

San Francisco City & County
**Lactation Services &
Resource Guide**
2004



A Collaboration of
The San Francisco Department of
Public Health WIC Program &
The San Francisco Breastfeeding
Promotion Coalition



101 Reasons to Breastfeed Your Baby!

American Academy of Pediatrics recommends it ♥ UNICEF recommends it ♥ World Health Organization recommends it ♥ American Dietetic Association recommends it ♥ Promotes bonding between mother and baby ♥ Provides optimum infant nutrition ♥ Breastfed babies are healthier overall ♥ Cow's milk is designed for baby cows ♥ Human milk is designed for baby humans ♥ Breast milk tastes better than formula ♥ Satisfies baby's emotional needs ♥ Associated with higher baby I.Q. ♥ Breastfeeding is easier than using formula ♥ Always the right temperature ♥ Always the right proportions of fat, carbohydrates, and protein ♥ Colostrum is "super milk" ♥ Helps baby pass meconium ♥ No mixing necessary ♥ Contains immunities to diseases ♥ Enhances vaccine effectiveness ♥ Aids in the development of baby's immune system ♥ More digestible than formula ♥ Breast milk is an intestinal soother ♥ Cow's milk is an intestinal irritant ♥ Preterm milk designed just for premature infants ♥ Protects baby against bacterial meningitis ♥ Protects baby against respiratory infections ♥ Protects against Haemophilus influenzae b virus ♥ Natural pain relief for baby ♥ Perfect food for sick baby ♥ Optimizes hand-to-eye coordination ♥ Better cognitive development ♥ Better speech development ♥ Better social development ♥ Facilitates proper dental and jaw development ♥ Breastfed babies get fewer cavities ♥ Formula fed babies get constipated more often ♥ Less money spent on corrective orthodontia ♥ Protects baby against diarrheal infections ♥ Less chance of baby getting eczema ♥ Less gastrointestinal reflux (spit-up) ♥ Decreases chances of baby developing allergies ♥ Decreases chances of getting asthma ♥ Fewer doctor visits for breastfed babies ♥ Protects baby against vision defects ♥ Decreases baby's risk of ear infections ♥ Decreased risk of urinary tract infections in baby ♥ Less chance of inguinal hernia ♥ Reduces baby's chance of cardiopulmonary distress while feeding ♥ Less chance of

developing ulcerative colitis ♥ Less chance of developing necrotizing enterocolitis ♥ May reduce risk of sudden infant death syndrome ♥ Reduces risk of baby developing Type 1 diabetes ♥ Decreases baby girls' risk of later breast cancer ♥ Lower risk of certain childhood lymphomas ♥ Decreases chances of juvenile rheumatoid arthritis ♥ Decreases child's chances for Hodgkin's disease ♥ Protects against Crohn's disease ♥ Formula-fed babies more at risk for later obesity ♥ Contains no genetically engineered materials or synthetic growth hormones ♥ Breast milk is free ♥ Formula is expensive ♥ Breast milk has never been recalled ♥ Fresh breast milk is never contaminated with bacteria ♥ No need to worry about which brand is better ♥ No risk of adding contaminated water ♥ No worry about latest ingredient found missing from formula ♥ More sleep for baby ♥ More sleep for dad ♥ Acts like a natural tranquilizer for mom ♥ Helps prevent postpartum hemorrhage ♥ Helps shrink mom's uterus after childbirth ♥ Helps mom lose weight after baby is born ♥ Exclusive breastfeeding is a natural contraceptive ♥ Reduces insulin resistance requirements of breastfeeding moms ♥ Protects moms against anemia ♥ Stabilizes progress of maternal endometriosis ♥ Reduces mom's risk of breast cancer ♥ Decreases mom's risk of ovarian cancer ♥ Decreases mom's risk of endometrial cancer ♥ Less chance of maternal osteoporosis in later life ♥ Breastfed babies have great skin ♥ Breastfed babies smell fantastic ♥ Much nicer diaper changes ♥ Easier to clean spit-up stains ♥ Results in less sick days for parents ♥ Happier employers because breastfeeding moms use less sick days ♥ Self-confidence booster for mom ♥ No bottles to tote ♥ No need to refrigerate ♥ Less equipment to buy, maintain, & store ♥ It's what breast were designed for! ♥ Many cherished lifetime memories ♥ Always ready and in a nicer package than formula ♥ Breastfeeding mothers get more food from WIC ♥ Reduces risk of baby bottle tooth decay ♥ Breastmilk comes in a variety of flavors ♥ Breastfed babies self-regulate their calories ♥ Decreases landfill waste ♥ Delays onset of type 2 diabetes in gestational diabetics ♥ Easier to travel with a breastfed baby ♥

“Imagine that the world had created 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...”

United Nations Children’s Fund (UNICEF)

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Women, Infants and Children (WIC) Supplemental Nutrition Program

The WIC Program is a supplemental nutrition program which includes four main components:

- Nutrition Education, both individual and group.
- Breastfeeding Education and Support including an Electric Breastpump Loan Program.
- Supplemental Foods such as milk, cheese, eggs, and cereals.
- Referrals to Health Care and Community Services.

Eligibility Requirements

The following are criteria for eligibility:

- Pregnant, breastfeeding or postpartum women, infants and children up to 5 years of age.
- Live in San Francisco.
- Meet Federal Income Guidelines, 185% of Federal Poverty Levels. Working families may qualify.

See inside the Resource Guide (page 18) for more information on how to apply for the WIC Program.

The USDA is an equal opportunity provider and employer.

The San Francisco Breastfeeding Promotion Coalition (SFBFPC)

The Coalition is a nonprofit (501)(c)(3) and independent group of health care providers, representatives from the community and private industry, government agencies, and parents working together to promote breastfeeding in San Francisco. **If you are interested in coming to the SFBFPC quarterly meetings and would like to be on the SBBFPC mailing list please email Renee.Tavares@sfdph.org.**

Mission Statement

Improve the health of the community by promoting breastfeeding as the cultural norm in the City and County of San Francisco.

About this Resource Guide

This Resource Guide represents a vital part of our mission by helping you assist women in making informed choices about how to feed their babies and to get the information they need to breastfeed successfully. It is intended to help you as health provide appropriate referral information for your breastfeeding patients.

This Resource Guide does not claim to be complete. We have provided information to connect the reader to a broad network of breastfeeding promotion and support resources. You may reproduce any part of this document. Many thanks are given to the Breastfeeding Task Force of Greater Los Angeles, and the Alameda County Breastfeeding Task Force.

If you would like to be included in next year's Resource Guide, please email your information to Renee Tavares at Renee.Tavares@sfdph.org.

This Resource Guide is a collaboration of the San Francisco WIC Program and the San Francisco Breastfeeding Promotion Coalition.

Keys to Credentials

CLC	Certified Lactation Counselor
CLE	Certified Lactation Educator
CNS	Clinical Nurse Specialist
ICCE-ICEA	Certified Childbirth Educator
IBCLC	International Board Certified Lactation Consultant
FAAN	Fellow of the American Academy of Nursing
LE	Lactation Educator
LLL	La Leche League Leader
MPA	Master of Public Administration
MS	Master of Science
MSN	Master of Science in Nursing
PhD	Doctor of Philosophy
PHN	Public Health Nurse
RD	Registered Dietician
RN	Registered Nurse
RNC	RN that has taken a certification exam for a specialty

Certified Lactation Educators (CLE) Certified Lactation Counselors (CLC), and Lactation Educators (LE) have successfully completed a one week course and required homework.

International Board Certified Lactation Consultants (IBCLC) have passed a certification exam (international), has met requirements for education and experience in lactation and has continuing education requirements.

Inpatient Breastfeeding Resources

California Pacific Medical Center: Newborn Connections

Inpatient only

415-750-6367

3698 California
San Francisco, CA 94118

Inpatient Services

Two IBCLC's or CLC's on staff seven days a week (daytime).
Traveling boutique with breastfeeding items.

Kaiser Permanente –

Inpatient Lactation Consultants

415-833-2673*

*(*Use the above number only for other Health Care Providers)*

2425 Geary, 3rd floor
San Francisco, CA 94115

Inpatient Services

IBCLC's available seven days a week.

St. Luke's Hospital Breastfeeding Center

415-641-6869

3555 Cesar Chavez
San Francisco, CA 94110

Inpatient Services

IBCLC available Monday - Friday

Contact

Mary Janowitz RN, IBCLC

Inpatient Breastfeeding Resources continued

**San Francisco General Hospital's
Lactation Department and
Birth Center** **415-206-8350**
415-206-8725

1001 Potrero Ave., 5-M
San Francisco, CA 94110

Inpatient Services

IBCLC available Monday – Friday

Contact:

Roxann Zarchin, RNC, IBCLC

UCSF Lactation Center **415-353-1831**
Intensive Care Nursery **415-353-8639**

505 Parnassus
San Francisco, CA 94143

Services

In-patient lactation consultants

Contacts

Valerie Earle RN, IBCLC

Dawn Reidy RN, IBCLC

Fritzi Drost RN, IBCLC (Intensive Care Nursery)

Outpatient and Community Breastfeeding Resources

Attachment Parenting International, San Francisco **415-820-9666**

2771 Diamond St.
San Francisco, CA 94131

www.api-sanfrancisco.org

Services

Monthly parent support group
Support for extended nursing past one year

Cost/Eligibility

\$30 per year
Sliding scale available

Black Infant Health Improvement Project **415-575-5682**

30 Van Ness Ave., Ste 260
San Francisco, CA 94102
Fax: 415-575-5799

Contact: Jenée Edwards

Services

Parent classes and support groups
Workshops on health issues

Breastfeeding Warm Line, Blue Cross State Sponsored Programs (Managed Care Medi-Cal)

Blue Cross members only **1-800-231-2999**

Services

Lactation Advice

Cost/Eligibility

No cost to California Blue Cross Medi-Cal members only

Languages English/Spanish/Interpreter available for other

**Breastfeeding Warm Line,
San Mateo County WIC Program** **1-800-205-0333**

Services

Lactation phone advice

Languages

English,
Spanish

Cost/Eligibility

No cost
San Mateo County and
S.F. City and County Residents
only

**California Pacific Medical Center:
Newborn Connections** **415-600-BABY**

3698 California Suite 1882
San Francisco, CA 94118
Fax: 415-752-0469 www.cpmc.org/newbornconnections

Services

Lactation consultations
Two bf support groups:
Breastfeeding classes
Nursing clothes and
accessories
Book and Video lending library
Electric Breastpump rentals
and Sales

Cost/Eligibility

Fee for service; Inquire for
price

Open to the public

Languages

English, Spanish

Day One **415-440-3291**

3490 California St., Suite 203
San Francisco, CA 94118
Fax: 415-440-8339
Contact: Nancy Held www.dayonecenter.com

Services

Lactation consultations
Telephone advice
BF classes
Parent support groups
Electric breastpump rentals and sales

Cost/Eligibility

Inquire for price

Languages

English

**Kaiser Permanente –
Breastfeeding Center**
***Breastfeeding Advice Line**

415/833-3236
415/833-BABY

2200 O'Farrell St., Lobby
San Francisco, CA 94115
Fax: 415-833-4477

Services
Telephone advice
Lactation consultations
Breastfeeding classes
Parent support groups
Lending library
Breastfeeding supplies
Electric breastpump rentals
and sales

Cost/Eligibility
*Kaiser members

Languages
English, Spanish, Cantonese
Interpreters available

La Leche League International
San Francisco referral line:
General Line:

650-363-1470
1-800-LALECHE

Help line (for a fee)

1-900-448-7475 x 55

La Leche League Leaders (SF)
Laura McCormick
Kerry McIlvenna-Davis
Mary Doran

(Free)
415-826-5456
415-334-2997
415-781-0677

Services
Free monthly bf support group
Telephone advice
Lending library

Cost/Eligibility
\$36/year membership
(Fee not required to attend
meetings)

Languages
English

Mission Neighborhood Health Center

Lydia Mendoza, Health Educator **415-552-3870 x 254**
Iran Pont, Nutritionist **415-431-3178 x 276**

240 Shotwell St.
San Francisco, CA 94110

Services

Breastfeeding and prenatal classes
Child development classes
Telephone advice

Languages

English, Spanish

Mother's Milk Bank at Valley Medical Center, San Jose

408-998-4550

751 S. Bascom Ave.
San Jose, CA 95128
Fax: 408-297-9208

Services

Processed breastmilk by
prescription
Electric breastpump rentals
Receive breastmilk donations
after medical screening

Cost/Eligibility

Depends on diagnosis and
insurance. Medi-Cal accepted

National Women's Health Information Line

Breastfeeding help-line **1-800-994- 9662**

A project of the U.S. Department of Health and Human Services, Office
on Women's Health

Services

Telephone advice
Referrals
Breastfeeding publications

Cost/Eligibility

Free, available to public

Natural Resources (Retail)

415-550-2611

816 Diamond Street
San Francisco, CA 94114

Contact: Lisa Moresco

Natural Resources continued

Services Electric breastpump rentals/sales Book and video lending library Nursing clothes and accessories BF and parenting classes Community resource lists	Cost/Eligibility Cost for services Languages English, Spanish
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Nursing Mother's Counsel **650-327-6455**

For San Francisco and San Mateo Counties **www.nursingmothers.org**

Services Free breastfeeding advice and support Breastpump rentals and breastfeeding supply sales Trainings to become NMC breastfeeding counselors	Cost/Eligibility Free phone advice
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San Francisco Department of Public Health Community Health Network

PHN Referral Line **1-877-746-6110**

Fax **415-206-2393**

Services Home visits Telephone advice	Cost/Eligibility SF Residents only
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Contacts	
Therese Doan-Nguyen PHN, IBCLC	415-487-7588
<i>English, Vietnamese, Spanish</i>	
Maria Elena Hanley PHN, IBCLC	415-715-0359
<i>English, Spanish</i>	
Grace Lam, CLE	415-705-8563
<i>English, Cantonese, Mandarin</i>	
Raymond Pisano, PHN, CLC	415-715-0364
<i>English, Spanish</i>	
Barbara Rothkrug, PHN, IBCLC	415-487-7566
<i>English, Spanish</i>	
Doris Tom, PHN, CLC	415-487-7556
<i>English, Cantonese</i>	

**San Francisco
Early Head Start Program**

415-503-1347

205 13th St., Ste. 3250
San Francisco, CA 94103

Contact: Veronica Thorne-
Dixon PHN, LE

Services

Parenting Groups
Home visits by health care
professionals

To enroll clients in program call: 415-405-0500

**San Francisco General Hospital (SFGH)
Women's Health Center**

415-206-6719

1001 Potrero Ave.5-M
San Francisco, CA 94110
Fax: 206-4562

Services

BF classes
Video/Book Loan Program
Office consultations
BF support groups every
Friday in English, Spanish and Chinese
Electric breastpump rentals
(San Francisco Health Plan,
Medical necessity only)
Breastfeeding Supplies

Cost/Eligibility

CHN clients only
Medi-Cal, Insurance, Sliding
Scale

Contacts

Greta Cheng, MS, RD, CLC 415-206-3413

English, Cantonese, Mandarin

Martha Dominguez-Glumaz, RD, MPH, CLC 415-206-6719

English, Spanish

Truc Ly, Assistant Health Educator, CLC 415-206-5390

English, Mandarin, Vietnamese

Vicky Urbano-Jaime, RN, IBCLC 415-206-4249

English, Spanish

San Francisco General Hospital Pediatric Center
415-206-5220

1001 Potrero Ave, 6-M-31
San Francisco, CA 94110

Services
Office consultations
Insurance
Breastfeeding Advice on phone

Cost/Eligibility
Medi-Cal, Sliding Scale, Health

Contact

Jennifer Carbry, MS, RD, CLC
English
Dalila Pitta, MS, RD, CLC
Spanish, English

San Francisco State University **415-405-3660**

School of Nursing
Room 371, Burk Hall
1600 Holloway
San Francisco, CA 94132
Fax: 415-338-0555

Contact: Beatrice
Yorker, Ph.D. Dean,
School of Nursing

Services
Lactation Room for SFSU students
Located in the
Behavior and Social Science Bldg.,
Room HSF-110

St. Luke's Hospital Breastfeeding Center
415-641-6869

3555 Cesar Chavez, 5th Floor
San Francisco, CA 94110
Fax: 415-641-6649

Contact: Mary Janowitz
RN, IBCLC

Services
In-patient consultations
BF classes (Sp/Eng)
Office consultations

Cost/Eligibility
Fee for service

Languages
English, Spanish

**Teenage Pregnancy and Parenting Project
(TAPP) 415-695-8300**

2730 Bryant St., 2nd Floor
San Francisco, CA 94110
Fax: 415-824-2416

Contact: Judith Levine MS,RD
Cathy Lucero CLC

Services
Telephone advice
Office consultations
Case management for pregnant
and parenting teens to age 17

Cost/Eligibility
No charge to TAPP clients
SF residents

Languages
English, Spanish

UCSF Home Health 415-353-3100

3330 Geary Blvd.
1st Floor
San Francisco, CA 94118

Contact: Ruth Leach Stevens,
RN, CLE

Services
Home Visits

Cost/Eligibility
Insurance, Private pay

Languages
English, Interpreters available

**UCSF Women's Health Resource Center
(Great Expectations) 415-353-2667**

2356 Sutter St.
San Francisco, CA 94115
Fax: 415-353-9580

Contact: Joanna Laffey,
Operations Manager,
Octavia Owens BS, CLC
Holly Coats-Bash MSW, CLC

Services
Lactation consultations
Telephone advice
Lactation support
Electric breastpump rentals / sales
Book and video lending library
Lactation supplies
Breastfeeding and parenting classes

Cost/Eligibility
Fee for service

**UC Pediatric Environmental Health
Specialty Unit (UC PEHSU)(Toll free) 1-866-UCP-EHSU**

UCSF Division of Occupational and
Environmental Medicine
Department of Medicine, Box 0843
University of California, San Francisco
San Francisco, CA 94143

www.ucsf.edu/ucpehsu

Services

Telephone consultation on
pediatric environmental health and
exposure issues
Clinical consultations
Educational material and training
Research

Universal Home Visiting Program 415-970-3980

3801 3rd St., Ste 112
San Francisco, CA 94114

Contact: Norma Ferris-
Taylor

Services

Home visits for postpartum women
By PHN's and community health workers

Cost/Eligibility

Fee to any postpartum mother or
adoptive mother of a newborn
living in San Francisco

**Women, Infants and Children Program, (WIC),
San Francisco Dept. of Public Health
Breastfeeding Coordinator 415/575-5745
To apply for the WIC program call 415/575-5788**

30 Van Ness Ave, Ste. 220
San Francisco, CA 94102
Fax:415-575-5797

Contact: Renee Tavares
RD, IBCLC

www.dph.sf.ca.us/PHP/WIC_program.htm

WIC Program continued

Services

Nutrition assistance for pregnant and postpartum women, infants, and children to age 5.
Office consultations
Telephone advice
Breastfeeding classes
Book lending library
Electric breastpump loan program for WIC participants (free)

Cost/Eligibility

No charge for WIC participants
Must meet WIC income eligibility requirements and be a resident of San Francisco

Languages

English, Spanish
Portuguese, Cantonese

WIC Clinics in San Francisco

Clients may call the numbers below to apply

San Francisco General Hospital **415-206-5494**

2550 23rd St, bldg 9 (at Potrero)
Open Mon. – Fri.

Silver Ave Health Center **415-715-0324**

1525 Silver Ave.
Open Mon. – Fri.

Chinatown Public Health Center **415-364-7654**

1490 Mason St.
Open Mon. – Fri.

Ocean-Park Health Center **415-682-1928**

1351 24th Ave.
(between Irving and Judah)
Open Tues. – Fri.

St. Luke's Hospital **415-821-0123**

1580 Valencia St
Monteagle Building (Basement)
Open Mon. – Fri.

Southeast Health Center **415-671-7059**

2401 Keith St.
Open Tues. and Thurs.

Please see the WIC website for the WIC referral form and income guidelines, Resource Guide and Electric Breastpump referral form.

Professional Resources

BALA – Bay Area Lactation Associates

510-538-3679

Fax: 510-881-5348

Contact: Sylvia Boyd IBCLC
(membership)

Services

Professional organization for
lactation specialists
Referrals for IBCLC's
Annual breastfeeding conference
Membership Directory

Cost/Eligibility

\$35/member
\$25/associate

Referral Line

510-524-5521

Baby Friendly USA™ Baby-Friendly Hospital Initiative

508-888-8092

Baby-Friendly USA
327 Quaker Meeting House Rd.
East Sandwich, MA 02537
info@babyfriendlyusa.org
Fax: 508-888-8050

www.babyfriendly.usa.org

Breastfeeding Support Consultants 215-822-1281

228 Park Lane
Chalfont, PA 18914-3135

www.bsccenter.org

Services

Long distance learning for
lactation education

Evergreen Perinatal Education

425-455-3231

402 Detwiller Lane
Belluevue, WA 98004

Contact: Molly Pessl BSN,
IBCLC

www.evergreenperinataleducation.com

Evergreen Perinatal Services continued

Services

Lactation education training programs worldwide.

Hollister Inc.

1-800-323-4060 orders
1-800-624-5369 x 1324

2000 Hollister Drive
Libertyville, IL 60048

Contact: Terri Toyama
www.hollister.com

Services

Sales, Obstetrics & Ameda Breastfeeding Products

International Lactation Consultant Association (ILCA)

919-861-5577

1500 Sunday Drive, Ste 102
Raleigh, NC 27607, USA
info@ilca.org
Fax: 919-787-4916

www.ilca.org

“The International Lactation Consultant Association (ILCA) promotes the professional development, advancement, and recognition of International Board Certified Lactation Consultants (IBCLC) worldwide for the benefit of breastfeeding women, infants and children. For more information about becoming an IBCLC, visit www.iblce.org”

Lactation Education Consultants

630-260-4847

618 N. Wheaton Ave. **www.lactationeducationconsultants.com**
Wheaton, IL 60187
Fax: 630-260-8879

Services

Lactation education training programs

Lactation Institute**818-995-1913**

16430 Ventura Blvd. Ste 303
Encino, CA 91436
Fax: 818-995-0634

www.LactationInstitute.org**Services**

Lactation education training programs

Lactation Education Resources**703-691-2069**

3621 Lido Place
Fairfax, VA 22031
Fax: 703-691-3983

www.leron-line.com**Services**

Lactation education training programs

Medela, Inc.**1-888-MEDELA-8**

1101 Corporate Dr.
McHenry, IL 60050

Contact: Susie Scafani
www.medela.com

Services

Sales Electric Breastpumps and many
Other breastfeeding supplies

**The Center for Breastfeeding
Healthy Children Project****508-888-8044**

327 Quaker Meeting House Rd.
E. Sandwich, MA 02537-1300
Fax: 508-888-8050

www.healthychildren.cc**Services**

Lactation education training programs

UC Davis Human Lactation Center 530-752-8681

Department of Nutrition, UC Davis
UC Davis Human Lactation Center
Fax: 530-752-7582

Contact: Jane Heinig
PhD, IBCLC, Editor in Chief
J. of Human Lactation

Services

Research and education in human lactation
Conferences and workshops
Independent study modules

UCLA Extension

310-825-8423

Health Sciences
10995 Le Conte Avenue, Room 711
Los Angeles, CA 90024-2883
Phone: (310) 825-8423

www.uclaextension.edu

Services

Lactation education training programs

Resources for Free Breastfeeding Patient Education Materials

California State WIC Program

At www.wicworks.ca.gov

Can download in English and Spanish:

- Benefits of BF
- Working and Breastfeeding
- Getting Ready for Childcare
- Collecting and Storing Breastmilk
- Sample schedule for expressing breastmilk at work
- How to know you have enough breastmilk.

SFDPH WIC Program

Email Renee.Tavares@sfdph.org for breastfeeding handouts in English, Spanish, and Chinese.

- Pumping Your Breast Milk
- Storing Your Breast Milk
- Positioning
- How to Tell if Your Baby is Getting Enough Milk?
- Caring for Your Breasts and Nipples
- Sore Breasts: Plugged Ducts and Mastitis
- Going Back to Work and/or School
- Weaning Your Baby from Breastfeeding

Soon to be available on the WIC website!

www.dph.sf.ca.us/PHP/WIC_program.htm

Breastfeeding Resources Online WWW.....

Academy of Breastfeeding Medicine	bfmed.org/
Adoptive Breastfeeding Resource Website	fourfriends.com/abrw/
American Academy of Family Physicians	aafp.org/afp.xml
American Academy of Pediatrics	aap.org/
Attachment Parenting	attachmentparenting.org
Australian Breastfeeding Association	breastfeeding.asn.au/
Australian Dept of Health and Aging	health.gov.au/pubhlth/strateg/brfeed/
Baby Friendly Hospital, USA	babyfriendly.usa.org
Breastfeeding After a Reduction	bfar.org/index.shtml
Breastfeeding.com <i>For parents</i>	breastfeeding.com
Breastfeeding Support Consultants <i>Long distance learning</i>	bsccenter.org/
Breastfeeding Task Force of Greater LA	breastfeedingtaskforla.org
Brian Palmer, DDS <i>Information about tongue tie</i>	brianpalmerdds.com/
Bright Future Lactation Resource	bflrc.com
Centers for Disease Control	cdc.gov/
Coalition for Improving Maternity Services	motherfriendly.org/
Geddes Productions Kitty Frantz's website	geddesproduction.com/
Health and Human Services (US Gov)	hhs.gov/

IBFAN Code Watch	Ibfan.org/english/codewatch/btr01/INDEX-en.HTM
Infant feeding in emergencies	enonline.net/ife/report/index.html
International Board of Lactation Consultant Examiners	iblce.org/
International Lactation Consultant Association	ilca.org/
Kangaroo Mother Care	kangaroomothercare.com/
Lactation Education Resources	leron-line.com/
Lactnet Archives	peach.ease.1soft.com/scripts/wa.exe?A0=lactnet
La Leche League	lalecheleague.org/
Linkages: a USAID funded project	linkagesproject.org/
March of Dimes	breastfeedingbasics.org/cgi-bin/deliver.cgi/content/index.html
Medline Plus	nlm.nih.gov/medlineplus/aboutmedlineplus.html
Moms 4 Moms Milk	moms4momsmilk.org/
The National Alliance of Breastfeeding Advocacy	naba-breastfeeding.org/
National Women's Health Information Center	4woman.gov/Breastfeeding/index.htm
New York Breastfeeding Education Package (K-12)	health.state.ny.us/nysdoh/b_feed/index.htm
Pharmasoft Publishing Thomas Hale's Book "Medications and Mother's Milk"	ibreastfeeding.com
Professional website	neonatal.ama.ttuhscc.edu/lact
Pediatrics Chat Line	pedschat.org/
Pumping Moms Information	pumpingmoms.org/
San Diego Breastfeeding Coalition	breastfeeding.org/

Texas Dept. of Public Health	tdh.state.tx.us/lactate/default.htm
Upledger Institute	upledger.com/default.htm
Unicef Breastfeeding Initiatives Exchange	unicef.org/programme/breastfeeding
US Breastfeeding Committee	usbreastfeeding.org/StratPlan.html
US Breastfeeding Laws	lalecheleague.org/LawBills.html
Wellstart	wellstart.org
World Alliance for Breastfeeding Action	waba.org.my
WHO Code	who.int/nut/documents/code_english.PDF
WIC Breastfeeding Resources	wicworks.ca.gov/breastfeeding/BFResources.html
WIC, San Francisco Dept of Public Health Nutrition Services <i>Download referral for WIC, electric breastpump, and income guidelines!</i>	dph.sf.ca.us/PHP/WIC_program.htm

This Resource Guide is available on the SFDPH WIC Website

dph.sf.ca.us/PHP/WIC_program.htm

California Laws Supporting Breastfeeding

Breastfeeding in Public – California Civil Code Section 43.3

Notwithstanding any other provision of law, a mother may breastfeed her child in any location, public or private, except the private home or residence of another, where the mother and child are otherwise authorized to be present.

Jury Duty – AB 1814 (2000)

The Judicial Council shall adopt a rule of court to specifically allow the mother of a breast-fed child to postpone jury duty for a period of up to one year, providing that all steps should be taken to eliminate the need for the mother to physically appear in court to make this request, and providing that at the end of the one-year period, jury duty may be further postponed upon written request by the mother of a breast-fed child.

Workplace Accommodation – AB 1025 (2001) California Labor Code

1030. Every employer, including the state and any political subdivision, shall provide a reasonable amount of break time to accommodate an employee desiring to express breast milk for the employee's infant child. The break time shall, if possible, run concurrently with any break time already provided to the employee. Break time for an employee that does not run concurrently with the rest time authorized for the employee by the applicable wage order of the Industrial Welfare Commission shall be unpaid. (Effective 1/1/2002).

1031. The employer shall make reasonable efforts to provide the employee with the use of a room or other location, other than a toilet stall, in close proximity to the employee's work area, for the employee to express milk in private. The room or location may include the place where the employee normally works if it otherwise meets the requirements of this section.

1032. An employer is not required to provide break time under this chapter if to do so would seriously disrupt the operations of the employer.

1033. (a) An employer who violates any provision of this chapter shall be subject to a civil penalty in the amount of one hundred dollars (\$100) for each violation.

Full texts of the California Breastfeeding Laws are available at www.assembly.ca.gov

Breastfeeding Support Handouts for Employers are available in *.PDF format from the San Francisco Department of Public Health website.

www.dph.sf.cs.us/PHP/MCH/CALactLaw/ImplCALactLaw.htm

- Developing a Breastfeeding Workplace Policy
- Sample Schedule for Expressing Breast milk at Work
- Setting Up "A Lactation Room"
- Other Ways to Support Breastfeeding Within the Workplace
- Sample Paycheck Messages
- Sample Schedule for Expressing Breastmilk at Work

Baby-Friendly Hospital Initiative

What Is The WHO/UNICEF Baby-Friendly Hospital Initiative and Why Do We Need It?

More than one million infants worldwide die every year because they are not breastfed or are given other foods too early. Millions more live in poor health, contract preventable diseases, and battle malnutrition. Although the magnitude of this death and disease is far greater in the developing world, thousands of infants in the United States suffer the ill effects of an infant formula-feeding culture. A decreased risk of diarrhea, respiratory and ear infections, and allergic skin disorders are among the many benefits of breastfeeding to infants in the industrialized world. In the United States these benefits could translate into millions of dollars of savings to our health care system through decreased hospitalizations and pediatric clinic visits. For diarrhea alone, approximately 200,000 U.S. children, most of whom are young infants, are hospitalized each year at a cost of more than half a billion dollars. Many of these cases of diarrhea could have been prevented with breastfeeding.

It is the rare exception when a woman cannot breastfeed her baby for physical or medical reasons. Yet a woman's ability to feel self-confident and secure with her decision to breastfeed is challenged by her family and friends, the media, and health care providers. Much has been done in the past few years to strengthen the sources of support for women to breastfeed. However, no comprehensive national program has existed that focused on the efforts of hospitals. Although the hospital is not and should not be the only place a mother receives support for breastfeeding, hospitals provide a unique and critical link between the breastfeeding support provided prior to and after delivery.

The Baby-Friendly Hospital Initiative (BFHI), launched in 1992, is a global program sponsored by the World Health Organization (WHO) and the United Nations Children's Fund (UNICEF) to encourage and recognize hospitals and birthing centers that offer an optimal level of care for lactation. The BFHI assists hospitals in giving breastfeeding mothers the information, confidence, and skills needed to successfully initiate and continue breastfeeding their babies and gives special recognition to hospitals that have done so.

The Ten Steps to Successful Breastfeeding, as outlined by the WHO and UNICEF, states that every facility providing maternity services and infant care should:

1. Have a written breastfeeding policy that is routinely communicated to all health care staff.
2. Train all health care staff in skills necessary to implement this policy.
3. Inform all pregnant women about the benefits and management of breastfeeding.
4. Help mothers initiate breastfeeding within one hour of birth.
5. Show mothers how to breastfeed and maintain lactation, even if they should be separated from their infants.
6. Give newborn infants no food or drink other than breast milk, unless *medically* indicated.
7. Practice rooming in – that is, allow mothers and infants to remain together 24 hours a day.
8. Encourage breastfeeding on demand.
9. Give no artificial teats or pacifiers (also called dummies or soothers) to breastfeeding infants.
10. Foster the establishment of breastfeeding support groups and refer mothers to them on discharge from the hospital or clinic.
11. A Baby-Friendly Hospital has agreed to implement the Ten Steps to Successful Breastfeeding, and agreed not to accept free or low-cost breast milk substitutes, feeding bottles or teats.

How Can Hospitals and Birthing Centers Apply for a Certificate of Intent?

To apply for this Certificate of Intent, a hospital must submit the following to the U.S. Committee for UNICEF:

1. A complete copy of the “Self Appraisal Tool”. This questionnaire is designed as a self evaluation and education tool that assists interested hospital staff in identifying strategies for optimal care for breastfeeding mothers.
2. A “Letter of Intent” signed by the CEO of the hospital or other appropriate hospital administrator that includes the following items:
 - A brief description of activities and any existing supporting documentation (e.g., a copy of policy) to demonstrate which of the Ten Steps (as defined globally) the hospital has accomplished;

- A brief description of actions planned (e.g., convene in-house task force, implement policy, provide training) and problems foreseen in accomplishing the global Ten Steps;
- A general timetable for breastfeeding promotion and support activities to accomplish the global Ten Steps;
- Any other information you would like to include that could be shared with other hospitals.

Also, the following should be submitted with the Letter of Intent or within six months after receiving the Certificate of Intent:

- A copy of the hospital's written breastfeeding policy;
- Documentation of breastfeeding training currently given to hospital personnel or a plan for establishing a training program;
- Documentation of the breastfeeding rates at the hospital and the methodology used to collect these data or a plan to document rates.

Baby Friendly USA™
Baby-Friendly Hospital Initiative

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