



Alameda County Breastfeeding Support Guide (Revised 1/2021)

Need help with breastfeeding?



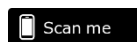
- ✓ Talk with your doctor about your breastfeeding goals before baby is born.
- ✓ Classes can help you with breastfeeding and preventing problems.
- ✓ Include partners, fathers and other close family members in doctor visits and breastfeeding classes.
- ✓ Talk with your friends and family about how they 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 Member Services	(800) 464-4000

Hospitals

Alta Bates Breastfeeding Help	(510) 204-6546
Eden Medical Center	(510) 727-3045
Highland Hospital	(510) 437-5195
Kaiser Fremont	(510) 248-3050
Kaiser Oakland	(510) 752-1200
Kaiser San Leandro	(510) 454-4050
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 (510) 981-5360
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) 471-5913
West/East Oakland WIC	(510) 835-9610
West clinic	x2080
East clinic	x2273

La Leche League

Alameda	(510) 592-8539
Berkeley	(510) 289-5807
Castro Valley/San Leandro	(510) 342-3797
Livermore/Mtn House	(925) 391-0711
Oakland	(510) 545-3840

Look online for a Lactation Consultant:

International Lactation Consultant Association
<https://www.FindALactationConsultant.org>

United States Lactation Consultant Association
<https://uslca.org/resources/find-an-ibclc>

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

[Alameda County Breastfeeding Coalition](http://www.alamedacountybreastfeedingcoalition.org) meets virtually from 9:00-11:00 AM on the 1st Wednesday of February, May, August, and November. Contact Tonya Lang at (510) 290-2281 & tonya.lang@gmail.com or Jeanne Kettles at (510) 393- 9632 & jeanne.kettles@acgov.org for more information.



阿拉米達縣母乳喂養支持指南 (1/2021 修訂版)

需要哺乳的幫助嗎？



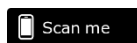
- ✓ 在嬰兒出生前先跟醫生談論你哺乳的目標。
- ✓ 哺乳課程可以幫助你學習如何餵哺母乳和預防哺乳時出現的問題。
- ✓ 邀請你的配偶，嬰兒的父親和其他家庭成員出席醫生的會診和哺乳課程。
- ✓ 跟你的朋友和家人討論他們可以怎樣支持你餵哺母乳。
- ✓ 大部分健保計劃都包括哺乳支援服務。請聯絡你的健保計劃，了解你可以獲得的福利。
- ✓ 生產前先參觀醫院，以便了解在生產後醫院可以怎樣支持你餵哺母乳。
- ✓ 設計一個資源列表，寫下聯絡電話。向你的醫生或 WIC 求助。

需要更多資料關於：

- 在你家附近提供的課程和小組
- 哺乳和工作
- 以母乳喂養嬰兒母親的權益

或其他資訊 請瀏覽

www.ACBreastfeeds.org



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在網上尋找哺乳顧問：

國際哺乳顧問協會

<https://www.FindALactationConsultant.org>

美國哺乳顧問協會

<https://uslca.org/resources/find-an-ibclc>

灣區哺乳協會

<http://www.bayarealactation.org/find-a-lactation-consultant.html>

阿拉米達縣母乳喂養聯盟將會在二月,五月,八月,和十一月的第一個星期三, 上午九時到十一時有網上聚會。
 欲知詳情 可以用電話或電郵絡 Tonya Lang (510) 290-2281, 電子郵件地址 tonya.lang@gmail.com; 或聯絡
 Jeanne Kettles (510) 393-9632, 電子郵件地址 jeanne.kettles@acgov.org 查詢。