Breastfeeding Resources for CHDP

The CHDP Statewide Nutrition Subcommittee developed this resource guide to help CHDP Providers and their staff promote, assist and support mothers and babies with breastfeeding. Publication dates for document downloads are shown in parentheses. Check individual websites for copyright date and/or date of most recent update or professional review. Resources are available on the following topics:

- Clinical Guidelines and Recommendations
- Parent Education
- Professional Education
- Professional Phone Apps
- Pump Resources
- California Resources
- National Resources
- Local County Resources
Clinical Guidelines and Recommendations

- The Academy of Breastfeeding Medicine (ABM) has 26 protocols, some available in other languages, to guide healthcare providers in the care of the breastfeeding dyad. CHDP providers may find the following protocols helpful in the management of the breastfeeding infant.
  - Allergic Proctocolitis in the Exclusively Breastfed Infant (2011)
  - Breastfeeding the Late Preterm Infant (2011)
  - Co-sleeping and Breastfeeding (2008)
  - Engorgement (2009)
  - Guidelines for Breastfeeding Infants with Cleft Lip, Cleft Palate, or Cleft Lip and Palate (2013)
  - Hospital Guidelines for the Use of Supplementary Feedings (2009)
  - Jaundice (2010)
  - Mastitis (2014)
  - Persistent Pain with Breastfeeding (2016)
  - Additional protocols are available at the Academy of Breastfeeding Medicine Clinical Protocols

- American Academy of Family Physicians > Breastfeeding
  - Topics include AAFP Position Paper on Breastfeeding and other resources for family physicians.

- American Academy of Pediatrics > Breastfeeding Initiatives > Health Professionals Resource Guide
  - Breastfeeding Policies > AAP Policies > The Transfer of Drugs and Therapeutics Into Human Breast Milk: An Update on Selected Topics (2013)
  - FAQs > Medications and Breastfeeding: Tips for Giving Accurate Information to Mother (undated)

  - Topics include Committee Opinion 658, "Optimizing Support for Breastfeeding as Part of Obstetric Practice", Physician Conversation Guide, Coding, FAQ, Infographic, Patient Ed Pamphlet (Available in English for members only; available in Spanish for all audiences) and Resources. Access each toolkit component separately or as a single PDF document.

- Centers for Disease Control > Breastfeeding
  - Topics include Guidelines & Recommendations, breastfeeding in the context of specific Diseases & Conditions, Promotion & Support, National Policies & Positions and Resources & Publications.

- U. S. National Library of Medicine > Toxicology Data Network (TOXNET) > Drugs and Lactation Database (LactMed)
  - This searchable database, updated monthly, contains scientific, referenced information on drugs and other chemicals to which breastfeeding mothers may be exposed. It includes information on levels of these substances in breast milk and infant blood, possible adverse effects on the nursing infant and suggests therapeutic alternates, where appropriate.

- U. S. Preventive Services Task Force (USPSTF) > USPSTF Breastfeeding: Primary Care Interventions (2016)
  - USPSTF Recommendation Statement: Primary Care Interventions to Support Breastfeeding (2016, JAMA)
  - USPSTF Evidence Report: Primary Care Interventions to Support Breastfeeding (2016, JAMA)
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Parent Education

English

- BreastFeeding Inc
- healthychildren.org > Breastfeeding
  - Medication Safety Tips for the Breastfeeding Mom
- kellymom: Parenting Breastfeeding
- Stanford Medicine: Newborn Nursery at Lucile Packard Children’s Hospital > Getting Started with Breastfeeding
- WICworks Resource System > Nutrition Education > Participant Resources > Breastfeeding Moms
- Womenshealth.gov > Breastfeeding
  - Breastfeeding and special situations

Spanish

- healthychildren.org > Lactancia - Breastfeeding
  - Consejos para la madre lactante sobre la seguridad de los medicamentos - Advice for the breastfeeding mom about medication safety
- kellymom Parenting Breastfeeding > Translations > Spanish
- Leche League International > Bienvenido: La Liga de La Leche - Welcome: La Leche League
- Womenshealth.gov/espanol > La lactancia materna - Breastfeeding
  - Inquietudes comunes - Common concerns

Chinese

- Breastfeeding Association of Taiwan
- Hong Kong Breastfeeding Association
- La Leche League - China

Multiple Languages

- kellymom Parenting Breastfeeding > Translations
  - Bulgarian
  - German
  - Russian
  - Spanish
- Lactation Education Resources > Parent Handouts
  - Arabic
  - Chinese
  - English
  - Spanish
- La Leche League International > Breastfeeding Information in Other Languages
- Womenshealth.gov
  - Una guía fácil para la lactancia (2016) - A guide to breastfeeding (2016)

Cultural Groups

- California Department of Public Health Programs > Black Infant Health Program > Breastfeeding
- Womenshealth.gov
  - Breastfeeding for American Indian and Alaska Native Families (2006)
  - It’s only natural: mother’s love, mother’s milk. (African American women and families)
Phone Apps for Mothers

- **latchME**
  - **Price:** Free for Android, iPhone, iPad, iPod touch
  - **Description:** Connect with professionals and experienced mothers, view videos, get feeding tips, find nearby places to breastfeed your baby and share breastfeeding friendly restaurants.
  - **Pros:** Tips and videos on a variety of topics, support community
  - **Cons:** Reports of technical issues with app

- **Text 4 Baby**
  - **Price:** Free for Android, iPhone, iPad, iPod touch
  - **Description:** Text messaging app by the National Healthy Mothers Healthy Babies Coalition to help families access information about healthy parenting, including prenatal care, safe sleep, immunizations, infant feeding, nutrition, oral health, safety, car seat safety, labor and delivery, and other issues.

Professional Education

- **AAP Breastfeeding Residency Curriculum**
  - **Description:** Strategies and tools to help residency programs incorporate breastfeeding education into existing curricula based on the ACGME Core Competencies. Topic areas include medical knowledge, patient care, systems based practice, practice based learning, and interpersonal communication skills.
  - **Continuing education credits:** None.

- **BreastfeedingConferences.com**
  - **Description:** Database of CERP-approved national and international breastfeeding education opportunities for health care professionals.
  - **Continuing education credits:** CME, IBCLC pre-exam education hours, IBCLC CERP, RDN CPEU, RN Contact Hours and other professional credits depending on the course.

- **Breastfeeding Friendly Consortium Breastfeeding Training Course & MOC Knowledge Self Assessment Course**
  - **Description:** Self-paced, stand-alone, online courses cover topics ranging from Current Trends in Infant Feeding to Prenatal Nutrition and Breastfeeding Education to Baby Friendly Hospital Initiative training.
  - **Continuing education credits:** AAFP Prescribed Credit, AMA PRA Category 1 Credit™, IBCLC CERP, RDN CPEU, RN Contact Hours or Certificate of Participation.

- **Evergreen Perinatal Education**
  - **Description:** Comprehensive programs focusing on infant feeding practices including lactation courses, workshops and lectures as well as web-based lactation education. Live half-day to five-day workshops can be customized for hospitals (with an emphasis on Baby Friendly Hospital Initiative practices), private and public clinics, and community maternity and pediatric services. Offers challenging case studies to prepare for advanced practice.
  - **Continuing education credits:** IBCLC pre-exam education hours, IBCLC CERP, RDN CPEU and RN Contact Hours depending on the course.

- **Health e-learning Online Education**
  - **Description:** Online courses for professional development for lactation consultants and health professionals, and exam preparation courses for IBLCE exam candidates. The 10 course BreastEd series is approved by the Lactation Education Accreditation and Approval Review Committee (LEAARC).
  - **Continuing education credits:** IBLCE pre-exam education hours, IBCLC CERP, and Contact Hours depending on the course.

- **Healthy Children’s Center for Breastfeeding**
  - **Description:** Five-day courses, certificate courses, workshops, seminars, self-study modules, and national and international conferences including Lactation Counselor Training Course (CLC), Advanced Nurse Lactation Consultant (ANLC), and Advanced Lactation Consultant (ALC) Certification. The advanced programs can be used for CLC renewal.
  - **Continuing education credits:** CLC Contact Hours, college credit (Union Institute & University), IBCLC pre-exam education hours, IBCLC CERP, RDN CPEU and RN Contact Hours depending on the course.
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- **International Breastfeeding Centre On-line Study Modules**
  
  **Description:** Numerous modules, authored by Dr. Jack Newman, MD, FRCPC, IBCLC, provide clinical guidance for common breastfeeding problems.
  
  **Continuing education credits:** IBCLC CERPs and Contact Hours.

- **International Lactation Consultant Association**
  
  **Description:** Annual conference sessions, live webinars, recorded webinars, and Journal of Human Lactation study modules. All ILCA educational programs comply with the International Code of Marketing of Breastmilk Substitutes.
  
  **Continuing education credits:** IBCLC CERP, RDN CPEU and RN Contact Hours for webinars. CME, RDN CPEU and RN Contact Hours for the annual conference.

- **Lactation Education Resources**
  
  **Description:** Online courses for Baby-Friendly Hospital Training, the Lactation Consultant Training, IBLCE certification exam preparation, NICU breastfeeding training, and lactation management for health care professionals. On-site courses can be customized. All programs comply with the WHO Code on Marketing of Breastmilk Substitutes. Clinical internship program in Maryland, Virginia or Washington, DC.
  
  **Continuing education credits:** CME, IBLCE pre-exam education hours, IBCLC CERP, RDN CPEU and RN Contact Hours depending on the course.

- **Step2 Education**
  
  **Description:** Courses for health professionals and ancillary staff to meet the needs of hospitals and health organizations working toward the 10 Steps to Becoming Baby Friendly or to maintaining Baby Friendly status.
  
  **Continuing education credits:** CME, IBCLC CERP and RN Contact Hours depending on the course.

- **UC San Diego Extension Lactation Consultant Certificate**
  
  **Description:** Certificate course to prepare for practice as an IBCLC, utilization of research based clinical information and techniques to promote breastfeeding, triage and formulation of care plans for difficult breastfeeding situations, and IBCLC exam preparation.
  
  **Continuing education credits:** 12 CE units in Reproductive Medicine; 120 RN Contact Hours; 120 RDN CPEU.

- **United States Breastfeeding Committee Learning Communities**
  
  **Description:** Online learning communities on breastfeeding-related topic areas from the Surgeon General’s Call to Action. Site users may explore all the Learning Communities, and join those of interest to share information and resources as well as find opportunities for collaborative action.
  
  **Continuing education credits:** CEUs are not awarded.

- **Wellstart International**
  
  **Description:** Free, evidenced-based Lactation Management Self-Study Modules for physicians, nurses and other maternity care staff in English and Spanish. Serves as a study tool for IBCLC exam preparation.
  
  **Continuing education credits:** May be used to satisfy a portion of the 20-hour Baby Friendly® Hospital by Baby-Friendly USA, Inc. (BFUSA) training. CEUs not awarded for completion of the modules.
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Professional Phone Apps

- **Breastfeeding Management 2 (Android)** or **Breastfeeding Management 2 (iPhone, iPad, iPod touch)**
  - **Price:** $1.99 for Android, iPhone, iPad, iPod touch
  - **Description:** The app provides information for health care providers on how to manage common breastfeeding concerns, organized by birth to 48 hours and 48 hours to 2 weeks
  - **Pros:** Good basic information, easy to use calculator for determining weight loss and metric conversions
  - **Cons:** Only used until infant is 2 weeks old, lacks clinical depth

- **Healthcare Provider’s Guide to Breastfeeding**
  - **Price:** Free for Android, iPhone, iPad, iPod touch
  - **Description:** The application includes guidance on lactation assessment, drug interactions and treatment of common maternal and infant conditions, and numerous breastfeeding resources.
  - **Pros:** Easy to find topics
  - **Cons:** Produced by Texas Ten Step Program so many of the resources apply only to residents of Texas

- **LactMed**
  - **Price:** Free for Android, iPhone, iPad, iPod touch
  - **Description:** Part of the National Library of Medicine’s (NLM) Toxicology Data Network (TOXNET®), this database includes prescription and non-prescription drugs and dietary supplements that may affect breastfeeding.
  - **Pros:** Wide range of prescription drugs, over-the-counter drugs, and supplements listed
  - **Cons:** Does not give Dr. Hale’s risk scale (L1 – L5)

Pump Resources

Insurance Benefits

- FDA > Breast Pump and Breastfeeding Resources
- HealthCare.gov > Breastfeeding Benefits
- HHS.gov > Breast Pumps and Insurance Coverage: What You Need to Know

Medi-Cal Benefits

- Check with your local Medi-Cal Managed Care Plan for coverage and local distributors of breast pumps and supplies

Parent Education Resources

- Kellymom Parenting Breastfeeding > Exclusive Pumping (Resources)
- Breastmilk. Every Ounce Counts > Pump & Store
- Breastmilk. Every Ounce Counts > Starting to Pump
- Womenshealth.gov
  - Breastfeeding > Pumping and breastmilk storage
  - La lactancia materna > Extracción y almacenamiento de la leche materna - Extraction and storage of breast milk

Pump Manufacturers

- Ameda Breast Pumps and Accessories
  - Find suppliers that support breast pump insurance benefit
  - Shop products online
- Bailey Medical Engineering Breastfeeding Products
  - Low-Income Purchase Program
  - Shop products online
- Medela Breastfeeding US
  - Breastfeeding Guidance
  - Insurance
  - Shop Products
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- **Nature’s Bond Breast Pump**
  - Find a retail distributor
  - Shop products online

**Supplemental Lactation Aids**  
*Use only under the supervision of a lactation professional trained in the use of these devices*

- **Lact-Aid® Nursing Trainer™ System**
- **Medela Breastfeeding US**
  - Shop Products > Breastmilk Storage & Feeding > Specialty Feeding > **Supplemental Nursing System™ (SNS™)**

**WIC Benefits**

- Check with your local WIC Program for coverage of breast pumps and supplies for participants who do not have other health care coverage – see **Local County Resources** below for more information

**California Resources**

- **California Breastfeeding Coalition**
  - Breastfeeding Rights
- **California Department of Fair Employment and Housing**
  - Brochures and Posters (multiple topics and languages) > Your Rights and Obligations as a Pregnant Employee
  - Fair Employment and Housing Act - Pregnancy > Frequently Asked Questions (Pregnancy Disability Leave, Pregnancy-Related Accommodations, Bonding Leave, When An Employee’s Rights are Violated)
- **California Department of Industrial Relations**
  - Report a Labor Law Violation (such as failure to provide rest periods or lactation accommodation)
  - Rest Periods/Lactation Accommodation
  - Resources for California Women in the Workforce
- **California Department of Public Health**
  - Breastfeeding & Healthy Living
  - California Laws Related to Breastfeeding
  - California WIC Regional Breastfeeding Liaison (RBL) Pilot
  - Directory of Health Jurisdiction Breastfeeding Coordinators
  - Going Back to Work or School for parents, employers, child care workers and community leaders
- **La Leche League of California**
- **Legal Aid Society**
  - Healthy Mothers Workplace Coalition
  - California Family Leave Laws
  -
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National Resources

- US Department of Labor
  - Wage and Hour Division Fact Sheet #73: Break Time for Nursing Mothers under the FSLA
  - How to file a complaint

Local County Resources

Alameda County

- Alameda County Breastfeeding Coalition
  - Breastfeeding Friendly Childcare webinar
  - Referral Guide
  - Tools for breastfeeding friendly childcare

- Alameda County Public Health Department > Women, Infants & Children (WIC) Supplemental Nutrition Program
  - Breastfeeding Help

Alpine County

- Alpine County Health Department Clinic
  - Breastfeeding Support Line: 530-694-2146 (clinic number – variable hours)

- County of El Dorado > Women, Infants and Children (WIC) Program (serves Alpine County)

Amador County

- The Resource Connection > WIC
  - Breastfeeding Resources
  - Amador & Calaveras Breastfeeding Coalition

- First 5 Amador > Amador-Calaveras Breastfeeding Resources

Butte County

- Ampla Health > Women Infants and Children (WIC) Program (serves 95930 Zip Code in Butte County)

- Butte County Public Health > Women, Infants, and Children (WIC)
  - WIC Breastfeeding Support

- Lactation Advocates of Northern California

- North State Parent > Prenatal, Postpartum & Breastfeeding Support

Calaveras County

- The Resource Connection > WIC
  - Breastfeeding Resources
  - Amador & Calaveras Breastfeeding Coalition

- First 5 Amador > Amador-Calaveras Breastfeeding Resources

- Tuolumne County > Women, Infants & Children (serves Zip Code 95250 in Calaveras County)
Child Health Disability Prevention (CHDP) Program

Colusa County
- Ampla Health > Women Infants and Children (WIC) Program
- Butte County > WIC Breastfeeding Support (serves Zip Codes 95955, 95970 in Colusa County)
- Colusa County > Breastfeeding Support in Colusa County
- County of Glenn Women, Infants and Children (WIC) (serves Zip Codes 95955, 95970 in Colusa County)
- Harmony Health > Baby Buddies Lactation Station
- Rideout Health > Breastfeeding
- Tri Counties Breastfeeding Alliance of Colusa, Sutter and Yuba Counties
- Williams Family Action Center
  - Lactation Counseling

Contra Costa County
- Contra Costa Breastfeeding Coalition
  - Breastfeeding Support Warmline
  - Breastfeeding Resources (English/Spanish)
  - Breastfeeding Support Groups
  - Frenotomy Referrals
- Contra Costa County > Women, Infants & Children (WIC)
  - Breastfeeding

Del Norte County
- County of Del Norte > Breastfeeding Support
- Humboldt County > WIC Services (serves Del Norte County)
- United Indian Health Services > Women, Infants and Children’s Nutrition Program (WIC)

El Dorado County
- Barton Health Family Birthing Center
  - Lactation Consultations
- Breastfeeding Coalition of El Dorado County
- County of El Dorado > Women, Infants and Children (WIC) Program
- Marshall Medical Center Maternity Services
  - Breastfeeding Support Services

Fresno County
- Babies First Breastfeeding Task Force
  - Local Resources > Breastfeeding Resource Directory
- Central Valley Indian Health, Inc. > Women, Infants and Children (WIC)
- Clinica Sierra Vista > Women, Infants and Children (WIC)
- Fresno County Economic Opportunity Commission > Women, Infants and Children (WIC)
- United Health Centers of the San Joaquin Valley > Women, Infants and Children (WIC)
Child Health Disability Prevention (CHDP) Program

Glenn County
- Butte County [WIC Breastfeeding Support](serves 95913, 95920, 95943, 95988 Zip Codes in Glenn County)
- County of Glenn [Women, Infants and Children (WIC)]

Humboldt County
- [Humboldt County Breastfeeding Task Force](First 5 Humboldt > Local Breastfeeding Support)
- Humboldt County [WIC Services](United Indian Health Services > Women, Infants and Children’s Nutrition Program (WIC))

Imperial County
- Clinicas de Salud del Pueblo, Inc. > [About WIC](Humboldt County)
- [Imperial County Breastfeeding Coalition](First 5 Humboldt > Local Breastfeeding Support)

Inyo County
- First 5 Inyo County [About WIC](Clinicas de Salud del Pueblo, Inc. > About WIC)
- First 5 Inyo County [Breastfeeding Support](Medial and Clinical Support)
- First 5 Inyo County [Resource List in English and Spanish](Clinicas de Salud del Pueblo, Inc. > About WIC)
- Inyo County Women Infants and Children (WIC): 760-872-1885
- Toiyabe Indian Health Project > [WIC Builds Healthy Futures](Clinicas de Salud del Pueblo, Inc. > About WIC)

Kern County
- Clinica Sierra Vista > [Women, Infants and Children (WIC)]
- Community Action Partnership of Kern > [WIC Sites](Clinica Sierra Vista > Women, Infants and Children (WIC))
- Kern County Breastfeeding Coalition
- Kern County Breastfeeding Coalition – Blog
- Kern County Breastfeeding Coalition – Facebook

Kings County
- Kings County [Breastfeeding Support Program](Kings County Breastfeeding Coalition)
- Kings County [Resource List in English and Spanish](Kings County Breastfeeding Coalition)
- Kings County > [WIC - Women, Infant, & Children](Kings County Breastfeeding Coalition)
- Kings County > [Women, Infants, & Children (WIC) Supplemental Nutrition Program](Kings County Breastfeeding Coalition)

Toiyabe Indian Health Project > [WIC Builds Healthy Futures](Kings County Breastfeeding Coalition)
- Kings County > [WIC Offices](Kings County Breastfeeding Coalition)
Child Health Disability Prevention (CHDP) Program

Lake County
- E Center > Lake County Women, Infants, and Children (WIC) Program
- Lake County Breastfeeding Coalition
- Sutter Lakeside Hospital Family Birth Center
  - Breastfeeding Success certified lactation specialists

Lassen County
- Northeastern Rural Health Clinics > Women, Infants & Children (WIC) Location: Susanville
- Mountain Interagency Lactation Coalition

Los Angeles County
- Antelope Valley Hospital WIC Program
- 211 LA County > Search Resource Database > Breastfeeding
- Breastfeed LA
  - Resource Directory
- City of Long Beach > Women, Infants, and Children (WIC) Program
- City of Pasadena > Women, Infants and Children Program
- County of Los Angeles Public Health > MCAH > Choose Health LA Moms
- Long Beach Breastfeeds
  - Resource Directory
- Northeast Valley Health Corporation > WIC Program
- Public Health Foundation Enterprises > WIC: Women, Infants & Children
  - Breastfeeding Support > Breastfeeding Helpline for participants
- South LA Health Projects
  - Breastfeeding Resources
  - Overview of Our WIC Program
- Watts Health > WIC Program

Madera County
- Madera Community Hospital > Events/Classes
- Madera County Breastfeeding Coalition
- Madera County > WIC Program

Marin County
- Marin Breastfeeding Coalition
  - Resource Guide
- Marin Health & Human Services > WIC
  - Breastfeeding Support
Child Health Disability Prevention (CHDP) Program

Mariposa County
- Merced County Community Action Agency (serves sites in Coulterville and Mariposa) > Women, Infants & Children (WIC)
  - Breastfeeding Support Groups
  - Warm Line

Mendocino County
- County of Mendocino > Women, Infants and Children (WIC)
- Mendocino Coast Breastfeeding Coalition
- Mendocino County Breastfeeding Coalition
- Sonoma County Indian Health Project > WIC/Nutritional Services
- Welcome to Breast Start (Mendocino Breast Start)
  - Support Line
  - English and Spanish
  - Printable support cards
  - Video
- Breastfeeding Support on the Mendocino Coast (2014)

Merced County
- Merced County Breastfeeding Coalition
- Merced County Breastfeeding Coalition – Facebook
- Merced County Community Action Agency > Women, Infants & Children (WIC)
  - Breastfeeding Support Groups
  - Warm Line

Modoc County
- Modoc County Health Services > Why is breast best? What help is available?
- Northeastern Rural Health Clinics > WIC (Women, Infants & Children Location)

Mono County
- First 5 Mono County > Breastfeeding Support
  - Breastfeeding Resources in Inyo and Mono Counties
  - Medical and Clinical Support
  - Breastfeeding Friendly Locations & Local Businesses
- Mono County Breastfeeding Task Force
  - Resource Guide
- Mono County > Women, Infants and Children (WIC)

Monterey County
- County of Monterey Health Department > Women, Infants & Children (WIC)
- Monterey County Coalition Healthy Mothers, Healthy Babies
  - County resources
  - Education
  - Lactation Accommodation Information
Child Health Disability Prevention (CHDP) Program

Napa County
- Napa County Public Health Division > Women Infants and Children (WIC)
  - Napa Valley Breastfeeding Coalition
    - Helpful Breastfeeding Info
    - Breastfeeding resources

Nevada County
- MyNevadaCounty.com > WIC Program
  - Nevada County Breastfeeding Coalition
    - In-home/Office visits
    - Breastfeeding classes
    - Support groups
    - Online resources
  - The Nest Family Resource
    - Classes, support groups and community throughout birthing and parenting

Orange County
- Camino Health Center WIC
- Orange County 211 > Breastfeeding Support Programs
  - Orange County Breastfeeding Coalition
    - Resource Guide
- OC Health Care Agency Public Health
  - Breastfeeding Promotion & Support > Resources List
  - Women, Infants & Children (WIC)
- Planned Parenthood > Welcome to WIC
- Public Health Foundation Enterprises > WIC: Women, Infants & Children
  - Breastfeeding Support > Breastfeeding Helpline for participants

Placer County
- Breastfeeding Coalition of Placer County
- County of Placer > Women, Infants and Children (WIC)
- Placer Lactation Conferences

Plumas County
- Mountain Interagency Lactation Coalition
- Plumas Rural Services > Women, Infants and Children (WIC)

Riverside County
- Inland Empire Breastfeeding Coalition
- Riverside-San Bernardino County Indian Health, Inc. > WIC Program
- Riverside University Health System Public Health > Riverside County WIC
Child Health Disability Prevention (CHDP) Program

Sacramento County
- Sacramento Breastfeeding Coalition
  - Resources for Moms and Families
  - Resources for Professionals
  - List of Breastfeeding Support and Services in the Greater Sacramento Area
- Sacramento County Health and Human Services
  - Breastfeeding Resources
  - WIC > Breastfeeding

San Benito County
- Hazel Hawkins Memorial Hospital > Seminars, Classes & Support Groups
  - Childbirth Education Program
  - Nursing Mothers Support Group
- San Benito Health Foundation > Services: WIC Department

San Bernardino County
- Department of Public Health > WIC: Women, Infants & Children
  - WIC: Breastfeeding
  - WIC: Breastfeeding Services > Breastfeeding Clinics and Support Groups
- First 5 for Parents > Free 24-hour Breastfeeding Helpline: Baby’s Optimal Nutrition with Ultimate Support (BONUS) Program
- Inland Behavioral & Health Services, Inc. > WIC
- Inland Empire Breastfeeding Coalition
- Inland Empire Health Plan > Providers > Baby’s Optimal Nutrition with Ultimate Support (BONUS)
  - Resource Guide
- Public Health Foundation Enterprises > WIC: Women, Infants & Children
  - Breastfeeding Support > Breastfeeding Helpline for participants

San Diego County
- American Red Cross > Welcome to WIC
- La Leche League of San Diego and Imperial Counties
- North County Health Services > WIC
- San Diego County Breastfeeding Coalition
  - Resource Guides in English and Spanish
- San Diego State University Research Foundation > WIC: Women, Infants & Children
- San Ysidro Health Center > WIC Program
- Scripps > WIC: Women, Infants & Children
San Francisco County

- Peninsula Regional Breastfeeding Collaborative
  - WIC Resources
  - Baby Friendly resources
  - Health Care Provider resources
  - State Data
  - Legislation

- San Francisco Breastfeeding Promotion Coalition
  - Resource guide
  - Information for families, professionals and at work
  - Support and resources

- San Francisco Department of Public Health > San Francisco Nutrition Services > WIC Program
  - Resources/Publications > Breastfeeding

San Joaquin County

- Breastfeeding Coalition of San Joaquin County
  - Breastfeeding Help in San Joaquin County (printable list)
  - Online information and resources
  - Working & Breastfeeding
  - Events
  - WIC Programs

San Luis Obispo County

- Central Coast Breastfeeding Coalition
  - Telephone Support list
  - Breastfeeding Support Groups
  - Lactation Consultants
  - Maternity Classes
  - Breast Pumps
  - Women, Infants and Children (WIC) Program
  - At Work

- San Luis Obispo County > Women, Infants and Children (WIC) Program

San Mateo County

- County of San Mateo Health System > Breastfeeding
- County of San Mateo Health System > WIC: Women Infants and Children Program
- San Mateo County Breastfeeding Advisory Council
  - Worksite lactation recognition

- Peninsula Regional Breastfeeding Collaborative
  - WIC Resources
  - Baby Friendly resources
  - Health Care Provider resources
  - State Data
  - Legislation
Child Health Disability Prevention (CHDP) Program

Santa Barbara County
- County of Santa Barbara > WIC Program
- Santa Barbara Breastfeeding Coalition

Santa Clara County
- Breastfeeding Task Force of Santa Clara Valley
- Peninsula Regional Breastfeeding Collaborative
  - WIC Resources
  - Baby Friendly resources
  - Health Care Provider resources
  - State Data
  - Legislation
- Santa Clara County Public Health > For Residents > Pregnancy and Parenting
  - Breastfeeding Services
  - Women, Infants and Children (WIC)

Santa Cruz County
- Community Bridges > Women, Infants and Children (WIC) (clinic sites in Felton, Santa Cruz and Watsonville)
- Santa Cruz County Breastfeeding Coalition
  - Local Breastfeeding Advice
  - Education materials
  - Web Resources for breastfeeding mothers and families
  - Advocacy & policy links
  - Links for healthcare professionals
  - Information about workplace

Shasta County
- North State Parent > Prenatal, Postpartum & Breastfeeding Support
- Shasta County Health and Human Services
  - Breastfeeding Support Programs
  - Women, Infants and Children (WIC)
  - WIC Breastfeeding Support

Sierra County
- Sierra County Women, Infants & Children (WIC)

Siskiyou County
- North State Parent > Prenatal, Postpartum & Breastfeeding Support
- County of Siskiyou > Women, Infants and Children (WIC)
Child Health Disability Prevention (CHDP) Program

Solano County

- **Breastfeeding Coalition of Solano County**
  - County breastfeeding resources
  - Breastfeeding support groups
  - Breastfeeding education
  - Laws & legislation
  - Medication information
  - Nutrition & growth information

- Solano County > [WIC Services](#)

Sonoma County

- County of Sonoma Department of Health Services > [Women-Infants-Children Supplemental Nutrition Program](#)

- **Sonoma County Breastfeeding Coalition**
  - Local breastfeeding resource guide
  - Resource kits for breastfeeding friendly child care centers
  - Guidelines for breastfeeding and maternal alcohol, tobacco, and other drug use

- Sonoma County Indian Health Project > [WIC/Nutritional Services](#)

Stanislaus County

- Stanislaus County > [Nutrition Services / Women, Infants and Children (WIC)](#)
  - Breastfeeding Services

Sutter County

- Sutter and Yuba Counties Breastfeeding Support Programs

- Sutter County > [Women, Infants and Children (WIC)](#)
  - Breastfeeding – The Best Investment

- Tri Counties Breastfeeding Alliance of Colusa, Sutter and Yuba Counties

Tehama County

- North State Parent > [Prenatal, Postpartum & Breastfeeding Support](#)

- Shasta County Health and Human Services
  - WIC Breastfeeding Support

- Tehama County > [Women, Infants & Children's Program (WIC)](#)

Trinity County

- Trinity County > [Women, Infants and Children's Program (WIC)](#)

Tulare County

- Tulare County Breastfeeding Coalition

- Tulare County Breastfeeding Coalition – Facebook Page
  - Events

- Tulare County > [Women, Infants, and Children (WIC)](#)
Child Health Disability Prevention (CHDP) Program

Tuolumne County
- Tuolumne County Breastfeeding Coalition
  - Local Resources
  - Local Support Groups
  - Breast Pump Sales and Rentals
- Tuolumne County > Women, Infants & Children

Ventura County
- Breastfeeding Coalition of Ventura County
  - Find Breastfeeding Support online including classes, hospitals and private consultants/counselors
  - Printable Resource Directory in English and Spanish
  - Support Groups
  - Resources for Providers
  - Educational Opportunities
  - Resources for Employers
- La Leche League of California
- La Leche League of Ventura
  - Meetings in Camarillo, Ventura and Santa Paula
  - Park Days in Oxnard and Santa Paula
- Ventura County Public Health > Women, Infants, and Children (WIC) > What We Do
  - Breastfeeding Support

Yolo County
- Breastfeeding Coalition of Yolo County
- UC Davis WorkLife and Wellness Breastfeeding Support
  - Classes and Support Groups
  - Consultation
  - Policies and Benefits
  - News
  - Resources
- Yolo County Basic Breastfeeding Information
- Yolo County > Women, Infants & Children (WIC)

Yuba County
- Ampla Health > Women Infants and Children (WIC) Program
- Sutter and Yuba Counties Breastfeeding Support Programs
- Tri Counties Breastfeeding Alliance of Colusa, Sutter and Yuba Counties

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