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

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 Helplines

Need Support? Call our warmline
1-800-371-MILK(6455)
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) 249-5175
UMilkbank.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
(760) 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.syhic.org/services/nutrition-services/

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
(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/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
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 pediatrics and nurse practitioners offer lactation consultations in person and via video Monday to Friday. We take most insurances.

San Diego Breastfeeding Center Foundation  SDBF 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.

Alisa Galvan, LAC, IBCLC (619) 729-3640  www.alisasgalvan.com
3210 Sixth Ave, San Diego, CA 92102
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.bfcosfd.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, plugged 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 / fhcscd.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, latch 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 (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.sdbsfc.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 tie issues, 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

Upheld Postpartum (619) 609-7402  www.upheldpostpartum.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/
Philine 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

Babies in Bloom (760) 940-BABY (2229)  www.babies-in-bloom.com / 127 Main Street Vista, CA 92084
Rochele McLean IBCLC, CCE, CE.
Breastfeeding classes, free support groups, online support, & personal lactation consultations in your 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  babylovebclc@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
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, preemies. Supportive Holistic Care lactation. **Offering Virtual Q&A with new breastfeeding moms**

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.

Contact us
Phone: 1-800-371-MILK (6455)
Email: sdbc@breastfeeding.org

Providers of Breastfeeding Support Services

COUNTY WIDE

CENTRAL SAN DIEGO/COASTAL

NORTH COUNTY

Serving Parents with Disabilities
Virtual/Telehealth Services Offered
North County cont.

Bond to Bloom Infant Feeding
(310) 946-8305 www.bondtobloom.com
Jane 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
Leilani Songer IBCLC, ICF, Birth & Postpartum Doula, Rebecca Feasel RN, IBCLC, Wendy Dimmock CLC. Specialize in tongue/tip tied, 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 Countries. 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 support. Fee for Service Provider.

COLFS Medical Clinic
(619) 692-4401 or (619) 795-3581
21475 Trail Ridge Drive Escondido, CA 92029
Mouths of Babes Lactation Services
(760) 633-1131 contact@sunnysmilez.com
3257 Camino de Los Coches #304 Carlsbad, CA 92009
We specialize in treatment of labial and lingual frenectomies (lip/tongue ties), mastitis, sleep baby, preemies, multiples, ultrasound therapy, Micro Current Neurofeedback, treating depression, PTSD & more. 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
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
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 cpccng.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
We partner with Board-Certified Lactation Consultants and Speech and Occupational Therapists to provide a comprehensive solution.

Little Star Pediatric Dentistry and Orthodontics
(619) 630-4000 www.littlestardentistry.com
5550 Carmel Mountain Road, Suite 100 San Diego, CA 92130
We partner with Board-Certified Lactation Consultants and Speech and Occupational Therapists to provide a comprehensive solution.

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

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