

# 2022 San Diego County Breastfeeding Resource Guide



2907 Shelter Island Drive, Ste. 105-476  
San Diego, CA 92106  
1-800-371-MILK (6455)  
breastfeeding.org



## Special Thanks to our 2022 Sponsor



Promise Health Plan

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

## 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) 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
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) Text (855) 999-3525  
<http://www.mothersbabyca.org/>

**Infant Risk Center at Texas Tech:** (806) 352-2519  
(Mon-Fri, 8am-5pm Central Time)  
<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)**

# Hospital Breastfeeding Services

## Palomar Medical Center Escondido

(442) 281-3089 / 2185 Citracado Parkway 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 Pomeroy 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. Breast pump and baby scale rentals also available. Breastfeeding Support Group every Tuesday, 1:00 – 2:30, Call for more information.

## 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](http://scripps.org)  
Helplines & Breastfeeding Support Groups via phone and MS Teams are open to the Community.

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). Outpatient Lactation Consultations are available at Encinitas and La Jolla.

## 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 a.m.-3 p.m., Sat 9 a.m.-1 p.m.

## 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 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.  
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>

## UC SAN DIEGO HEALTH

### UC San Diego Virtual Lactation Support Group

Mondays 3 -4 pm via zoom (except federal holidays)  
Advanced registration 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

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

## UCSD PEDIATRICS ctd.

**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](http://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](http://www.aapca3.org)

### Global Communities' Healthy Start

(858) 279-9690 <http://bit.ly/HealthyStartReferral>  
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

(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.

## WIC (Women, Infants, & Children Program)

### 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 | Tagalog | Vietnamese | Arabic | Farsi

### Innercare WIC Program

(760) 344-9606 / [www.cdspd.org](http://www.cdspd.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](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

(888) 999-6897 [www.sdsuwic.org](http://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/](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

 Serving Parents with Disabilities  
 Virtual/Telehealth Services Offered

# 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"

### Children's Primary Care Medical Group ☎

(858) 302-2269 [cpcmg.net](http://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](http://www.sdbfcfoundation.org)  
SDBFC Foundation provides free/reduced-fee private lactation consultations for BIPOC and low-income individuals. Currently, we have 2 clinics: La Mesa and Bankers Hill. Additional clinics will be added in 2022-2025. See our website to book an appt at one of our clinics.

## CENTRAL SAN DIEGO/COASTAL

### Alisa Galvan, LAC, IBCLC ☎

(619) 729-3640 [www.alisagalvan.com](http://www.alisagalvan.com)  
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.

### 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. 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.bfcfsd.com](http://www.bfcfsd.com)  
6089 Madra Avenue San Diego, CA 92120  
Heather Shabestari, BS, IBCLC, CLEC. Lactation consultations in your home + virtual/phone consultations. 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](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 postpartum. 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 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.

*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

### Mother to Mother Midwifery

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

### San Diego Breastfeeding Center ☎ ♿

(619) 724-4117 [www.sdbfc.com](http://www.sdbfc.com) 8325 University Ave. La Mesa, CA 91942  
Robin Kaplan, M.Ed, IBCLC. 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

### Serenity Breastfeeding ☎

(619) 990-6479. [christine@serenitybreastfeeding.com](mailto: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](http://www.serenitybreastfeeding.com)

### Upheld Postpartum ☎

(619) 609-7402 [www.upheldpostpartum.com](http://www.upheldpostpartum.com)  
Jenna Rubie, RN-BSN, IBCLC, Certified Innate 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](mailto:onlinebreastfeeding@gmail.com)  
[www.virtualbreastfeeding.com/](http://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

## 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, 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.

### Babylove Lactation ☎

(858) 324-4180 [babyloveibclc@yahoo.com](mailto:babyloveibclc@yahoo.com)  
<https://go.lactationnetwork.com/BabyloveLactation>  
13484 Appalachian Way San Diego, CA 92129  
Alyssa McPherson, IBCLC  
Providing loving support to San Diego breastfeeding families with home visits, virtual and phone consults. My goal is to help you meet your breastfeeding goals. In-network with most PPO insurances.

### 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\*\*

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 cont.

### **Bond to Bloom Infant Feeding**

(310) 946-8305 [www.bondtobloom.com](http://www.bondtobloom.com)  
Janae Deuel MS, OTR/L, SWC, CPMT, 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](http://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](http://www.breastfeedinghelppathome.com)  
[kellie.hunziker@breastfeedinghelppathome.com](mailto: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 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.whitehouseibcl.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!

### **Mouths of Babes Lactation Services**

(702) 860-9391 [www.moblactation.com](http://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.

### **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 and virtual lactation consultations, both prenatal, postpartum & beyond. Receive safe, judgment-free care and a supportive space to collaborate and develop a feeding plan that works best for you and your family. We strive to educate and empower each individual in a family unit in supporting each other's role in feeding your little ones.

### **Nightingale Baby**

Partnered with LoveStrong Wellness [www.lovestrongwellness.com](http://www.lovestrongwellness.com)  
(858) 225-4691 (call or text) [www.nightingale-baby.com](http://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](mailto:diannerandall88@gmail.com)  
[www.northcountymbirhandbeyond.com](http://www.northcountymbirhandbeyond.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.

## 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 Primary Care Medical Group**

(858) 502-1177 [cpcmg.net](http://cpcmg.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.healthyrins.com](http://www.healthyrins.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.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 | Tagalog | Chinese | Farsi

### **Seth M Pransky, MD, Pediatric Otolaryngology, Head and Neck Surgery** [www.pediatricsspecialtypartners.com](http://www.pediatricsspecialtypartners.com)

(858) 625-0809 / [spransky@pediatricsspecialtypartners.com](mailto: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.

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)**



San Diego County  
Breastfeeding Coalition