



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



[Alameda County Breastfeeding Coalition](#) 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.

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
	(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) 752-1200
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>



¿Necesitas ayuda dando pecho?



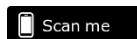
- ✓ Hable con su doctor de sus planes dando pecho antes del nacimiento de su bebe.
- ✓ Clases le pueden ayudar con amamantamiento y prevenir problemas.
- ✓ Incluya su pareja, padre del bebe y otra gente cercana cuando vaya al doctor y clases de amamantamiento.
- ✓ Hable con sus amigos y familia de como puedan ayudarle con amamantamiento.
- ✓ Mayoría de planes de salud cubren asistencia de lactancia. Llame a su plan de salud para revisar sus beneficios.
- ✓ Asista a un recorrido por el hospital antes del parto para comprender cómo el hospital apoya la lactancia materna al nacer.
- ✓ Crea una lista recursos para llamar. Pregúntele a su doctor o WIC por ayuda.

Para más información sobre:

- Clases y grupos cercanos a ti
- Dando pecho y trabajando
- Sus derechos siendo una madre lactante

Y mucho mas, por favor visite...

www.ACBreastfeeds.org



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Busca un consultor de Lactancia en-línea:

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

Asociación de Consultores de Lactancia de U.S.A.
<https://uslca.org/resources/find-an-ibclc>

Asociados de Lactancia del Area de la Bahia
<http://www.bayarealactation.org/find-a-lactation-consultant.html>