



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://llnocal.org/berkeley/ |
| Castro Valley/San Leandro: | Oakland |
| https://llnocal.org/castro-valley/ | https://llnocal.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>



¿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

Use la cámara de su teléfono para escanear y visite ACBreastfeeds.org



Colación de Lactancia del Condado de Alameda se reúnen de 9-11am el primer Miércoles de Febrero, Mayo, Agosto y Noviembre. Contacto Jeanne Kettles at (510) 393- 9632 jeanne.kettles@acgov.org or Edna Prieto at (510) 332-5355 prieto.edna@gmail.com

Planes de Salud

| | |
|-----------------------------|----------------------------------|
| Alameda Alliance for Health | (510) 747-4577 |
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| West/East Oakland WIC | (510) 835-9610 Ext. 2245 |

Ayuda dando pecho gratis:

| | |
|---|---|
| La Leche League | |
| Alameda https://alamedalll.weebly.com/ | Berkeley http://llnocal.org/berkeley/ |
| Castro Valley/San Leandro: https://llnocal.org/castro-valley/ | Oakland https://llnocal.org/oakland/ |
| Nursing Mothers' Counsel | (650) 327-6455 https://www.nursingmothers.org/ |

Busca un Consultor de Lactancia en-línea:

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

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>