



Alameda County Breastfeeding Support Guide (Revised 9/2019)

Need help with breastfeeding?



- ✓ Talk with your doctor about your breastfeeding goals before baby is born.
- ✓ Classes can help you with breastfeeding and preventing problems.
- ✓ Include partners, fathers and other close family members in doctor visits and breastfeeding classes.
- ✓ Talk with your friends and family about how they can support breastfeeding.
- ✓ Most health plans cover breastfeeding support. Contact your plan to know your covered benefits.
- ✓ Attend a hospital tour before labor to understand how the hospital supports breastfeeding at birth.
- ✓ Create a list of resources to call. Ask your provider or WIC to help.

For more information about:

- **Class and groups near you**
- **Breastfeeding and work**
- **Your rights as a breastfeeding mother**

and much more, please visit

www.ACBreastfeeds.org



Health Plans

Alameda Alliance for Health:	(510) 747-4577
Blue Cross 24/7 Nurse Line	(800) 224-0336
City of Berkeley RN/IBCLC	(510) 981-5327
Kaiser:	(510) 752-1200
<i>(Kaiser members - contact doctor for referral)</i>	

Hospitals

Alta Bates Breastfeeding Help	(510) 204-6546
Eden Medical Center	(510) 727-3045
Highland Hospital	(510) 437-5195
Kaiser Oakland	(510) 752-6150
Kaiser San Leandro	(510) 454-4531
Stanford Valley Care	(925) 416-3598
St. Rose Hospital	(510) 264-4044
Washington Hospital	(510) 818-5040

Women Infants and Children (WIC)

Alameda County WIC	(510) 268-4247
Axis Health Center WIC	(925) 462-2365 x0107
City of Berkeley WIC	(510) 981-5136
La Clínica de La Raza WIC:	
Fruitvale clinic	(510) 535-4110
San Antonio clinic	(510) 272-1500
Native American Health WIC	(510) 434-5310
Tiburcio Vasquez Health WIC	(510) 931-9997
West/East Oakland WIC	(510) 835-9610
West clinic	x2080
East clinic	x2273

La Leche League

Alameda	(510) 864-0745
Castro Valley/San Leandro	(510) 342-3797
Fremont	(510) 431-2307
Oakland	(510) 545-3840

Look online for a Lactation Consultant:

International Lactation Consultants Association
<http://www.ilca.org/why-ibclc/falc>

United States Lactation Consultant Association
<https://uslca.org/resources/find-a-lactation-consultant-map#!directory/map>

Bay Area Lactation Associates
<http://www.bayarealactation.org/find-a-lactation-consultant.html>

[Alameda County Breastfeeding Coalition](http://www.alameda.org/breastfeeding) meets from 9:00 — 11:00 AM the 1st Wednesday of February, May, August, and November at the Conference Center at 1100 San Leandro Blvd., Redwood Room. Close to BART and AC Transit lines. Free public parking also available. Come join us!