SAN DIEGO COUNTY BREASTFEEDING RESOURCE GUIDE

San Diego County Breastfeeding Coalition



Free Breastfeeding Support Warmline

1-800-371-MILK (6455)

Offering education, support, and referrals in English, Spanish, Arabic, French, Haitian Creole, and Somali

@sdbreastfeeding

breastfeeding.org

Sponsored by

blue CALIFORNIA PROMISE

The San Diego County Breastfeeding Coalition

Since 1994, the San Diego County Breastfeeding Coalition (SDCBC) has been working to protect, promote, and support breastfeeding and improve the health and well-being of families throughout San Diego County.

San Diego County Breastfeeding Coalition

We believe every family deserves access to accurate information, compassionate support, and resources that respect their individual needs and feeding goals. Whether you are preparing for your baby, navigating the early days of breastfeeding, pumping, returning to work or school, or looking for support along the way, you are not alone.

Through education, outreach, advocacy, and community service, SDCBC helps families connect with breastfeeding support, lactation professionals, community programs, support groups, and other resources available throughout San Diego County.

This Resource Guide was created with you and your family in mind. Use it to explore local services, find support near you, and discover resources that can help you feel informed and supported throughout your feeding journey.

You're Part of This Community. Your experience matters. Your questions matter. Your feeding goals matter.

Explore the resources in this guide, reach out for support when you need it, and share this guide with another parent who may benefit from it. Together, we can build a community where every family feels supported, informed, and empowered.

GET INVOLVED!
Visit our website at breastfeeding.org or email us at sdcbc@breastfeeding.org to learn more

Thank you to our Generous Sponsor

We extend our sincere gratitude to Blue Shield Promise Health Plan for their generous investment in our Breastfeeding Resource Guide and their commitment to advancing perinatal health and lactation equity for families across San Diego County.

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

HOW TO TELL IF YOUR BABY IS GETTING ENOUGH MILK

Every baby is different.
These are general signs that your baby is getting enough milk.

In the first few days:

- Breastfeed 8–12 or more times in 24 hours, following your baby's feeding cues.
- Skin-to-skin and cluster feeding are normal and help build milk supply.
- Wet diapers should increase each day.
- Stools change from dark meconium to green/brown and then yellow, loose, seedy stools.
- You should hear or see your baby swallowing during feeds.

After the first week:

- Expect 6 or more wet diapers each day once milk intake is established.
- Baby should appear satisfied after many feeds and have periods of alertness.
- Baby should begin gaining weight and typically return to birth weight by about 2 weeks.



Photo credit: letmommysleep.com

WHEN TO GET HELP

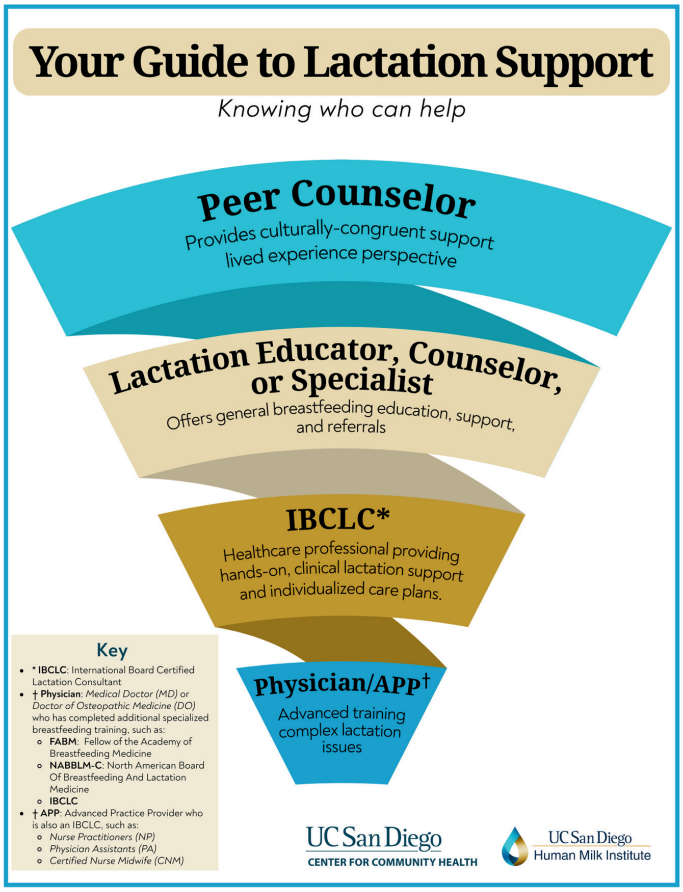
Contact your baby's healthcare provider or a lactation professional if your baby is difficult to wake, feeding poorly, having fewer wet diapers than expected, struggling to latch, becoming increasingly jaundiced, or not gaining weight as expected.

Everyone's breastfeeding journey is different.
Just remember that it's okay to ask for help.

NEED HELP? CALL OUR FREE WARMLINE
1-800-371-MILK(6455)
Offering breastfeeding support and referrals in English, Spanish, Arabic, French, Haitian Creole, and Somali

WHEN DO I CALL A LACTATION CONSULTANT?

Remember, help is available, and there are solutions



Your Guide to Lactation Support helps parents, healthcare providers, and community-based professionals understand the roles, training, and scope of practice of different lactation support providers, from peer counselors to breastfeeding medicine specialists. The tool is designed to support informed referrals, strengthen collaboration across the perinatal care team, and ensure families receive the right level of infant feeding support at the right time.

Developed by partners of the San Diego Human Milk Access Network (SDHuMAN) implemented by the UC San Diego Human Milk Institute and UC San Diego Center for Community Health, this guide was inspired by and adapted from similar resources created by the U.S. Lactation Consultant Association and the U.S. Breastfeeding Committee.

Consider contacting a lactation professional if:

- **Your baby is not gaining weight well.**
  - A lactation consultant can assess a feeding and perform a weighted feed to estimate how much milk your baby is taking in.
- **Breastfeeding is painful.**
  - Sore, cracked, or bleeding nipples are not something you have to tolerate. A lactation consultant can help identify and address the cause.
- **You have breast or nipple concerns.**
  - A lactation consultant can provide support alongside your healthcare provider for issues such as infection or inflammation.
- **Your baby is fussy at the breast or refusing to breastfeed.**
  - A lactation consultant can help identify possible causes, such as a fast or slow letdown, latch or positioning concerns, or reflux.
- **You are experiencing clogged ducts, engorgement, or an overactive letdown.**
  - A lactation consultant can provide strategies to relieve discomfort and support comfortable milk removal.
- **You are preparing to return to work or school.**
  - A lactation consultant can help you plan for pumping, maintaining your milk supply, and continuing your breastfeeding relationship.
- **Your baby has medical or special feeding needs.**
  - Babies born prematurely, multiples, or babies with conditions such as jaundice, tongue or lip ties, cleft lip, or cleft palate may benefit from additional breastfeeding and pumping support.

NEED HELP? CALL OUR FREE WARMLINE

1-800-371-MILK(6455)

Offering breastfeeding support and referrals in English, Spanish, Arabic, French, Haitian Creole, and Somali

blue CALIFORNIA | PROMISE

Extra help for you and your baby, at no cost

Blue Shield of California Promise Health Plan has a special program called Promising Start. Eligible members get a starter kit, help with checkups, and Amazon.com vouchers for baby supplies.*



Get supplies and support

Promising Start kit
Make life easier for you and your baby. The kit comes with diapers, baby wipes, and other helpful items.

Checkup reminders
Get a simple list to help you keep track of doctor visits for you and your baby.

Amazon.com vouchers
Earn up to $400 in Amazon.com vouchers (electronic gift cards) for diapers and more.

Sign up today
To enroll in our Promising Start program, call Customer Service at **(855) 699-5557 (TTY: 711),** 8 a.m. to 6 p.m. PT, Monday through Friday.

It's easy to join

1. Call Blue Shield Promise Customer Service.
2. Say you want to join the Promising Start program.
3. Share an email address linked to your Amazon.com account. Don't have one? We'll help you set it up.

For more information scan the QR code or visit **blueshieldca.com/promisingstart**

* Joining the Promising Start program is optional and at no cost for members of Blue Shield of California Promise Health Plan. You must apply to enroll in this program. Enrollment is not guaranteed. You can stop being part of the program at any time for any reason. Being in the program will not affect your Medi-Cal benefits or coverage. You will not qualify for any extra benefits through Amazon.com.

Amazon.com is independent of Blue Shield of California Promise Health Plan and is used to provide products and delivery services to member's mailing addresses.

You can get this document for free in other formats, such as large print, braille, or audio. Call (855) 699-5557 (TTY: 711), 8 a.m. to 6 p.m. PT, Monday through Friday. The call is free.

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

Blue Shield of California Promise Health Plan | 3840 Kilroy Airport Way | Long Beach, CA 90806

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BREASTFEEDING HELPLINES

(800) 500-6411	American Red Cross WIC Program — San Diego County English, Spanish, Tagalog, Vietnamese, Arabic, Farsi
(866) 940-2218	Kaiser Permanente Lactation Clinic / Breastfeeding Support — San Diego English, Spanish + interpreter services available
(858) 848-6455	La Leche League of San Diego County English
(858) 792-5009	La Leche League Spanish Line Spanish
(619) 218-1409	Naval Medical Center San Diego — Mother Infant Lactation Clinic / Newborn Clinic English + interpreter services available
(888) 942-7942	San Ysidro Health WIC Program English, Spanish, Chinese, Tagalog, Portuguese
(760) 633-7850	Scripps Memorial Hospital Encinitas — Lactation Support English + interpreter services available
(858) 626-4538	Scripps Memorial Hospital La Jolla — Lactation Support English + interpreter services available
(619) 877-4347	Scripps Mercy Hospital San Diego — Lactation Support English + interpreter services available
(619) 260-3400	Scripps Mercy Hospital WIC Program English, Spanish + translation services available
(888) 999-6897	SDSU Research Foundation WIC Program English, Spanish, Tagalog, Arabic, Farsi
(619) 740-4983	Sharp Grossmont Hospital for Women — Lactation Support English + interpreter services available
(858) 939-4127	Sharp Mary Birch Hospital for Women — Lactation Support English + interpreter services available
(760) 940-7745	Tri-City Medical Center — Lactation Support English + interpreter services available
(888) 477-6333	TrueCare WIC Program (formerly North County Health Services WIC) English, Spanish, Tagalog, Vietnamese
(858) 249-5727	UC San Diego Medical Center — Lactation Support English + interpreter services available

ONLINE SUPPORT FOR FAMILIES

breastfeeding.org/directory



Find Breastfeeding & Family Support Near You
Bringing home a new baby can be exciting, and sometimes overwhelming. You don't have to figure out feeding and postpartum support on your own.

The **San Diego County Breastfeeding Coalition's Online Resource Directory** helps families find local breastfeeding and lactation support, feeding resources, support groups, and other services for pregnancy, postpartum, and the newborn stage.

Search by ZIP code, language, or type of service to find resources that fit your family's needs. Whether you're looking for help with breastfeeding, pumping, latch, milk supply, or simply want someone to talk to, support is available.

SCAN HERE

BREASTFEEDING & MEDICATION INFORMATION

LactMed® / LactRx App

Drugs and Lactation Database with information about medications and breastfeeding.

Website:
ncbi.nlm.nih.gov/books/NBK501922/

LactRx is available free through the Apple App Store and Google Play Store.

DOWNLOAD THE APP

Apple App Store **Google Play Store**

MotherToBaby

Free, confidential information about medications and other exposures during pregnancy and breastfeeding.
Call: (866) 626-6847
Text: (855) 999-3525
Hours: Monday–Friday, 8 a.m.–7 p.m. ET
Website: mothertobaby.org

InfantRisk Center

Medication safety information and support for breastfeeding families.
Call: (806) 352-2519
Hours: Monday–Friday, 8 a.m.–3 p.m. CT
Website: infantrisk.com

Free Breastfeeding Support Groups

For up to date support group information please visit
breastfeeding.org/support-groups
In-Person and Virtual Options

Babies In Bloom
Postpartum/Breastfeeding Support Group
Schedule: Tuesdays at 11:00 AM
Location: Babies In Bloom Carlsbad, 3150 El Camino Real, Suite G, Carlsbad, CA 92008
Phone: (760) 940-2229

San Diego Lactation + Every Baby Feeds
Breastfeeding Support Group
Schedule: Fridays, 1:00–2:00 PM
Location: 555 W. Country Club Ln H, Escondido, CA 92026 (Inside Escondido Hills Chiropractic)
Walk-Ins Welcome. No RSVP Needed.

San Diego Breastfeeding Center
Lactation & Infant Feeding Support Group
Schedule: Fridays, 10:00–11:00 AM
Location: Align SD, 2525 Camino del Rio South, Suite 300, San Diego, CA 92108
RSVP: Call Valori at the San Diego Breastfeeding Center at 619-724-4117

Oceanside Lactation
Breastfeeding Support Group
Schedule: Wednesdays, 10:00–11:00 AM
Location: Seed & Spine, 3150 Pio Pico Dr., Carlsbad, CA 92008
RSVP: Call 442-264-7540

Whole Women Nutrition
New Mom Support Group
Schedule: Thursdays, 11:30 AM–12:30 PM
Location: New Mom School Encinitas, 162 S. Rancho Santa Fe Rd., Ste. B70, Encinitas, CA 92024
Registration: Required
newmomschool.com/class-registration/encinitas-ca/

Global Communities
Baby Feeding & Play Groups
Tuesdays: 10:00 AM–12:00 PM
Location: 704 Euclid Ave., San Diego, CA 92114 (Access Youth Academy)
Wednesdays: 10:00 AM–12:00 PM
Location: 564 N. 2nd St., El Cajon, CA 92021 (American Red Cross WIC)

UC Milk Bank
Preemie Infant Breastmilk Feeding Support Group
Schedule: Last Friday of the month, 3:30–4:30 PM
Location: Virtual on Zoom
Registration: Sign up here or call 619-543-7132

SCRIPPS HEALTH

San Ysidro Health Clinic
Schedule: Mondays, 1:00–2:00 PM
Languages: English/Spanish
Location: 678 3rd Avenue, 2nd Floor, Centering Conference, Chula Vista, CA 91910. (Note: Nominal parking fee.)

Scripps Coastal Medical Center Oceanside
Schedule: Wednesdays, 10:00–11:00 AM
Location: 4318 Mission Avenue, Main Floor, Administrative Lunchroom, Oceanside, CA 92057

Scripps Memorial Hospital, La Jolla
Schedule: Wednesdays, 10:30–11:30 AM
Location: 9888 Genesee Avenue, 7th Floor, North Tower Conference Room, La Jolla, CA 92037 (Note: Nominal parking fee)

Scripps Mercy Hospital, San Diego
Schedule: Thursdays, 11:30 AM–12:30 PM
Location: 4077 Fifth Ave., 3rd Floor Classroom, San Diego, CA 92103. (Note: Nominal parking fee)

Scripps Memorial Hospital, Encinitas
Schedule: Fridays 10:30 am - 11:30 am
Location: 310 Santa Fe Drive, Suite 317 Encinitas, CA 92024

SHARP MARY BIRCH HOSPITAL FOR WOMEN & NEWBORNS

Sharp Mary Birch Hospital for Women & Newborns Chula Vista
Schedule: Mondays, 12:30–2:00 PM, excluding major holidays
Location: 751 Medical Center Court, Main Lobby of the New Ocean View Tower, Chula Vista, CA 91911
Parking: Free visitor parking available

Sharp Mary Birch Hospital for Women & Newborns Grossmont
Schedule: Mondays, 1:00–3:30 PM; Thursdays, 9:00–11:30 AM, excluding major holidays
Location: 5555 Grossmont Center Drive, Conference Rooms 1–2, La Mesa, CA 91942

Sharp Mary Birch Hospital for Women & Newborns San Diego
Schedule: Tuesdays and Fridays, 1:00–3:00 PM, excluding major holidays
Location: Sharp Learning Resource Center, 8008 Frost St., Suite 250, San Diego, CA 92123

University of California San Diego
UC San Diego Lactation Support Group
Schedule: Thursdays, 9:30–11:00 AM, except holidays
Location: 3760 Convoy St., San Diego, CA 92111

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

BREASTFEEDING RIGHTS INFORMATION

Created In Partnership with the California Women's Law Center
Visit breastfeeding.org/work for more information

CALIFORNIA WOMEN'S LAW CENTER
Pursuing Justice for Women and Girls

San Diego County Breastfeeding Coalition

BREASTFEED ANYWHERE, ANYTIME

The law supports breastfeeding parents

A lactating parent may breastfeed their child in any location, public or private, where the parent and child are authorized to be present. (Cal. Civil Code § 43.3.)

A breastfeeding mother may postpone jury duty for as long as they are breastfeeding by indicating that they are breastfeeding on the jury summons form. (Cal. Civ. Proc. Code § 210.5; Cal. Rules of Court, rule 2.1006.)

Under the Affordable Care Act, generally preventive care such as breastfeeding support, supplies, and counseling **must** be covered by health plans with no cost sharing. (www.hrsa.gov/womensguidelines/.)

- Breast pumps and supplies that assist lactation are tax deductible medical expenses. (www.irs.gov.)

Hospitals must provide information on where to receive breastfeeding education or make available a breastfeeding consultant. (Cal. Health & Safety Code §§ 123360, 123365.)

The procurement, processing, distribution or use of human milk for the purpose of human consumption is considered to be a service, not the sale of human milk. (Cal. Health & Safety Code § 1647.)

All public and charter schools must provide lactating students with a private, secure room with an electric outlet and a place to safely store expressed breast milk. (Cal. Education Code § 222.)

Lactating people are entitled to full and equal accommodations, advantages, facilities, privileges, or services in all businesses. (Cal. Civil Code §§ 51-53.)

Important Note: AB 2160 was passed in CA in 2026 which removes a requirement for preauthorization for lactation care through Medi-Cal, helping moms access this service without delay. The Department of Health Care Services must issue updated guidance by July 1, 2027, clarifying coverage policies across a continuum of care.

BREASTFEEDING PARENTS IN THE WORKPLACE

It is unlawful for an employer to discriminate against someone based on sex, which includes because of breastfeeding. (Cal. Gov't Code § 12921(a), § 12926(r)(1)(c).)

Employers must provide a clean, safe, and private room that contains a place to sit, a shelf or table to place a breast pump and other items, and access to electricity. The room must be near the employee's work area and cannot be a bathroom. (Cal. Labor Code § 1031.)

Employers must provide lactating employees with access to a refrigerator or other cooling device and sink with running water. (Cal. Labor Code § 1031.)

Employers must provide a reasonable amount of break time for a lactating employee to express breast milk. (Cal. Labor Code § 1030.)

Lactating parents may request accommodations from their employers, if needed. Typically lactation is not a disabling condition requiring disability leave, but some people may need to be transferred to a less strenuous or hazardous position or need other reasonable accommodations. (2 CCR § 11035(d).)

An employee may take pregnancy disability leave for any medically recognized physical or mental condition related to pregnancy or childbirth, including lactation-related medical conditions such as mastitis. (2 CCR § 11035(u).)

Employers must implement a policy that provides a process by which their employees can request lactation accommodations, and includes the employee's right to file a complaint if their rights have been violated. (Cal. Labor Code §§ 1030 - 1034.)

US Department of Labor
Breastfeeding Workers Rights/
File A Complaint
1-866-487-9243

California Labor Commissioner's Office
Breastfeeding Rights Line/File a Complaint
833-LCO-INFO (833-526-4636)

HOSPITAL BREASTFEEDING SERVICES

SCRIPPS HEALTH LACTATION SERVICES

(858) 626-4538
Breastfeeding classes and support groups throughout the county, open to the community. Offers lactation supplies, outpatient lactation consultations, scale and pump rentals. All sites ADA accessible. Our Lactation Helplines are for non-emergency questions. Every attempt will be made to return calls within 24 hours (Saturday calls can take up to 48 hours for a reply).

Scripps Memorial Hospital (La Jolla)
(858) 626-4538 // 9888 Genesee Ave. La Jolla, CA 92037.
Helpline, consultations, bras and other products, pump, and scale rentals available. Mother's Boutique open M-F 9 am -3 pm & Sat. 9 am - 1pm

Scripps Memorial Hospital (Encinitas)
(760) 633-7850 // 354 Santa Fe Drive, Encinitas, 92024.
Helpline, Consultations, bras and other products, pump, and scale rentals available. Mother's Boutique open M, W, F from 12-4 pm

Scripps Mercy Hospital (San Diego)
(619) 260-7098 // 4077 5th Ave., San Diego, CA 92103
Pump rentals are available.

SHARP MARY BIRCH HEALTHCARE LACTATION SERVICES

Sharp Mary Birch Hospital for Women & Newborns Chula Vista
751 Medical Center Ct., Chula Vista, CA 91911
(619) 502-5800

Sharp Mary Birch Hospital for Women & Newborns San Diego
3003 Health Center Dr., San Diego, CA 92123
(858) 939-3400

Sharp Mary Birch Hospital for Women & Newborns Grossmont
5555 Grossmont Center Drive La Mesa, CA 91942
Breastfeeding Support Warmline (619) 740-4983
Free breastfeeding support group, no registration required, and partners are welcome. Find details and schedules at www.Sharp.com/Breastfeeding. Breast pump rentals and sales are available, along with a limited selection of nursing supplies for purchase.



UCSD PEDIATRICS Breastfeeding and Lactation Medicine

Board certified pediatricians offer lactation consultations/evaluations:

Kearney Mesa Office 858-496-4800 with Piper Sandel, MD, IBCLC. NABBLM-C on Tuesdays
La Jolla Office 858-203-4962 with Michelle Leff, MD, IBCLC, NABBLM-C on Mondays

We offer lactation care of the preterm and term infant and his or her breastfeeding parent. We can assist with routine breastfeeding complications, the transition from supplement to direct breastfeeding, optimizing milk supply, and monitoring the nutritional status of the infant. We also offer prenatal breastfeeding consultations for pregnant parents as well as for those considering inducing lactation.

UCSD Obstetrics & Gynecology
Samantha Thomson, MD, IBCLC sees adult patients in the UCSD Rancho Bernardo office (858-605-4454) on the first Wednesday of the month for complex parental lactation-related issues such as chronic nipple or breast pain, D-MER (dysphoric milk ejection reflex), hyperlactation or hypolactation, nipple wound care, rapid weaning, and lactation induction. Referral is needed.

UCSD Otolaryngology
Erin Walsh, MA, CCC-SLP, IBCLC, BCS-S
Walsh is a speech-language pathologist, lactation consultant, and board-certified swallowing specialist. She manages complex oral-motor and swallowing disorders as families initiate and stabilize feeding after birth. Consults require a physician referral.
9888 Genesee Avenue, Suite 100 San Diego, CA 92122
858-249-4070

UC SAN DIEGO Lactation Support Group
When: Thursdays 9:30-11 (except holidays)
Location: 3760 Convoy St. San Diego, CA 92111
Advanced registration is encouraged but not required, please go to health.ucsd.edu/childbirthclasses
Description: Our support group is led by experienced lactation consultants who foster an environment where breastfeeding parents can share their experiences and ask questions. Baby scales are available if you'd like to weigh your baby pre and post breastfeeding. You're welcome to stay the full 90 minutes or come and go as needed.
Please note: Dates and times are subject to change. Please visit the website before attending to confirm the current schedule.

Equipment Rentals: Medela Symphony Plus breast pumps and Medela baby scales are available for rent at rentals.ucsd.edu.

Serving Parents with Disabilities
Virtual/Telehealth Services Offered

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

San Diego County Breastfeeding Coalition

University of California Health Milk Bank

Did you know your extra breastmilk can help save a life?

The UC Health Milk Bank helps ensure safe, donor human milk is available for babies in need – especially those born premature or medically fragile. Donor milk can be a lifesaving bridge when a parent's own milk is not available.

By donating your surplus milk, you're giving more than nourishment – you're offering protection, healing, and hope. Through initiatives like Pump It Forward, our community comes together to support families and build a network of care, one drop at a time.

SCAN HERE

Support for Bereaved Families

Cherry Blossom Family
UC Health Milk Bank

The Cherry Blossom Program was created to support bereaved families after fetal demise or neonatal/infant death.

Our hope is to fill a much-needed gap in service by providing education, supplies and support for these families so they can comfortably wean or pump and donate their milk.

We make sure to acknowledge each of these women as moms and honor their babies with our memorial cherry blossom mural.

For many, donating milk can be a time for healing, a way to with their child, an avenue by which to gain some sense of control of an unimaginable situation, and a chance to save the life of another baby.

Contact
getmilk@health.ucsd.edu or
call (858) 249-MILK (6455)

WIC (WOMEN, INFANTS, AND CHILDREN PROGRAM)

WIC offers breastfeeding education and support in addition to healthy foods and nutrition education. Breast pumps are available based on need. If you are pregnant, breastfeeding or have a child under the age of 5, please visit sdwic.com or contact a local WIC agency below to see if you qualify. WIC welcomes parents, foster parents, legal guardians and single fathers.

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

Innercare WIC Program
(760) 344-9606 / www.sdwic.com/
561 E Street, Brawley, CA 92227
Provide individual and virtual counseling, lactation consultations, pump loans and referrals. English|Spanish

San Ysidro Health WIC Program
1-888-942-7942 https://www.syhealth.org/services/wic-program Lactation educator counselors and IBCLC provide breastfeeding support and education. Interpreter services are available. Visit our website for WIC and clinic locations.
Bilingual staff:
English|Spanish|Chinese|Tagalog|Portugues.

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

SDSU Research Foundation WIC Program
SDSU Research Foundation WIC Program (888) 999-6897 www.sdsuwic.org Locations across San Diego County. Breastfeeding Support and Education.
Bilingual staff: English | Spanish|Tagalog|Arabic|Farsi

TrueCare WIC Program
(888) 477-6333 (English & Spanish Warmline; available Mon-Fri 7:30 AM - 4 PM)
www.truecare.org/programs-resources/wic/
150 Valpreda Rd, San Marcos, CA 92069.
We have 13 health clinic locations to make it easier to get affordable healthcare in North County San Diego. Visit our website for WIC and clinic locations.
English|Spanish|Tagalog|Vietnamese

BREAST PUMPS

Hygeia Breast Pumps
(619) 818-0497
Hygeia offers award-winning, hospital-strength, cordless, ultra quiet breast pumps and accessories for no cost through all major insurance plans in San Diego County (PPO, HMO, Medi-Cal Plans, Tricare). The Hygeia Baby mobile app also provides virtual sessions with Lactation Consultants to help moms learn how to successfully breastfeed and pump. English|Spanish To apply for a breast pump, please visit www.MomsGetMore.com

Breast Pump Genie
1-800-555-7009
https://www.breastpumpgenie.com/
Get a free pump through insurance, including MediCal! Providing the finest hospital/medical-grade breast pumps available. Offering pumps from Zomee zomee.com & Unimom unimomus.com, pumps with multiple flanges sizes, onboard rechargeable batteries, hands-free options, 2-year warranty, 24/7 support, plus more to make sure your breastfeeding/pumping experience is comfortable & effective!

ADDITIONAL INFORMATION

Global Communities' Healthy Start

(858) 279-9690 https://globalcommunities-archive.org/healthy-start/
Free childbirth, breastfeeding & parenting support to families in San Diego & Riverside, with a focus on Black and Immigrant communities. Staff are certified Childbirth, Lactation, and Parent Educators and provide 1:1 or group-based education, guidance, and connections to resources that help families thrive. English, Spanish, French, Haitian Creole, Dari/Pashto and Somali. Free Baby Feeding & Play Groups Tuesdays | 10:00 AM-12:00 PM | 704 Euclid Ave., San Diego, CA 92114 (Access Youth Academy) + Wednesdays | 10:00 AM-12:00 PM | 564 N. 2nd St., El Cajon, CA 92021 (American Red Cross WIC)

Serving Parents with Disabilities
Virtual/Telehealth Services Offered

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

San Diego County Breastfeeding Coalition

PROVIDERS OF BREASTFEEDING SUPPORT SERVICES

COUNTY WIDE

Birth to Breast
Provider: Ruth Hale, IBCLC, Doula
Phone: (619) 888-5730
Website: birthtobreast.com
Location: San Diego County
Services: Prenatal and postpartum lactation support
Specialties: Breast, bottle, and flange latch support, oral function/reflexes, and milk supply
Visit Options: In-home and virtual support
Insurance: Accepting various insurance plans

Night and Day San Diego
Providers: Rachael Oeffner, IBCLC; Sarah Burns, IBCLC; Emma Milburn, IBCLC
Phone: (619) 567-8146
Email: hello@nightanddaysandiego.com
Website: nightanddaysandiego.com
Location: Mission Valley / San Diego County
Services: Prenatal and postpartum lactation care
Specialties: Latch difficulties, milk supply concerns, premature babies, oral assessment including tongue/lip ties, pumping, engorgement, mastitis, and more
Visit Options: In-home, office, and virtual visits

PUSH San Diego
Provider: Alisa Galvan, LAC, IBCLC
Phone: (619) 786-3329
Website: www.PushSanDiego.com
Location: 2310 Sixth Ave., San Diego, CA 92021
Services: Prenatal breastfeeding education and postpartum breastfeeding support.
Specialties: Integrative lactation care; herbal medicine; acupuncture; acupressure; dietary and lifestyle support.
Visit Options: In-home and virtual consultations by appointment.
Languages: English; Spanish

San Diego Breastfeeding Center
Phone: (619) 724-4117
Website: www.sdbfc.com
Address: 3333 Camino del Rio S, Suite 320, San Diego, CA 92108
Services: Lactation support through a group practice of IBCLCs.
Specialties: Tongue/lip ties, oral motor function, milk supply challenges, multiples, infant reflux and allergies, premature babies, pumping, and bottle refusal.
Insurance/Payment: Most PPOs, UCSD HMO, and Perinatal Doula Benefits.

Vicky Gellis Lactation Consulting
Provider: Vicky Gellis, IBCLC
Phone: (619) 289-8753
Website: vickygellislc.com
Location: San Diego County
Services: In-home and virtual lactation support
Specialties: Latch and positioning, milk supply, weighted feeds, pumping and flange fitting, bottle feeding/refusal, supplementation plans, and ongoing support from newborn feeding through weaning
Visit Options: In-home and virtual visits
Insurance: Accepting Various Insurance Plans

Virtual Breastfeeding Inc.
Provider: Philline Benson, RN, MSN, IBCLC
Phone: (619) 880-7062
Email: onlinebreastfeeding@gmail.com
Website: www.virtualbreastfeeding.com
Services: Prenatal lactation support, initial consultations, and lactation consultations.
Visit Options: In-home consultations throughout San Diego County, including areas as far as Oceanside and Temecula.
Insurance/Payment: Medical insurance accepted.



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Serving Parents with Disabilities

Contact us
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Email: sdcbc@breastfeeding.org

San Diego County Breastfeeding Coalition

PROVIDERS OF BREASTFEEDING SUPPORT SERVICES

CENTRAL SAN DIEGO/COASTAL

Bridge Prenatal
Providers: Dr. Arij Faksh and Dr. Gelen del Rosario, Co-Founders
Phone: (619) 856-4467
Website: www.bridgeprenatal.org
Services: Free, comprehensive, one-on-one personalized prenatal and postpartum supplemental care from pregnancy through 12 months after delivery.
Services Include: Nurse visits, lactation support and consultation, social work, case management, doula support, prenatal monitoring, sonography, and physician oversight.
Visit Options: In-person and telehealth**.**
Eligibility/Insurance: Available to eligible Medi-Cal members with Community Health Group, Blue Shield Promise, Molina, and IEHP Medi-Cal Plans.

Via Lactea Wellness, Inc; Mamas & Milk
Providers: Dawn Dickerson, M.Ed., IBCLC, RLC, CD (DONA), RYT; Carlee Rivera-Sims, IBCLC; Anissa Cornelius, IBCLC
Phone: (858) 218-6455
Website: www.mamasandmilk.com
Address: 5550 Carmel Mountain Rd., Suite 208, San Diego, CA 92130
Services: Prenatal and postpartum lactation support.
Specialties: Tongue/lip ties, milk supply concerns, latching, pumping and flange fitting, older babies, plugged ducts, mastitis, movement and oral rehabilitation, and infant movement.
Visit Options: In-home and in-office.
Insurance/Payment: Multiple insurance plans accepted, including many PPOs, UCSD HMO, and Aetna.
Additional Services: Movement classes for babies, adults, and the whole family.

NORTH COUNTY

Babies in Bloom
Provider: Rochelle McLean, IBCLC, CCE, CD
Phone: (760) 940-BABY (2229)
Website: www.babies-in-bloom.com
Address: 3150 El Camino Real, Suite G, Carlsbad, CA 92008
Services: Prenatal and postpartum lactation consultations, free weight checks, prenatal classes, car seat installations, and gear consultations.
Specialties: Painful latch, low milk supply, and tongue-tie concerns.
Visit Options: In-Office, In-Home, Virtual
Support Group: Hive support group, Tuesdays at 11:00 AM.
Insurance/Payment: Most visits covered by insurance; HSA/FSA accepted.

Best Baby Ever
(Provider: Heidi Burke-Pevney, IBCLC, CLE
Phone: (760) 443-8683
Website: bestbabyever.org
Location: 2235 Encinitas Blvd, #206, Encinitas, CA 92024
Services: Prenatal and postpartum lactation support
Specialties: Low milk supply, latch difficulties and pain, tongue/lip tie issues, breast refusal, multiples, and premature babies
Visit Options: In-home, office, and virtual visits
Approach: Supportive, holistic lactation care

Every Baby Feeds
Provider: Christy Koraiban, RN, BSN, IBCLC
Phone: (857) 222-9438
Website: www.everybabyfeeds.com
Services: In-home and virtual lactation support, healthcare navigation, and in-home infant CPR and first aid education.
Specialties: Medically complex infants, NICU graduates, parents with health complexities, and families who benefit from coordinated care.
Support Group: Fridays at 1:00 PM, 555 W. Country Club Ln., Escondido, inside Escondido Hills Chiropractic.
Additional Group: Every Baby, Every Path Special Needs Meet-Up for ages 0–4, first and third Tuesday of each month at 10:00 AM at Shadowridge Park, 2101 Lupine Hills Dr., Vista.

New Mom School Encinitas
Address: 162 S Rancho Santa Fe Road, Suite B70, Encinitas, CA 92024
Website: https://newmomschool.com/encinitas-ca
Services: In-person postnatal education, community support, and breastfeeding support groups.
Support Groups: Welcoming space for parents to ask questions, receive guidance from trained professionals, and connect with other new parents.

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NORTH COUNTY

Oceanside Lactation
Provider: Isabel Bennett, IBCLC
Phone: (442) 264-7540
Website: www.oceansidelactation.com
Services: Lactation and infant feeding support.
Specialties: Tongue ties, low milk supply, and hormonal factors affecting lactation.
Visit Options: Home visits and home office.
Insurance/Payment: In-network with most insurance plans.
Experience: More than 16 years of lactation support experience.

Robyn McMasters
Provider: Robyn McMasters, IBCLC, MS OTR/L, Advanced Practice in Swallowing
Phone: (718) 986-5013
Website: booboosandbabies.com
Services: In-home lactation and feeding support.
Specialties: Breastfeeding, pumping, bottle-feeding, and infant feeding; NICU experience.
Visit Options: In-home.

San Diego Lactation
Provider: Corinne Breshears, RN, IBCLC
Phone: (760) 807-7229
Website: www.sandiegolactation.com
Location: Offices in Carlsbad, Poway, and Escondido; home visits available.
Services: Prenatal planning; postpartum lactation support; prenatal birth and breastfeeding classes.
Specialties: Low milk supply, latch difficulties, pumping, breast or nipple pain, twins, and flange fitting.
Visit Options: In-home and telehealth.
Support Group: Fridays, 1:00–2:00 PM.
Insurance/Payment: Most insurance plans accepted.

Whole Women Nutrition
Provider: Jaren Soloff, RD, IBCLC & Team
Phone: (760) 274-0149
Email: hello@wholewomennutrition.com
Website: www.wholewomennutrition.com
Address: 162 S Rancho Santa Fe Rd., Suite B70, Encinitas, CA 92024
Services: Lactation and nutrition counseling for families.
Specialties: Latch and supply concerns, oral restrictions, bottle refusal, and maternal and infant nutrition.
Visit Options: In-office, virtual, and in-home consultations.
Approach: Trauma-informed and compassionate care.
Insurance/Payment: Most PPO and HMO plans accepted.
Additional Services: Monthly prenatal breastfeeding workshops at Cap Wellness Center and weekly breastfeeding support groups at New Mom School.

Tongue-Tie (Frenotomy) Resources

Provider: Dr. Jean Chan
Phone: (619) 579-2363
Website: www.healthygrins.com
Address: 260 East Chase Avenue, Suite #101, El Cajon, CA 92020
Services: Lip- and tongue-tie release with comprehensive care.
Specialties: CO_2 and cold laser treatment for lip and tongue ties.
Experience: More than 27 years of experience.
Languages: English; Spanish; Mandarin
Insurance/Payment: Insurance accepted; membership plan available.

Little Star Pediatric Dentistry and Orthodontics
Phone: (619) 630-4000
Website: www.littlestardentistry.com
Address: 5550 Carmel Mountain Road, Suite 200, San Diego, CA 92130
Services: Treatment of labial and lingual frenectomies (lip/tongue ties) for all ages.
Specialties: Cold (CO_2) laser frenectomy; comprehensive team approach with local IBCLCs and functional therapists; post-procedure follow-up.
Languages: English; Spanish; Farsi

Lactation consultants or IBCLC's are vital members of your prenatal and postnatal healthcare team. They're board-certified and trained professionals who teach new parents how to breastfeed. They are often nurses, dietitians, doctors, or feeding professionals.

Lactation consultants can assess, diagnose, and treat many breastfeeding issues.

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San Diego County Breastfeeding Coalition





FREE BREASTFEEDING SUPPORT WARMLINE

You Deserve Support.
Call us anytime.

1-800-371-6455 (MILK)

Our lactation specialists are available to answer your questions and connect you with local resources. We speak English, Spanish, Arabic, French, Haitian Creole, and Somali.

www.breastfeeding.org



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HEALTHY START