeding Consultants of San Diego, LLC
(619) 677-2730 www.bfcosd.com
6089 Madra Avenue San Diego, CA 92120
Heather Shabestari, BS, IBCLC, CLEC. Lactation consultations in your home + virtual/phone consultation. Helping you on your breastfeeding/pumping journey! Offering evidence-based guidance on milk supply issues, tongue/lip tie concerns, poor/inefficient suck, slow weight gain, reflux, clogged ducts, mastitis, getting baby back to breast, supplementation, pumping, allergies, etc. Accept Aetna PPO/POS.

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.

Babies in Bloom
(760) 940-BABY (2229) babies-in-bloom.com / 127 Main Street Vista, CA 92084
 Rochelle McLean IBCLC, CCE, CD.
Breastfeeding classes, free support groups, online support, & personal lactation consultations in our office or your home. Breastfeeding supplies & accessories (breast pump and scale rentals). Specialized in tethered oral tissues & low milk supply. Accept several types of insurance. Free Breastfeeding support groups MON at 930 am and FRI at 11 am. In-person & virtual meetings.

Mother to Mother Midwifery
Office (619) 220-8189 & On-Call Midwife (619) 297-2229 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 Legendary Milk products.

San Diego Breastfeeding Center
(619) 724-4117 www.sdbfcfoundation.org 8325 University Ave, La Mesa, CA 91942
Robin Kaplan, M.Ed, IBCLC. Home, office, virtual private lactation consultations; 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

Serenity Breastfeeding
(619) 990-6479. christine@serenitybreastfeeding.com
Christine Hennes, IBCLC. Nurture-Empower-Teach, Lactation consultations 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

Upheled Postpartum
(619) 609-7402 www.upheledpostpartum.com
Jenna Rubie, RN-BSN, IBCLC, Certified Inmate Postpartum Care Provider. Customized In-Home Lactation Consultations with over 11 years experience working with postpartum families. Expert assessment + compassionate support to help you meet your feeding goals. Passionate about providing a judgement free space so you can feel upheld. Accepting most PPO insurance. Consults include 1 week unlimited text/email support.

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, & early 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

NORTH COUNTY

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(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”

Central San Diego/Glendale

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(619) 729-3640 www.alisagalvan.com
2310 Sixth Ave. San Diego, CA 92107
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.

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Serving Parents with Disabilities
Virtual/Telehealth Services Offered
Providers of Breastfeeding Support Services

**NORTH COUNTY cont.**

**Bond to Bloom Infant Feeding**
(310) 946-8305 www.bondtobloom.com
Janea Deuel MS, OTR/L, SWC, CPTM, IBCLC. An international speaker & researcher in Infant Feeding with further expertise in Development, Bodywork & Maternal Mental Health. 20+ years experience in medical & in-home settings, with a passion for offering Holistic & individualized support to families with their unique feeding goals.

**Breastfeeding Fixers & Leilani's Wellness Center**
(760) 533-7953. www.breastfeedingfixers.com
Leilani Songer IBCLC, ICF, 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.breastfeedinghelpathome.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 fee. Service for Fee Provider.

**COLFS Medical Clinic**
(619) 692-4401 or (619) 795-3581
362 W. Mission Ave. Ste. 105 Escondido, CA 92025

**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 10 am-11 am 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.

**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!

**Mounts of Babes Lactation Services**
(702) 860-9391 www.mobilactation.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.

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

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

**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**
(858) 502-1177 cpccmg.net
Our specially trained Pediatricians work in concert with our IBCLCs to offer tongue-tie assessment and frenotomy (clipping) Monday to Friday. We take most insurances.

**Jean Chan DDS & Associates**
(619) 579-2363 www.healthygrins.com
260 East Chase Avenue Suite #101, El Cajon, CA 92020
Well-established, 25+ years of experience, Board Certified pediatric dentists specializing in the release of lip & tongue ties with the best CO2 laser & cold laser for optimum healing. WE OFFER A MEMBERSHIP PLAN with unrestricted access to quality care for a low price! English|Spanish|American Sign Language|Mandarin Chinese

**Little Star Pediatric Dentistry and Orthodontics**
(619) 630-4000 www.littletaradentistry.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|Tagalog|Chinese|Farsi

**Seth M Pransky, MD, Pediatric Otolaryngology, Head and Neck Surgery**
www.pediatricspecialtypartners.com
(858) 625-0809 / spransky@pediatricspecialtypartners.com
Health Nexus 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.