



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

Use your phone camera to scan the circle to go to ACBreastfeeds.org



Health Plans

Alameda Alliance for Health	(510) 747-4577
Blue Cross 24/7 Nurse Line	(800) 224-0336
Tricare West	(844) 866-9378
Kaiser Member Services	(800) 464-4000
	(866) 454-8855

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) 752-7557
Kaiser San Leandro	(510) 454-4050
Stanford Valley Care	(925) 416-3598
St. Rose Hospital (classes)	(510) 264-4031
Washington Hospital	(510) 818-5040

Women, Infants, and Children (WIC)

Alameda County WIC	(510) 268-4247
Axis Health Center WIC	(925) 462-2365
	Ext. 0107
City of Berkeley WIC	(510) 981-5360
La Clínica de La Raza WIC	(510) 535-4110
Native American Health WIC	(510) 434-5300
Tiburcio Vasquez Health WIC	(510) 471-5913
	Option 3
West/East Oakland WIC	(510) 835-9610
	Ext. 2245

Free breastfeeding support:

La Leche League	
Alameda	Berkeley
https://alamedalll.weebly.com/	http://llnoral.org/berkeley/
Castro Valley/San Leandro:	Oakland
https://llnoral.org/castro-valley/	https://llnoral.org/oakland/

Nursing Mothers' Counsel (650) 327-6455
<https://www.nursingmothers.org/>

Look online for a Lactation Consultant:

International Lactation Consultant Association
https://portal.ilca.org/i4a/memberDirectory/index.cfm?directory_id=19&pageID=4356

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>



阿拉米達縣母乳喂養支持指南 (3/2024)

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

使用手机相机扫描圆圈即可前往
ACBreastfeeds.org



健保計劃

Alameda Alliance for Health	(510) 747-4577
Blue Cross 24/7 Nurse Line	(800) 224-0336
Tricare West 医疗保险	(844) 866-9378
Kaiser Member Services	(800) 464-4000 (866) 454-8855

醫院

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 (classes)	(510) 264-4044
Washington Hospital	(510) 818-5040

奶票部 (WIC)

Alameda County WIC	(510) 268-4247
Axis Health Center WIC	(925) 462-2365 Ext. 0107
City of Berkeley WIC	(510) 981-5360
La Clínica de La Raza WIC	(510) 535-4110
Native American Health WIC	(510) 434-5310
Tiburcio Vasquez Health WIC	(510) 471-5913 Option #3
West/East Oakland WIC	(510) 835-9610 Ext. 2245

免費母乳哺育支持：

母乳會

阿拉米達

<https://alamedall.weebly.com/>

柏克萊

<http://lllnorcal.org/berkeley/>

卡斯特罗谷/圣莱安德罗

<https://lllnorcal.org/castro-valley/>

奧克蘭

<https://lllnorcal.org/oakland/>

哺乳母亲顾问 (650) 327-6455

<https://www.nursingmothers.org/>

在网上寻找哺乳顾问：

国际哺乳顾问协会

https://portal.ilca.org/i4a/memberDirectory/index.cfm?directory_id=19&pageID=4356

美国哺乳顾问协会

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

湾区哺乳协会

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

阿拉米達縣母乳哺育聯盟於二月、五月、八月和十一月的第一個星期三上午 9:00 至 11:00 舉行網上會議 請

聯絡 Jeanne Kettles (510) 393-9632; jeanne.kettles@acgov.org