

My Breastfeeding Resources

	Situation	Specialist	How to Contact	Contact Information (e.g. phone number)
Professional Breastfeeding Help	When you need help breastfeeding, have problems with latching on, feel pain, have questions about drug safety, etc.	WIC lactation consultant	Call local WIC agency 1-888-WICWORKS or 1-888-942-9675 www.applications.dhs.ca.gov/wic/resources/laSearch/search.asp	
		Other lactation consultant (hospital, private)	Nearby certified consultants can be found here: www.ilca.org/i4a/pages/index.cfm?pageid=3337	
Medical/ Nutrition Help	If your baby is ill or if you have medical or health concerns for you or your baby.	Primary health care provider (doctor or clinic) for mother or baby	Call health care provider.	
	If you have questions or concerns about your diet, weight, or food intake.	Registered Dietitian	Call local WIC agency For the closest WIC clinic call: 1-888-942-9675	
	For emergency situations	Emergency Room	Call 911	
Community Breastfeeding Support	When you would like breastfeeding support or to talk about breastfeeding and taking care of babies with professionals and experienced mothers.	La Leche League groups	For local La Leche League www.llli.org/Web/California.html	
		WIC agency: WIC peer counseling is offered in some counties	Call local WIC agency 1-888-942-9675	
		Other local support groups	Find support groups in your county: www.californiabreastfeeding.org	
		National Breastfeeding toll-free helpline	English and Spanish Hours: M-F 9am-6pm EST 1-800-994-9662 TDD for the hearing-impaired: 1-888-220-5446	
		La Leche League	24-hour toll-free helpline 1-877-4-LALECHE (1-877-452-5324)	
Milk Bank	To donate or get breast milk (this is a Medi-Cal benefit that requires a doctor's prescription).	Mother's Milk Bank of California	www.sanjosemilkbank.com/ 1-408-998-4550 MothersMilkBank@hhs.co.santa-clara.ca.us	
Breastfeeding Supplies/ Pumps	To purchase and/or rent a breast pump.	Local WIC agency	http://www.applications.dhs.ca.gov/wic/resources/laSearch/search.asp	
		Hospital Rental		
		Private Rental		
		Local Breastfeeding Coalition	www.californiabreastfeeding.org/memberscounty.html	
Other Resources	Websites for more breastfeeding information, tips, and handouts.	California Department of Public Health	http://cdph.ca.gov/breastfeeding	
		Women, Infant, and Children (WIC)	http://www.cdph.ca.gov/programs/wicworks/Pages/BreastfeedingResourcesforMoms.aspx	
		Office on Women's Health	http://womenshealth.gov/breastfeeding/	