

Breastfeeding Resource Directory 2007



A free service of
The Breastfeeding Task Force
of Greater Los Angeles

12781 Schabarum Avenue
Irwindale, CA 91706
213-596-5776
www.breastfeedla.org

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INDEX

Key for Services Offered in Foreign Languages	Pg. 1
American Academy of Pediatrics Policy Statements	Pg. 2-3
How to Find Lactation (Breastfeeding)	
Support Services	Pg. 4
Recommended Reading	Pg. 6
Key to Professional Credentials	Pg. 7
Tips for Pumping	Pg. 8
Getting Insurance Reimbursement	Pg. 9
 Providers of Lactation Services	 Pg. 10 - 21
Beverly Hills/WLA/Santa Monica	Pg. 10 - 12
Miracle Mile/Hollywood/Silverlake/Downtown	Pg. 12 - 13
Burbank/Pasadena/Glendale	Pg. 13 - 14
San Fernando Valley	Pg. 15
Santa Clarita Valley	Pg. 16
Simi Valley/Conejo Valley/Ventura	Pg. 16
Culver City/South LA	Pg. 16 - 17
Montebello/Whittier/Downey/Lynwood	Pg. 17
Westchester/South Bay/San Pedro	Pg. 18 - 19
Long Beach /Orange County	Pg. 19 - 20
San Gabriel Valley/Inland Empire	Pg. 20 - 21
 Food for Thought	 Pg. 22
WIC Listings	Pg. 23
Donations	Pg. 24
Low Cost/MediCal Listings	Pg. 25 - 27
List of 800 Numbers & web sites	Pg. 28
Information on Drugs and Breastfeeding	Pg. 28
La Leche League	Pg. 29
California Breastfeeding Laws	Pg. 30
Family Health Promotion Award	Pg. 31
Professional Education Calendar	Pg. 32
A Mother's Ten Steps to Successful Breastfeeding	Back Cover

NON-ENGLISH SPEAKERS

Some of our providers offer services in languages other than English.
Please direct your patients to look for the following symbols:

 American Sign Language	 Korean
 Armenian	 Lao
 Chinese	 Japanese
 Dutch	 Russian
 Farsi	 Spanish
 French	 Tagalog
 German	 Tamil
 Hebrew	 Thai
 Hmong	 Vietnamese
 Khmer	

Mission Statement for Breastfeeding Task Force of Greater Los Angeles

The Breastfeeding Task Force of Greater Los Angeles is dedicated to improving the health and well being of infants and families through education, outreach, and advocacy to promote and support breastfeeding

**AMERICAN ACADEMY OF PEDIATRICS
Work Group on Breastfeeding**

**Breastfeeding and the Use of Human Milk
Pediatrics Vol. 115, February 2005**

This revised policy statement reflects the latest advances in the scientific knowledge of the benefits of breastfeeding, in the mechanisms underlying these benefits and the practice of breastfeeding. The role of the pediatrician is delineated.

Recommendations include:

- ▶ With rare exceptions, human milk is the preferred feeding for all infants including sick and premature infants. When direct breastfeeding is not possible, expressed human milk should be provided.
- ▶ Exclusive breastfeeding is the ideal nutrition for the first six months of life with the gradual addition of solid foods during the second half of the first year. Breastfeeding should continue throughout the first year and for as long thereafter as is mutually desired by mother and child.
- ▶ Breastfeeding should begin within the first hour after birth and continue with the infant being nursed 8 - 12 times in 24 hours. Skin to skin contact between mother and infant should be maintained until the first breastfeeding is accomplished.
- ▶ No supplements should be given to breastfeeding newborns unless a medical indication exists.
- ▶ Pediatricians should promote hospital policies and procedures that facilitate breastfeeding and work actively towards eliminating those that discourage breastfeeding.
- ▶ Pediatricians should encourage routine insurance coverage for necessary breastfeeding services and supplies.

The full text of this policy statement may be obtained from the Academy of Pediatrics at:

[www.http://aappolicy.aappublications.org/cgi/content/full/pediatrics;115/2/496](http://aappolicy.aappublications.org/cgi/content/full/pediatrics;115/2/496)

**AMERICAN ACADEMY OF PEDIATRICS
Ten Steps to Support Parent's Choice to
Breastfeed Their Baby 1999 (rev. 2003)**

The full text can be found at <http://www.aap.org/breastfeeding/tenSteps.pdf>

This pediatric practice enthusiastically supports parents' plans to breastfeed their baby. We believe that breastfeeding ensures the best possible health, development, and psycho-social outcomes for your baby. In support of this commitment, we:

1. Make a commitment to the importance of breastfeeding.
2. Train all staff in skills necessary to support breastfeeding.
3. Inform women and families about the benefits and management of breastfeeding,
4. Assess infants during early follow-up visits.
5. Encourage mothers to breastfeed on demand.
6. Show mothers how to breastfeed and how to maintain lactation when they will be away from their babies.
7. Use appropriate anticipatory guidance that supports exclusive breastfeeding until infants are about 6 months old and encourage the continuation of breastfeeding as long as mutually desired by the mother and baby.
8. Support breastfeeding by providing accurate information about maternal issues.
9. Communicate support for breastfeeding in the office environment.
10. Expand the network of support for breastfeeding.

HOW TO FIND LACTATION (BREASTFEEDING) SUPPORT SERVICES

Women and health professionals often assume that breastfeeding is such a natural process that anyone should be able to do it without difficulty. The fact is that many women are not confident about their ability and often stop nursing their babies, before they had planned, due to problems that are avoidable or easily managed.

Lactation support services, both before and after the baby is born offer information, support, and technical assistance. The following information is meant as a guide to those services.

BREASTFEEDING CLASSES

Prenatal breastfeeding classes can provide general information on breastfeeding basics, teach techniques to make it easier, and suggest problem solving strategies. Knowing the normal course of breastfeeding and how to avoid the most common pitfalls before the baby is born contributes to a longer, more satisfying breastfeeding experience. The increased knowledge and confidence is worth the few hours invested in a prenatal class.

Classes may be offered as part of a childbirth preparation series, as a separate class at a hospital, or be taught privately by a lactation professional. Sometimes a class taught by an employee of a hospital or medical group has its class content (particularly consumer issues) influenced by the employer. A good way to tell if the teacher is an employee is by whom you pay for the class. Independent practitioners usually get paid directly and may offer a more broad based class.

Classes are usually more effective when taught in small groups. It is desirable to have your support person attend with you. Additional features may include live demonstration of techniques, the ability to practice skills under supervision, and post partum follow-up by phone or personal consult. You can use the directory within or ask your childbirth educator, hospital or health care provider for a referral.

In the event no breastfeeding classes are available, helpful support and information can be obtained from a good breastfeeding book (see page 6), other nursing mothers, and by visiting the Task Force web site at www.breastfeedla.org.

Mother-to-mother support groups like La Leche League are also good resources. See page 29 for description and phone numbers.

BREAST PUMP RENTALS & SALES

Breast pumps and other breastfeeding accessories may be rented and/or sold by rental stations, retail stores or on the internet. The sellers may be individuals with or without special knowledge about breastfeeding. You may wish to check with a lactation professional to determine your needs. Types of equipment and fees vary so shop around. Some insurance policies will cover rental costs if there is a medical indication.

LACTATION PROFESSIONALS

Finding and choosing a lactation professional can be a confusing matter. There is a wide array of individuals who offer lactation services with different levels of training and skills. Some are licensed health practitioners while others have no medical background.

Since the field is not a government regulated profession, individual practitioners may call themselves Lactation Educator, Lactation Consultant, Lactation Specialist, Lactation Counselor and so on. To find a competent practitioner you can work with, consider the following criteria:

Academic Credentials - What are their academic credentials related to breastfeeding? Where did they get their training? A practitioner may have no formal lactation training, may have taken a university program leading to certification or to a degree with a concentration in lactation, may have passed a written certification exam, or taken a correspondence course. They may be a doctor (MD), nurse (RN, LVN), occupational or physical therapist (OT, PT), a registered dietitian (RD) or speech therapist. They may call themselves a certified lactation educator (CLE), certified lactation consultant (CLC) an International Board Certified Lactation Consultant (IBCLC/RLC), or a certified lactation counselor(**CLC). This can be very confusing. You can ask to see their official credentials if you wish. See Key to Credentials on pg. 7.

Experience - What did their lactation training consist of? Was there a clinical component? How many years of experience do they have? Training and experience vary widely among practitioners, so ask about it.

KEYS TO CREDENTIALS LISTED WITHIN

Services - What kind of services do they offer? Classes, phone counseling, consultations, rental and/or sale of breast pumps or other breastfeeding accessories are possible.

Location - Where are services provided? Are home or hospital visits made?

Fees - What are the fees for the various levels of service? Costs may be eligible for insurance reimbursement. Ask for an official bill to submit to your insurance carrier. See page 9. Fee schedules vary so shop around. Some practitioners offer a sliding scale. See pages 23 - 26 for free and MediCal reimbursable services.

Business Hours - When are services available? Is there coverage for evenings and weekends?

Affiliations - Is the practitioner affiliated with a hospital or particular medical group?

Continuing Education - How does the practitioner keep up with the current research and issues in breastfeeding?

Professional Organization - Is the practitioner currently a member of a professional lactation organization?

RECOMMENDED READING:

Breastfeeding and the Working Mother
by Diane Mason & Diane Ingersoll
Breastfeeding Pure and Simple by Gwen Gotsch
Breastfeeding Your Premature Baby by Gwen Gotsch
Defining Your Own Success: Breastfeeding After Breast Reduction Surgery
by Diana West
Mothering Multiples by Karen Gromada
Nursing Mother's Companion by Kathleen Huggins
Nursing Mother's Guide to Weaning
by Kathleen Huggins & Linda Ziedrich
Nursing Mother, Working Mother by Gale Pryor
Nursing Your Baby by Karen Pryor & Gale Pryor
So That's What They're For! Breastfeeding Basics by J. Tamaro
Womanly Art of Breastfeeding by La Leche League International
(available in several languages)

Visit <http://www.breastfeedingtaskforla.org/books.htm> to purchase your books and support the work of the Task Force.

AAHCC - Bradley Certified Childbirth Educator
ABFM - American Board of Family Medicine
BA/ BS/ BSN - Bachelor of Arts/Science/Nursing
CCE - Certified Childbirth Educator
CLE - Certified Lactation Educator
CLC - Certified Lactation Consultant
**CLC - Certified Lactation Counselor
CNM / CPM - Certified Nurse Midwife / Certified Professional Midwife
CNS -Clinical Nurse Specialist
DC - Doctor of Chiropractic
FAAP - Fellow American Academy of Pediatrics
FACCE - Fellow of American College of Childbirth Educators
IBCLC (RLC) - International Board Certified Lactation Consultant
ICCE - ICEA Certified Childbirth Educator
LCCE - Lamaze Certified Childbirth Educator
LE - Lactation Educator
LM - Licensed Midwife
LVN - Licensed Vocational Nurse
MA/ MS/ MN - Master of Arts /Science /Nursing
MD - Medical Doctor
MPH - Master of Public Health
(R) / (F) / NP - (Registered) / (Family) / Nurse Practitioner
OTR/L - Occupational Therapist , Registered/Licensed
PHN - Public Health Nurse
PT - Physical Therapist
RD - Registered Dietitian
RN (C) - Registered Nurse (Certified)

Certified Lactation Educator (CLE) - has successfully completed a one week course in basic lactation and its management, and required post seminar homework which may include a clinical component.

Certified Lactation Consultant (CLC) - has had advanced formal lactation education and supervised clinical training .

International Board Certified Lactation Consultant (IBCLC) - most have had extensive formal lactation education and clinical training; has passed an international certification exam and has continuing education requirements in lactation. Recertifies every 5 years. May also use term "Registered" (RLC).

Certified Lactation Counselor(CLC)** - has taken a one week course in lactation counseling and passed a post test.

All licensed health practitioners have additional continuing education requirements to remain current in their respective fields.

TIPS FOR SUCCESSFUL PUMPING

1. Pump at approximately the same time each day.
2. If separated from your baby, pump at the times your baby usually feeds.
3. Promoting the milk ejection reflex (letdown) with a relaxed environment, warm compresses and gentle breast massage will improve milk flow.
4. When single pumping, move the breast cup back and forth between breasts several times throughout the pumping session to improve milk yield. Pumping both breasts at once is usually faster.
5. Don't be discouraged if your first attempts result in very little milk yield. Regular pumping usually results in ample yield in one to two weeks.
6. Store milk in amounts baby is expected to consume in a single feeding to avoid waste.
7. Milk may be stored in glass or rigid plastic baby bottles or milk bags especially meant to freeze breast milk. Label container with date, time of collection & any unusual food or medicine consumed. Milk may be refrigerated for use within 48 - 72 hours. Freezing is recommended for later use. Acceptable times for frozen storage vary with the temperature of the freezer. Long storage may create *freezer burn* or an *off taste*. Use oldest milk first.
8. Raw human milk separates on standing with fat rising to the top. Just shake gently to redistribute fat particles evenly.
9. Human milk should be gently warmed to body temperature by standing the bottle in a bowl of warm water. Heating in boiling water or a microwave may destroy some components in human milk and scald your baby during a feeding.
10. Your baby may resist initial attempts to take milk in a bottle. Using a newborn size, slow flow nipple, and having someone else offer the feeding may make it easier. Depending on the age of the baby, cup or spoon feeding may be more acceptable. BE PATIENT!
11. If you require assistance, please call one of the listings in the Provider section of the Directory.

GETTING INSURANCE REIMBURSEMENT

1. In most instances, you will be asked to pay the provider of breastfeeding services directly at the time the service is given. It is the patient's responsibility to file for insurance benefits.
2. Not all insurance providers reimburse for breastfeeding services. They are more likely to do so if there is a medical need on the part of the mother or infant. A doctor's prescription for the service is advisable.
3. Explore your insurance provider's policy towards breastfeeding education and services before the need arises.
4. MediCal and CPSP (Comprehensive Perinatal Services Program) provide lactation support through their certified providers where there is medical need. This is usually done through, or supervised by, a licensed health practitioner.
5. If the medical need is for the infant (e.g. hospitalized, allergic or premature), apply for payment on the baby's insurance claim. If the medical need is for the mother (e.g. hospitalized, breast infection), apply for payment on the mother's insurance claim.
6. A mother returning to work and pumping her milk is not usually considered medical need.
7. Ask the breastfeeding service provider to give you a detailed bill complete with the corresponding insurance code numbers. Attach the doctor's prescription to the insurance form. This is more likely to make it through the system. Photocopy your paperwork for your files.
8. If your claim is denied, call the case manager and explain why the service or equipment was necessary. You may need to educate the insurance company as to the health benefits of breastfeeding and how it will save them health care costs for both the infant and mother.
9. Make the insurance provider aware that the American Academy of Pediatrics passed a resolution recommending that 3rd party payers provide or reimburse for lactation services as a cost effective measure.
10. Submitting your claim several times, each time with fuller explanations, has been known to work so keep on trying.

PROVIDERS OF LACTATION SERVICES

The providers listed below have subscribed to this directory and unless otherwise indicated charge a fee for their services. Some have a sliding scale.

The credentials listed after their names are listed as the individual requested. **None have been verified by The Breastfeeding Task Force of Greater Los Angeles. See list of questions under Lactation Professionals and Key to Credentials on pages 4 - 7.**

Providers are listed under their primary service area with additional service areas indicated.

A separate list of free, low cost, and MediCal reimbursable services are provided starting on page 23.

**WHEN CALLING A PROVIDER FROM THIS LIST,
PLEASE INDICATE THAT YOU GOT THEIR NAME FROM THIS
BREASTFEEDING RESOURCE DIRECTORY**

BEVERLY HILLS / WEST LOS ANGELES / SANTA MONICA

Aronson, Debbie, RN, BSN, IBCLC **310-600-9194; 310-829-6330**
928 Stanford Street, Santa Monica, CA 90403-2224 Serves LA County
Classes prenatal, post partum, private instruction; consults in hospital, client's home, pediatric office; pump rentals, sales, related sales; pump delivery; available weekends & evenings. Specializes in transitioning premature babies to breast, latch / suck and milk supply problems.

Benji, Atoosa, AAHCC, CLE **310-283-1434**
Prenatal classes, private instruction; consults in office, client's home; breastfeeding supplies; available days, evenings and Sundays.

♠, ♣, ♠, **Cedars-Sinai Lactation Education Center** **310-423-5312**
8700 Beverly Blvd., Suite 3202, Los Angeles, CA 90048
Mon - Fri 8:30 AM - 4:30 PM, Sat. 9:00 AM - 2:30 PM
Prenatal classes; consults in hospital; breast pump rentals & related sales; credit cards accepted; medical translators for most languages; information line 800-972-6003.

Epps, Cynthia, MS, IBCLC **310-458-6430**
457 25th Street, Santa Monica, CA 90402 - 3033 Motherwork2001@aol.com
Also serves Hollywood, Silverlake, Glendale, Los Angeles
Breastfeeding classes prenatal, post partum, private instruction; transition to solids & gentle weaning; consults in hospital, office, client's home; available weekends.

☆, **Kaznelson, Ayelet, **CLC, IBCLC** **310-943-9002; 917-620-4068**
www.LALactationgroup.com
Breastfeeding classes prenatal, post partum; consults in hospital, office, client's home; weekend support group; available weekends & evenings.

♣, ♠, **Kramer, Rachel, MD, CLE** **310-273-9533**
250 North Robertson Blvd., Suite 404, Beverly Hills, CA 90211-1788
Also serves West Hollywood, Miracle Mile, Hollywood
Consultations in hospital and Pediatric office; physical assessment of infant and well child follow-up. Credit cards accepted.

MCH Services Inc **800-822-6688**
Rona Cohen, RN, MN, IBCLC
P.O. Box 6241 Beverly Hills, CA 90212-1241. www.mchservicesinc.com
National Corporate Lactation Programs
Prenatal education through corporate lactation programs only. Breast pump sales.
Credit cards accepted.

Saint John's Health Center / Lactation Station **310-829-8944**
1328 22nd Street, Santa Monica, CA 90404-2091
Elaine Robertson, IBCLC, Teresa Sakamoto, BA, IBCLC, available daily 9AM - 5PM.
Consults in hospital & by appointment; breast pump rentals & sales; credit cards accepted; support groups Wed. & Fri. at noon; weekend phone consults.

♣, **Slavick, Suzy, RN, CLE** **310-871-3554**
145 S. La Peer Drive, Beverly Hills, CA 90211-2601 www.bhlactationcenter.com
Also serves San Fernando Valley, Culver City, Mid-Wilshire
Consults in hospital, office, client's home; credit cards accepted; available weekends & evenings. Experienced in hospital setting. Warm and supportive approach.

♣, **Tellalian, Louise Arce, RN, LCCE, CLC** **310-274-2272**
1911 San Ysidro Drive, Beverly Hills, CA 90210-1520
Serves Greater Los Angeles
Prenatal breastfeeding classes; small group in home setting on Saturday AM with phone follow-up, private instruction available; phone counseling.

The Pump Station **310-998 1981**
W. Haldeman, RN, MN, CLC, C. Harvey, RN, MS, CLC, J. Sacher, RN, MN, CLC
2415 Wilshire Blvd, Santa Monica, CA 90403 www.Pumpstation.com
Breastfeeding classes; consults in office & home visits; breast pump rentals & related sales; credit cards accepted; support groups; nursing wear, baby care products, baby & preemie clothes.

MIRACLE MILE / HOLLYWOOD / SILVERLAKE / DOWNTOWN

✿, Fleiss, Paul, MD, FAAP, MPH **323-664-1977**
1824 Hillhurst Avenue, Los Angeles CA 90027-4408
Complete physical assessment of infant and breastfeeding consults in hospital, pediatric office, WIC Center; credit cards accepted; available some weekends and by phone evenings.

Glatleider, M. Pauline, CNM, MN, CLE, IBCLC, RLC **323-665-0936**
1537 Angelus Avenue, Los Angeles, CA 90026-1410
Also serves Downtown LA, Glendale, Eagle Rock
Private breastfeeding instruction; consults in client's home; pump rentals & related sales; credit cards accepted; available weekends and evenings.

Lee, Carole F. , OTR/L, CLE, MA, MS **323-528-1406**
Also serves Los Feliz, Echo Park. Mt. Washington
Private instruction; consults in hospital, office, client's home; experienced in medically fragile, high risk infants with special needs; available weekends & evenings.

McClain, Dionne, DC, CLE **323-653-1014**
McClain Sports and Wellness
6360 Wilshire Blvd., Suite 410, Los Angeles, CA 90048-5601
Also serves, Beverly Hills, Ladera Heights, View Park, Culver City
Private instruction; consults in hospital, office, client's home; credit cards accepted; low or no cost consults for teens; available Saturdays, evenings.

Stark, Yaffa, MA, IBCLC **"Breast Pump Express"** **323-931-8675**
Also serves WLA, Beverly Hills, Koreatown, Larchmont, Hancock Park
Private prenatal classes; consults in office; breast pump sales, professionally fitted nursing bras; credit cards accepted; available Sun - Thur. 8:30 AM to 7:30 PM, Fridays 8:30 AM - 3:00 PM.

The Pump Station **323-469-5300**
W. Haldeman, RN, MN, CLC, C. Harvey, RN, MS, CLC, J. Sacher, RN, MN, CLC
1248 Vine Street, Hollywood, CA 90038 www.Pumpstation.com
Breastfeeding classes; consults in office & home visits; breast pump rentals & related sales; credit cards accepted; support groups; nursing wear, baby care products, baby & preemie clothes.

BURBANK / PASADENA / GLENDALE

🌺, Baghdassarian, Roza, BA, CLE **818-353-7446**
Also serves San Fernando Valley and Greater LA
Breastfeeding classes prenatal, private instruction; consults in hospital, office, client's home, at Glendale Memorial Hospital; breast pump rentals, sales; Baby-Weigh scales, nursing wear, pillows; available weekends & evenings; credit cards accepted.

✿, 🌺, ▲ Bellies, Babies and Bosoms **818-541-1200**
H. Schroeder MPH, RD, IBCLC, MJ Haddad, IBCLC, S. Ratican, CLE, L. Dorman, ICCE
3461 N. Verdugo Road, Glendale, CA 91208. www.bellies.biz
Also serves San Gabriel Valley, Eagle Rock / Los Angeles
Private breastfeeding instruction; consults in hospital, office, client's home; breast pump rentals & sales, nursing wear; free support groups; credit cards accepted; available Sat.

✿, 🌺 Glendale Memorial Hospital & Health Center **818-507-4191**
1420 S. Central Avenue, Breastfeeding Resource Center 5th Fl., Glendale, CA 91204
Serves San Gabriel/San Fernando Valleys and Greater Los Angeles area.
Breastfeeding classes prenatal; consults in hospital, clinic; support groups; phone consultations and referrals to community resources; childbirth class series; MediCal reimbursable. Mon. - Fri. 10:00 AM - 6:00 PM; Sat. 12:00 - 5:00 PM.

✿, 🌺 Glendale Pediatrics **818-246-7260**
1530 E. Chevy Chase Drive, Suite #101, Glendale, CA 91206
Cindy Ames, LVN, **CLC Mon. - Fri. 9:00 AM - 5:30 PM
Breastfeeding classes prenatal, post partum, private instruction; consults in pediatric office; pump rentals & related sales, Baby Weigh Scales rented, credit cards accepted.

✿, Huntington Hospital **626-397-3172**
Outpatient Center - 100 W. California Blvd., Pasadena, CA 91105-7103
Ann Meier, RN, BSN, CLC; Maggie Byrne, BA, CLC. Teresa Peters, IBCLC
Also serves Greater San Gabriel Valley Mon. - Fri. , 9:00 AM - 4:00 PM.
Breastfeeding classes, prenatal, post partum, private instruction; consults in hospital, clinic; breast pump rentals & sales, bra fittings; credit cards accepted; free support group.

Johnson-Haddad, Miranda, IBCLC **818-621-5477**
 4735 Alta Canyon Road, La Cañada, CA 91011- 2035
 Also serves Burbank, N. Hollywood
 Breastfeeding classes prenatal, private instruction; consults in hospital, client's home, also at Bellies, Babies & Bosoms; available weekends and evenings.

Meier, Ann, RN, BSN, CLC "Gentle Transitions" **626-798-4367**
 2261 Sinaloa Avenue, Altadena, CA 91001-3313
 Consults in client's home. Available weekends.

"Pasadena Rosey Babys" **626-432-6730**
 Chetti, Carolyn, RN, CLC
 Serves Greater San Gabriel Valley / Inland Empire
 Breastfeeding classes prenatal, private instruction; consults in hospital, office, client's home; available Saturday and evenings.



San Marino B.A.B.I.E.S. **626-285-1473; 626-253-0060**
 Gail Katz, RN, MSN, CNS, IBCLC, FACCE
 PMB 430, 2275 Huntington Drive, San Marino, CA 91108
 Breastfeeding classes prenatal, postpartum; consults in office, client's home; breast pump rentals & related sales, free pump delivery; specializes in high risk pregnancies & NICU babies; available evenings & weekends.


The Pump Station **323-469-5300**
 W. Haldeman, RN, MN, CLC, C. Harvey, RN, MS, CLC, J. Sacher, RN, MN, CLC
 1248 Vine Street, Hollywood, CA 90038 www.Pumpstation.com
 Breastfeeding classes; consults in office & home visits; breast pump rentals & related sales; credit cards accepted; support groups; nursing wear, baby care products, baby & preemie clothes.


West, Diane LM, CPM "West Home Birth" **818-913-0448**
 1820 Glenwood Road, Glendale, CA 91201-1505
 Also serves Studio City, Silverlake www.westhomebirth.com
 Breastfeeding classes, post partum, private instruction; consults in hospital, client's home; credit cards accepted; available weekends & evenings.


SAN FERNANDO VALLEY



Adelman, Leslye, MS, IBCLC, LCCE **818-789-6718; 818-929-7481**
Jaffe, Fran, MPH, RD, IBCLC "Gentle Nurturing"
 Also serve West Los Angeles, Beverly Hills, Santa Monica
 Breastfeeding classes prenatal, post partum; consults in pediatric office, client's home and at "A Mother's Haven"; breast pump rentals & sales, pump delivery; credit cards accepted; available weekends & evenings.

  **"A Mother's Haven"** **818-380-3111**
 L. Podell-Camino, MA, CLE, Leslye Adelman, MS, IBCLC, Terry Gass, RN, IBCLC
 15928 Ventura Blvd. Suite #116, Encino, CA 91436 www.amothers-haven.com
 Classes prenatal & post partum; consults in location of your preference; breast pump rentals & related sales; New Mother & other classes and support; SFV largest selection of nursing bras & clothing, slings, baby care & clothing; available weekends & evenings.

 **Breceda, Gina, LVN, CCE, IBCLC** **818-702-8803, Pgr. 818-594-9699**
 Also serves Malibu, Calabasas, Moorpark, Westlake, Agoura
 Breastfeeding classes prenatal, private instruction; consults in hospital, client's home; available weekends and evenings.

 **Providence St. Joseph Medical Center** **818-847-4142**
 501 South Buena Vista St., Burbank CA 91356-5105 8:00 AM - 5:00 PM
 Terry Gass, RN, IBCLC, Merav Efrat, MPH, IBCLC, Carol Chacon, CCCE, IBCLC
 Breastfeeding classes prenatal, post partum, support group; consults in hospital, client's home; breast pump rentals & sales, credit cards accepted.

 **Steinberg, Ellen, RN, LCCE, IBCLC** **818-345-4439**
 4431 Callada Place, Tarzana, CA 91356-5105
 Home visits and pump deliveries throughout Los Angeles & eastern Ventura County
 Private instruction; consults in hospital, office, client's home; breast pump rentals & sales, baby scale rentals; specializes in milk supply concerns and sucking difficulties; cranio-sacral therapy.

  **"The Pump Connection"** **818-225-8822**
 "Binky" Petok, BS, IBCLC, C. Takeda, MS, IBCLC, L. O'Neil, BS, IBCLC,
 R. Ross, BS, IBCLC www.thepumpconnection.com
 22554 Ventura Blvd. Suite 112, Woodland Hills, CA 91364 M-F 10-5 & Sat. 11-4
 Breastfeeding consults in office or home; support groups & classes; boutique & breast pump rentals/sales, professionally fitted nursing bras; credit cards & web orders accepted.

SANTA CLARITA VALLEY

✿, **Henry Mayo Newhall Memorial Hospital** **661-253-8238**
25727 McBean Parkway, Valencia, CA 91355-2083. www.HenryMayo.com
Mary Beth Sweet, IBCLC, CLE; Jolli Bernier IBCLC, CLE 9:00 AM - 5:00 PM
Breastfeeding classes prenatal, post partum; consults in hospital, clinic; breast pump rentals & sales; support group Thurs. 9:00 - 11:00 AM; available weekends.

Kingsley, Linda, BA, IBCLC (RLC) **661-733-4591**
Also serves Antelope Valley www.babymomconnection.com
Consults in office, pediatric office, client's home; breast pump rental and sales; experienced in complex situations including adoptive breastfeeding, sucking problems; available weekends & evenings.

SIMI VALLEY / CONEJO VALLEY / VENTURA COUNTY

Collett, Vivienne, RN, CLC **818-879-2005; 818-807-9545**
Serves Oak Park, Agoura Hills, Westlake Village, Thousand Oaks, Camarillo
Breastfeeding classes prenatal, post partum; consults in office, client's home; breast pump rentals & related sales, pump delivery; available weekends & evenings.

The Whole Woman Natural Birthing Center **805-584-7092**
McCulley, Marcia, NP, LM www.thewholewomaninc.com
2950 N. Sycamore Dr. #201, Simi Valley, CA 93065-1210 By appointment only.
Serving Thousand Oaks, Newbury Park, Westlake.
Classes; consults in hospital, birth center; credit cards accepted; ProLacta Milk Bank depot; available weekends & evenings.

CULVER CITY / SOUTH LOS ANGELES

“Birthing & Breastfeeding Naturally” **323-298-7326; 323-299-4717**
Whitman, Magdalene, RN, BSN, CLE, CCE Also serves WLA, West Adams
Breastfeeding classes prenatal, post partum; consults in hospital, client's home; in faith based or community centers; breast pump rentals & sales, credit cards accepted; experienced in supporting teens, African-American families; free support group & telephone counseling; available Fridays, Saturdays by appointment.

✿, **Kaiser Permanente Medical Center** **323-857-4121**
Lactation Clinic Mon. - Fri. 9:00 AM - 5:00 PM
6041 Cadillac Ave. Los Angeles, CA 90034-1702 Also serves WLA, Baldwin Hills.
Gwen Brown, RN, BSN, CLC, Alexanne Soltwedel, RN, BSN, CLE
Breastfeeding classes prenatal, post partum; consults in hospital, clinic; breast pump sales & related sales; credit cards accepted; support group, teen services.

Watters, Virgin, RN, MSN, CLE **310-560-0395**
Serves Ladera, Inglewood
Private instruction; consults in hospital, clients home, WIC center; specializes in teens; available weekends & evenings.

MONTEBELLO / WHITTIER / DOWNEY / LYNWOOD

Kaiser Permanente Bellflower Medical Center **562-461-6614**
Lactation Clinic Mon. - Fri. 8:30 AM - 4:00 PM.
9400 E. Rosecrans Avenue, 5th Floor, Bellflower, CA 90706
Serves Bellflower and all surrounding areas
Breastfeeding classes prenatal, post partum; consults in office; breastpump rental & sales; nursing bras; credit cards accepted

✿, **Palomera, Gladys M., IBCLC, RLC, CLE** **(Mobile) 310-413-8612**
“Mommy's Milk” Also serves Southgate, Huntington Park; Watts, Compton
Breastfeeding classes prenatal, post partum, private instruction; consults in office, pediatric office, client's home, WIC Center, phone consults; breastfeeding related sales; available evenings and weekends.

✿, **PIH UCI Family Practice Center** **562-698-2541**
Anastasia Pappas, MD, ABFM, CLE, Maili Velez-Dalla Tor, MD, ABFM
12291 Washington Blvd.. Suite 500, Whittier, CA 90606-2551
10750 S. Laurel Ave. Whittier, CA 90605-3282
Prenatal & post partum care; consults in hospital, client's home, group consults in office; credit cards accepted; address medical problems associated with breastfeeding.

Presbyterian Intercommunity Hospital **562-698-0811 Ext.7650**
12401 Washington Blvd., Whittier, CA 90602-1099 Mon. - Fri. 9:00 AM - 4:00 PM
Serves Whittier, San Gabriel Valley & North Orange County
Dominica Castro, RN, CLE, IBCLC
Prenatal breastfeeding classes, private instruction; consults in hospital, clinic.

WESTCHESTER / SOUTH BAY / SAN PEDRO

✿, ■, Breastfeeding Support Center **310-374-3426, Ext 183**
Beach Cities Health District, 514 N. Prospect Ave., 1st Fl., Redondo Beach, CA 90277
Sharon Watkins, IBCLC; Deborah King-Powell, IBCLC
Mon. - Thur., 9:30 AM - 2:30 PM, Sat. 10:00 AM - noon www.bchd.org
Prenatal, post partum classes; consults in clinic, client's home; breast pump rentals & sales; support groups; low cost drop-in clinic, free weight checks & phone counseling.

★, □, Berger, Dymphna, MA, IBCLC **310-251-7350**
1120-A Vincent Street, Redondo Beach, CA 90277
Prenatal and post partum classes, private instruction; consults in client's home, WIC center; telephone counseling; available Fri., Sat., Sun. and evenings.

✿, Bright Beginnings & Beyond Lynette Miya, MN, RNP **310-316-1528**
www.brightbeginningsbeyond.com
229 Ave. I, Suite 101, Redondo Beach, CA 90277-5600
Breastfeeding classes prenatal, post partum; consults in office, client's home; breast pump rentals & sales, nursing wear; credit cards accepted, some reduced rates; support group; available weekends.

Education and Consulting Associates **310-541-6580**
Linda M. Smith, RNC, MS, NP
P.O. Box 905, Palos Verdes Estates, CA 90274-0905
Serves Beach Cities and Palos Verdes Peninsula
Prenatal breastfeeding classes, private instruction; consults in hospital, client's home, pediatric and obstetric offices; available evenings & weekends.

Fish, Beth, BA, CLE **310-738-7891**
Rancho Palos Verdes, CA
Private breastfeeding instruction; consults in client's home; sale of breastfeeding supplies; available Saturday, Sunday & evenings.

Goldbach, Victoria, RN, BSN, CLE **310-540-2790; 310-874-2438**
Breastfeeding classes prenatal, post partum, private instruction in comfortable home setting with follow-up; consults in hospital, client's home, phone consults; baby-care instruction; available evenings & weekends.

Grote, Sheri, RN, CLE **310-546-2373; 310-503-8385**
444 31st Street, Manhattan Beach, CA 90266
Breastfeeding classes prenatal, post partum; consults in hospital, office, client's home, pediatric office; available evenings & weekends.

“The Breastpump Connection” **310-212-6461; 310-779-7943**
Luanne Rosevear, RN, BS, CLE, LCCE
Breastfeeding classes, prenatal, post partum; consults in hospital, office, client's home, pediatric office; breast pump rental & sales, pump delivery; available evenings & weekends.

Torrance Memorial Medical Center **310-517-4711**
3330 Lomita Blvd., Health Links, West Tower, Torrance, CA 90505-5073
Susan Orr, PT, LCCE, CLC, IBCLC; Nancy Kraus, BA, LCCE, CLE
Breastfeeding classes prenatal, post partum; \$25 consults in clinic 310-517-4743, Mon. & Sat., weekends by appt.; breast pump rentals & sales, nursing wear, books, baby items; credit cards accepted.

Wangeman, Heather, RN, IBCLC **310-618-8553; 310-953-1246**
1514 Amapola Ave., Torrance, CA 90501-2507
Private instruction; consults in office, client's home; breast pump sales; baby slings; available evenings & Saturdays.

LONG BEACH / ORANGE COUNTY

Baylis, Cynthia, MPH, RD, IBCLC “Heart & Soul” **562-596-9598**
2561 Gondar Avenue, Long Beach, CA 90815-2217
Also serves Bellflower, Downey, N. Orange County
Breastfeeding classes, prenatal, post partum; consults in office, client's home; breast pump rentals & sales, pump delivery; credit cards accepted; available weekends & evenings.

Gibson, Christine RN, PHN **562-421-6343**
Classes prenatal, post partum, private instruction; consults in client's home; available evenings and weekends.

Hidalgo, Jill RN, BSN, IBCLC, CLC, FACCE **562-822-2203**
630 Tustin Avenue, Suite 400, Orange, CA, 92867-6360
Breastfeeding classes, prenatal, post partum, private instruction; consults in office, client's home; available Saturday, Sunday & evenings.

Long Beach Memorial Medical Ctr./ Miller Children's Hosp. **562-933-2779**
 2801 Atlantic Avenue, Long Beach, CA 90801-1701 Mon. -Sat. 8:00 AM - 4:30 PM
 Prenatal & post partum breastfeeding classes; consults in hospital & clinic; breast pump rental & sales; free support group Wed. 11:00 AM - 12:30 PM in 2nd Floor Women's Conference Room. MediCal provider.

Orr, Susan, PT, CLC, IBCLC **562-427-3782**
 3757 Falcon Avenue, Long Beach, CA 90807
 Also serves Torrance, South Bay
 Breastfeeding classes, prenatal, post partum; consults in office, client's home, pediatric office; breast pump rentals & related sales; Pediatric Physical Therapy; available some weekends & evenings; \$20 consults at Columbia Pediatric Clinic, Long Beach.

SAN GABRIEL VALLEY / INLAND EMPIRE

"Best Fed Breastfeeding Center" **626-919-6455**
 Harding, Cindy, LVN, **CLC
 1300 E. Maplegrove St. W. Covina, CA 91792-1210
 Private breastfeeding classes; consults in office, client's home; breast pump rentals, sales, delivery; credit cards accepted; available evenings & weekends.

✿, Citrus Valley Medical Center, Queen of the Valley Campus **626-851-2753**
 Gail Katz, RN, MSN, CNS, IBCLC, Lactation Services Program Coordinator
 1115 S. Sunset Avenue, West Covina, CA 91790-3940
 Post partum breastfeeding classes daily; consults in hospital; support group
 Tuesday 10:00 - 11:30 AM

✿, Citrus Valley Medical Center, Queen of the Valley Campus **626-814-2446**
 Mother-Baby Specialty Shoppe
 Dawn Cooper, RN, BSN, Director Program Development 9:00 AM - 4:00 PM
 1115 S. Sunset Ave. West Covina, CA 91790
 Prenatal breastfeeding classes for \$5.00; breast pump rentals, sales & related sales.

✿, ✿, Methodist Hospital of Arcadia **626-574-2415**
 300 W. Huntington Drive, Arcadia, CA 91066-6016
 Laurie Sayeg, RN, CLC
 Breastfeeding classes prenatal, post partum, private instruction; consults in hospital, clinic; breast pump rental, sales, related sales; available weekends.

Miles, Lorraine, RN, BA, CLC, IBCLC (RLC) **(Mobile) 909-595-9620**
 "Baby Beginnings"
 Also serves Montebello, Whittier, Downey, Lynwood
 Private breastfeeding instruction; consults in hospital, client's home; breast pump rentals, pump delivery; free teen program, NICU & preterm babies follow-up; available weekends & evenings.

✿, ✿, Orellana, Josie, IBCLC **626-222-4614**
josiorellana@trueblessings31.com
 1079 South Prospero Drive, Glendora, CA 91740-4961
 Also serves Montebello, Whittier, Downey, Lynwood, Glendale, Pasadena
 Breastfeeding classes prenatal, post partum, private instruction; consults in hospital, office, client's home; nursing wear; credit cards accepted; available weekends, evenings.

✿, Pomona Valley Hospital Medical Center **909-623-6455**
 1798 N. Garey Ave. Pomona, CA 91767
 Terry Bretscher, RN, CLC, IBCLC
 Prenatal classes; consults in hospital, outpatient appointments available; breast pump rentals & sales; Mommy 'N' Me Wednesday AM; available Saturday; medical translators available for other languages.

✿ Teachout, Stella, RN, BSN, IBCLC **626-966-2277**
 18853 E. Nearfield Street, Azusa, CA 91702
 Also serves Burbank, Pasadena, Glendale
 Private instruction; consults in hospital, office, client's home, pediatric office, WIC Center; experienced in hospital setting, NICU / Preterm babies, multiples; available weekends, evenings.

**THE FOLLOWING RESOURCES ARE AVAILABLE FREE
TO WIC ELIGIBLE PARTICIPANTS**

FOOD FOR THOUGHT

Breastfeeding is a natural “safety net” against the worst effects of poverty. If the child survives the first month of life (the most dangerous period of childhood) then for the next four months or so, exclusive breastfeeding goes a long way toward cancelling out the health difference between being born into poverty and being born into affluence... It is almost as if breastfeeding takes the infant out of poverty for those first few months in order to give the child a fairer start in life and compensate for the injustice of the world into which it was born.

*James Grant
Executive Director UNICEF*

Imagine that the world had invented a new “dream product” to feed and immunize everyone born on Earth. Imagine also that it was available everywhere, required no storage or delivery—and helped mothers to plan their families and reduce the risk of cancer.

Then imagine that the world refused to use it.

Towards the end of this century of unprecedented discovery and invention, even as scientists discover the origins of life itself, this scenario is not, alas, a fiction. The “dream product” is human breastmilk, available to all of us at birth, and yet we are not using it.

From Baby Friendly Hospital Initiative brochure by UNICEF

✿, ☆, ✿, ☼, ☼, City of Long Beach WIC Program 562-570-4473

●, ○, ■, □, ▲, Marisela Montoya, MA, IBCLC - Coord. Mon. - Fri., 8:30 AM - 5:30 PM
1043 Elm Avenue, Suite #401, Long Beach, CA 90813-3271
6 sites throughout Long Beach. Warmline 562-570-4457
Breastfeeding classes prenatal, post partum; consults in hospital, clinic; breast pump loan program; available some Sat. @ Health Dept. site only.

✿, ☼, Northeast Valley Health Corp. WIC 818-837-6349

13100 Telfair Ave., Sylmar, CA 91342-3573
14 sites in San Fernando & Santa Clarita Valleys
Rebeca Pastrana-Sheng, BS, IBCLC - WIC Breastfeeding Director
Breastfeeding classes, prenatal, post partum; consults in clinic; breast pump loan program; warm-line 8:00 AM - 5:00 PM

✿, Pasadena Public Health Dept. WIC Program 626-744-6520

363 E. Villa Street, Suite 115, Pasadena CA 91101
M. Jane Lewis, RD WIC Program Manager Mon. - Thur. 8:00 AM - 5:00 PM
Serves Pasadena, S. Pasadena, Altadena, Sierra Madre
Prenatal breastfeeding classes; consults in clinic; pumps available on loan.

✿, ✿, ☼, ✿, ☼, Public Health Foundation Enterprises WIC 888-278-6455

58 clinic sites throughout Los Angeles County & Orange County
Karen Meehan, MPH, RD, IBCLC
Breastfeeding classes, prenatal, post partum; consults in clinics, teen program; cleft palate support group; toll free HELP LINE, Mon. - Fri., 8:00 AM - 6:00 PM; breast pump loans for hospitalized infants.

✿, South Los Angeles Health Projects WIC 323-905-1248

2930 W. Imperial Highway, Inglewood, CA 90303 - 3143
Arcelia Jaramillo, IBCLC Breastfeeding Services Coordinator
Clinic sites throughout South Los Angeles & neighboring cities.
Classes prenatal, post partum, teen classes, private instruction; consults in clinics; peer counselors; pump loans for hospitalized infants; help line 8:30 AM - 4:30 PM.

✿, ✿, ✿, Watts Healthcare Corporation WIC 323-568-3076

Sara Yeung, RD, CLE Mon. - Fri., 8:00 AM - 5:00 PM
10300 S. Compton Ave., Los Angeles, CA 90710
5 sites in South Los Angeles
Breastfeeding classes prenatal, post partum; consults in hospital, client's home, clinic; electric breast pump loans for medical need; teen program; support group; peer counselors.

DONATIONS

The Breastfeeding Task Force has distributed this
Breastfeeding Resource Directory FREE for the last 10 years!!
Over 100,000 copies of the directory connect women throughout
Los Angeles with professional multilingual resources that ensure
that they are able to breastfeed their babies successfully!

Please help the Task Force! Consider making a
TAX FREE personal or corporate donation!!

Two ways to donate:
Visit our website at www.breastfeedla.org and donate on-line
or send in your donation to:

The Breastfeeding Task Force of Greater Los Angeles
12781 Schabarum Avenue
Irwindale, CA 91706

You can also call (213) 596-5776
to find out other ways that you can support the task force.

THE FOLLOWING RESOURCES ARE LOW COST OR MEDI-CAL REIMBURSABLE

❁, Breastfeeding Support Center **310-374-3426, Ext. 183**
Beach Cities Health District, 514 N. Prospect Ave., 1st Fl., Redondo Bch., CA 90277
Sharon Watkins, IBCLC; Deborah King-Powell, IBCLC
Mon. - Thur., 9:30 AM - 2:30 PM, Sat. 10:00 AM - noon www.bchd.org
Prenatal, post partum classes; consults in clinic, client's home; breast pump rentals & sales;
support groups; low cost drop-in clinic, free weight checks and phone counseling.

Columbia Pediatrics Breastfeeding Clinic **562-427-3782**
Susan Orr, PT, CLC, IBCLC
2840 Long Beach Blvd. #425, Long Beach, CA 90806-1586
Serves South Bay, Long Beach
Private instruction. \$20 group consult in clinic, Tues. & Thurs. 9:00 AM; breast pump
rentals & related sales.

❁, ♡ Glendale Memorial Hospital & Health Center **818-507-4191**
1420 S. Central Avenue, Breastfeeding Resource Center 5th Fl., Glendale, CA 91204
Serves San Gabriel / San Fernando Valleys and Greater Los Angeles area
Breastfeeding classes prenatal; consults in hospital, clinic; support groups; phone
consultations and referrals to community resources; childbirth class series; MediCal
reimbursable. Mon. - Fri. 10:00 AM - 6:00 PM; Sat. 12:00 - 5:00 PM.

❁, Harbor UCLA Medical Center **310-222-2315**
1000 West Carson Street, Torrance, CA 90502-2004
Artie McCullough, RN, CLE 8:00 AM - 4:30 PM
Prenatal classes; consults in hospital; support groups; MediCal and CHP providers.

❁, Kaiser Permanente Medical Center **323-857-4121**
Lactation Clinic Mon. - Fri. 9:00 AM - 5:00 PM.
6041 Cadillac Ave. Los Angeles, CA 90034. Serves Culver City, WLA, Baldwin Hills.
Gwen Brown, RN, BSN, CLC, Alexanne Soltwedel, RN, BSN, CLE
Breastfeeding classes prenatal, post partum; consults in hospital, clinic; breast pump sales
& related sales; credit cards accepted; support group, teen services.

Los Angeles County Dept. Of Public Health **213-639-6463**
600 S. Commonwealth Ave. Suite 800, Los Angeles, CA 90005-4018
Kathye Petters-Armitage, MPH, CLE Breastfeeding Support Programs Coord.
Prenatal & post partum classes, private instruction; consults at Public Health DHS work
sites; 10 CLE's are available for free 1:1 support to employees of Los Angeles County at
various locations throughout the County.

Long Beach Memorial Medical Ctr./ Miller Children’s Hosp. **562-933-2779**
 2801 Atlantic Avenue, Long Beach, CA 90806-1737 Mon. -Sat. 8:00 AM - 4:00 PM
 Prenatal & post partum breastfeeding classes; consults in hospital & clinic; breast pump rental & sales; free support group Wed. 11:00 AM - 12:30 PM in 2nd Floor Women’s Conference Room. MediCal provider.

McClain, Dionne, DC, CLE **323-653-1014**
 McClain Sports and Wellness
 6360 Wilshire Blvd., Suite 410, Los Angeles, CA 90048-5601
 Also serves, Beverly Hills, Ladera Heights, View Park, Culver City
 Private instruction; consults in hospital, office, client’s home; credit cards accepted; low or no cost consults for teens; available Saturdays, evenings.

✿, Pasadena Public Health Dept. “Breastfeeding Counselor Connection”
 C. Hanna-Cheruiyot, BA, CCE, CBA, Peer Counselor Program Coord.. **626-744-6093**
 1845 N. Fair Oaks. Ave. 2nd Floor, Pasadena, CA 91103
 Free services for MediCal eligible, low cost for non-MediCal. Breastfeeding classes, home and hospital visitation; prenatal, post partum consults in hospital, office, client’s home; available evenings and weekends.

✿, PIH UCI Family Practice Center **562-698-2541**
 Anastasia Pappas, MD, ABFM, CLE, Maili Velez-Dalla Tor, MD, ABFM
 12291 Washington Blvd. Suite 500, Whittier, CA 90606-2551
 10750 S. Laurel Ave. Whittier, CA 90605-3282
 Prenatal & post partum care; consults in hospital, client’s home, group consults in office; credit cards accepted; address medical problems associated with breastfeeding.

Presbyterian Intercommunity Hospital **562-698-0811 Ext.7652**
 12401 Washington Blvd., Whittier, CA 90602-1099 Mon -Fri. 9:00 AM - 3:00 PM
 Serves Whittier, San Gabriel Valley & North Orange County
 Dominica Castro, RN, CLE
 Prenatal breastfeeding classes; consults in hospital; support groups.

✿, ☼, ValleyCare Olive View - UCLA Med. Center **818-364-4190**
 Matanee Shee, RN, BSN, IBCLC
 14445 Olive View Drive, Sylmar, CA 91342-1495 Mon. - Fri. 8:30 AM - 5:00 PM
 Serves San Fernando and Santa Clarita Valleys
 Breastfeeding classes, prenatal, post partum; consults in hospital, clinic; MediCal, Orsa & CHP provider.

✿, Westside Family Health Center **310-450-2191 Ext 228**
 Maria Anto Honon, LE, Asst. Director of Clinical Services 9:00 AM - 5:00 PM
 1711 Ocean Park Blvd., Santa Monica, CA 90405-4901
 Serves Los Angeles & Santa Monica
 Breastfeeding classes, prenatal, private instruction; consults in clinic; MediCal and free services for prenatal clients, available evenings.

✿, Wilmington Community Clinic **310-549-9787**
 1009 N. Avalon Blvd. Wilmington, CA 90744 Mon - Fri, 9 AM - 4 PM
 Serves South Bay
 Susana Mendoza, CLE
 Breastfeeding classes prenatal, postpartum; consults in clinic; support groups; Spanish La Leche League meetings on-site.

FOR YOUR INFORMATION

TOLL FREE NUMBERS FOR INFORMATION ON PUMPS AND BOOKS:

800 - 323-8750 - Ameda-Egnell / Hollister Corp.
800 - 624-4934 - ICEA Book Orders
800 - La-Leche - La Leche League International
800 - 435-8316 - Medela, Inc.

WEB SITES TO EXPLORE:

www.aap.org American Academy of Pediatrics
<http://www.babyfriendlyusa.org/eng/index.html> Baby Friendly Initiative USA
www.bfmed.org Academy of Breastfeeding Medicine
www.breastfeeding.org San Diego Breastfeeding Coalition
www.breastfeedla.org Breastfeeding Task Force of Greater LA
www.ibreastfeeding.com Pharmasoft Publishing Newsletter
www.icea.org International Childbirth Education Association
www.ilca.org International Lactation Consultant Association
www.lalecheleague.org La Leche League International
www.lamaze.org Lamaze International
<http://neonatal.ttuhscl.edu/lact/> Thomas Hale (see below)
www.pediatrics.org Pediatrics Electronic Journal
<http://www.ibfan.org/english/resource/who/fullcode.html> WHO Code
www.usbreastfeeding.org United States Breastfeeding Committee
www.unicef.org UNICEF
www.4woman.gov National Women's Health Information Center

INFORMATION ON DRUGS AND BREASTFEEDING

American Academy of Pediatrics Policy on Drugs and Breastfeeding
www.aap.org/policy/0063.html

UCSD Drug Information Line 1-619-543-6971

Medications and Mother's Milk 2006 by Thomas Hale
<http://neonatal.ttuhscl.edu/lact/>

<http://neonatal.ttuhscl.edu/lact/> Thomas Hale's Medications Forum

Drugs in Pregnancy and Lactation by Briggs, Freeman & Yaffe



La Leche League

Call one of these
automated numbers to locate a
La Leche League Leader or group

Antelope Valley	661-945-3150
Lomita / San Pedro / Palos Verdes	310-373-4135
Long Beach	562-804-8725
Orange County	714-965-1182
San Fernando Valley	818-377-4474
Torrance / Redondo / Westchester	310-515-2002
West LA / Santa Monica	310-285-9393
East LA / Greater Whittier	562-448-9226
Ventura	805-659-4018
Or call 1 - 800 - LA- LECHE or go to www.lalecheleague.org	

Bilingual Leaders:

✿, Spanish	Mariela 310-891-1532; Laura 850-532-2144 Kathleen 310-815-1632; Tammy 818-353-9606
▲, Japanese	Chika 310-782-1026
☯, Chinese	Amy 760-712-6538
■, French	Maureen 808-541-3471, Laura 805-532-2144
☺, German	Deedra 909-585-1935
☞, American Sign Language	Mia 951-739-7952
TDD	847-592-7570

Frequently Asked Questions: Many breastfeeding questions can be answered by reading FAQs at www.lalecheleague.org

La Leche League Leaders are experienced nursing mothers who are accredited by La Leche League International to give information, encouragement and support to breastfeeding mothers. LLL Leaders answer questions and concerns of the mothers who telephone them and at LLL Meetings. The following topics are discussed in a series of monthly meetings:

The Benefits of Breastfeeding
Childbirth & the New Baby at Home
Avoiding Breastfeeding Difficulties
Nutrition, Beginning Solids and Weaning

At each meeting mothers will find books and information sheets relating to breastfeeding and parenting. Babies are always welcome at LLL functions. Mothers come, share, and get to know La Leche League. It makes a positive difference in their lives.

La Leche League is an international, nonprofit, non-sectarian organization. All LLL Leaders are volunteers and receive no pay for their work supporting breastfeeding mothers.

California Breastfeeding Laws

2002: Lactation Accommodation

Chapter 3.8, Section 1030, Part 3 of Division 2 of the California Labor Code.

This law requires all California employers to provide a reasonable amount of break time and to provide the use of a room or other location, other than a toilet stall, close to the employee's work area, to accommodate an employee desiring to express breastmilk for her baby. The break time shall be unpaid if the break time does not run concurrently with the rest time authorized for the employee. An employer is not required to provide break time for pumping if taking break time beyond the usual time allotted for breaks would seriously disrupt the operations of the employer. Violation of this chapter is subject to a civil penalty of \$100.

2000: Jury Duty: Breastfeeding

Section 210.5 to the California Code of Civil Procedure

This law exempts breastfeeding mothers from jury duty, and requires the State to take steps to eliminate the need for the mother to appear in court to make this request.

1997: Breastfeeding in Public - Personal Right to Breastfeed

Section 43.3 of the California Civil Code

This law provides that a mother may breastfeed her child in any location where the mother and the child are authorized to be present.

1995: Breastfeeding Information/Assistance

Sections 123360 and 123365 of the California Health and Safety Code

This law requires all acute care hospitals and hospitals providing maternity care make available a breastfeeding consultant or alternatively, provide information to the mother on where to receive breastfeeding information. The consultant may be a registered nurse with maternal and newborn care experience.

The full text of these laws may be found at www.breastfeedla.org

California Paid Family Leave Program - <http://www.paidfamilyleave.org>

The Breastfeeding Task Force of Greater Los Angeles is available to assist individual women in advocating for their rights in accordance with these California laws. Call 213-596-5776 or email info@breastfeedla.org for more information.



Family Health Promotion Award

from

Breastfeeding Works

A Project of the Breastfeeding Task Force of Greater Los Angeles

- Do you work in a family-friendly environment?
- Does your employer provide programs to help you balance your family and work life?
- Do you feel your company supports your efforts to breastfeed your baby?
- Are you an employer who supports breastfeeding mothers?

Apply Today

The Breastfeeding Task Force of Greater Los Angeles, through its Breastfeeding Works Project, will present the Family Health Promotion Award to companies that support lactation accommodation.

To apply and be considered for this award, please complete our online application at www.breastfeedingworks.org. Or complete this form and we will contact you. Deadline is **June 15th**.

Name _____ Organization _____

Telephone _____ email _____

Please share with us:

1. Describe your 'mother-friendly' or 'family-friendly' program.
2. Does your program include a Lactation Room? If so, describe the facility and the program associated with it.
3. Describe the effectiveness of your program.

Return this form to:

Fax: 213-596-5776
email:
kpeters@breastfeedla.org

Mail:
Breastfeeding Works
1821A Speyer Lane
Redondo Beach, CA 90278

Breastfeeding Task Force of Greater Los Angeles **Education Calendar 2007**

Save the Dates

February 23, 2007 Controversies in Breastfeeding with Jack Newman, MD. Long Beach Memorial Medical Center.

March 30, 2007 Feeding and Swallowing Disorders with Robin Glass, OTR, IBCLC and Lynn Wolf, OTR, IBCLC. Presbyterian Intercommunity Hospital, Whittier. CERP, CEU, CPE, CME offered.

May 25, 2007 The Natural Laws of Breastfeeding: New Paradigms and Teaching Tools with Nancy Mohrbacher, IBCLC. Northridge Hospital Medical Center

September 14, 2007 The Essentials of Breastfeeding Support . Valley Presbyterian Medical Center.

October 12, 2007 Late Pre-Term Infants and Breastfeeding Management. Pomona Valley Hospital Medical Center

CERP, CEU, CPE, CME offered. For brochures and registration see www.breastfeedla.org Click on Upcoming Seminars.

Additional seminars are being planned for

April, June, August and November.

Check in at www.breastfeedla.org for the latest updates to this calendar.

A Mother's Ten Steps to Successful Breastfeeding

(Even if your hospital isn't "Baby-Friendly")

1. **Breast is Best, but why?** Learn why giving only breast milk is best for your baby and you, and why formula feeding can cause problems. Use WIC, other moms, books and videos as resources. Take a breastfeeding class.
2. **Tell the world!** Let your OB doctor, family, friends, and employers know that you are planning to give only breast milk, and need their full support. Tell the Labor and Delivery, nursery and post partum doctors and nurses that you want only breast milk for your baby.
3. **Hold your newborn skin-to-skin** right after birth. Your baby will be alert and interested in breastfeeding. Tell your doctor and nurse that you want this if it is not offered.
4. **Room-in with your baby.** This will allow you to respond to your baby's cues and breastfeed as soon as he shows he is hungry. Don't wait for him to cry. Ask for rooming-in if it is not offered.
5. **Frequent feeds, not formula.** Don't use formula just because it is provided. Some hospitals provide formula to all mothers even if there is no medical reason. If formula is given, your baby will be too full to breastfeed often.
6. **Think ahead.** If you will return to work, start off breastfeeding only so your body makes the milk your baby will need. Introduce bottles later.
7. **Ask for help** if you need it. Ask your nurse if the hospital has a lactation specialist available.
8. **Don't get discouraged** if you have difficulties. Most breastfeeding problems can be easily fixed. Ask for help from a friend or relative who has breastfed or a WIC counselor. The *Breastfeeding Resource Directory* lists breastfeeding help available in your area.
9. **Plan for the long term.** Get comfortable breastfeeding away from home; make a plan for pumping when you return to work or school.
10. **Get to know other breastfeeding moms.** Make new friends, join a La Leche League mothers' group, and most importantly, have fun getting to know your baby!