

SAN DIEGO COUNTY BREASTFEEDING COALITION

c/o AAP-CA3

3160 Camino Del Rio South, Suite 101

San Diego, CA 92108



For Additional Copies:
Call: 1-800-371-MILK (6455)
Email:
sdbc@breastfeeding.org
www.breastfeeding.org

2018 BREASTFEEDING RESOURCE GUIDE

BREASTFEEDING HELPLINES *Spanish Spoken

American Red Cross WIC*	(800) 500-6411
Grossmont Hospital Women's Center	(619) 740-4983
Kaiser Permanente Lactation Clinic	(866) 940-2218
La Leche League of San Diego County#	(858) 848-6455
Naval Medical Center San Diego	(619) 532-5261
North County Health Services WIC*	(888) 477-6333
Palomar Health	(760) 796-6802
San Ysidro Health Center WIC*	(888) 942-7942
Scripps Memorial Hospital - Encinitas	(760) 633-7850
Scripps Memorial Hospital - La Jolla	(858) 626-4538
Scripps Mercy Hospital	(619) 260-7098
Scripps Mercy Hospital WIC*	(619) 260-3400
SDSU Foundation WIC*	(888) 999-6897
Sharp Mary Birch Hospital for Women	(858) 939-4127
Tri-City Medical Center	(760) 940-7745
UCSD Medical Center	(858) 249-5727

Spanish (858) 792-5009

BREASTFEEDING AND DRUGS INFORMATION

Mother to Baby California (866) 626-6847

(Mon-Fri, 9am-5pm Pacific Time) <http://www.mothersbabyca.org/>

Thomas Hale's InfantRisk Center: (806) 352-2519

(Mon-Fri, 8am-5pm Central Time) www.infantrisk.org

National Library of Medicine: www.toxnet.nlm.nih.gov

(click on "LactMed")

WORKING AND BREASTFEEDING INFORMATION:

<http://www.breastfeeding.org/advocacy/working-and-breastfeeding-resources/>

NURSING IN PUBLIC RESOURCES:

www.breastfeeding.org AND <http://www.bestforbabes.org>

HOW TO TELL IF YOUR BABY IS GETTING ENOUGH MILK:

Every mother-baby pair is different! That makes it hard to say exactly how your baby should be eating but here are some guidelines:

Signs that your baby is getting enough milk are:

- One or two periods per day when your baby is alert, bright-eyed, and looking at your face
- A baby who wants to eat every 1-3 hours and is **generally** satisfied between feedings, however--it is common for newborns to "cluster feed" (need to be breastfeeding **very frequently**) for a daily 4-6 hour stretch, often followed by a long period of sleep. This is normal behavior and helps stimulate an ample milk supply as your baby becomes an expert at latching and removing milk.
- **Breastfeed at least 8 or more times in 24 hours**
- At least 3-4 wet diapers per day by day 3 of life
- The normal change in stools over the first 2-5 days of life: meconium (dark green, tarry) to transitional stools (lighter green or brown) to true breastmilk stools (yellow, seedy, or loose). The number of stools will increase each day.

In the first few days, your baby is getting rich, yellow colostrum (first milk).

After 3-5 days, when your milk increases, you will also notice:

- Your breasts feel full before a feeding and softer afterwards
- A letdown sensation or milk dripping from the other breast
- You can hear your baby swallow
- You can see milk in your baby's mouth
- The processed product (stool!) coming out the other end!

After the first week, your baby should:

- Breastfeed at least 8-12 times in 24 hours (every 2-3 hrs, "cluster feeding" periods are normal)
- Breastfeed about 10-20 minutes at each feeding
- Be happy during and after a feeding
- Gain about 4-7 oz per week (after a small weight loss the first week)
- Return to birth weight by 2 weeks of age
- Have 6 or more pale colored, wet diapers in 24 hours
- Have 4-12 stools in 24 hours
- Be alert and bright-eyed for several periods each day

Call your baby's doctor if:

- Your infant sucks only briefly, very softly or irregularly
- Your baby is very jaundiced (yellow) and getting more yellow
- You have severe, constant nipple pain
- Your baby fights the breast or cries after a minute or two
- Your baby has fewer than 6 wet diapers a day
- Your baby has little or no stool, or has dark green mucus stools
- Your baby seems weak, tired, or not interested in feeding

Sponsored by:

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN™

California Chapter 3 - San Diego and Imperial Counties



BY: San Diego County Breastfeeding Coalition
Editor: Heidi Burke-Pevney, IBCLC and Nancy E. Wight MD,
IBCLC, FABM, FAAP; Translation by: Maria Pardos;
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BREASTFEEDING SUPPORT SERVICES

GENERAL RESOURCES

La Leche League of San Diego County (858) 848-6455 (MILK)
www.llofsandiego.com Mother-to-mother support via monthly meetings & phone help countywide at no charge.
La Leche League Helpline: 877-4-LALECHE

WIC (Women, Infants, & Children) PROGRAMS

WIC offices offer classes, support groups, counseling and other services. Ask your local WIC office for details.

American Red Cross WIC Program* (800) 500-6411
www.sandiegowic.org 3950 Calle Fortunada, San Diego, CA 92123

North County Health Services WIC Program: (888) 477-6333
Warm line in Eng & Span, M-F, 7:30am-4:30pm
150 Valpreda Rd, San Marcos, CA 92069 www.nchs-health.org
for WIC info and clinic locations

SDSU Research Foundation WIC Program* (888) 999-6897
9210 Sky Park Court, Suite 150, San Diego, CA 92123
www.sdsuwic.org

Scripps Mercy Hospital WIC Program* (619) 260-3400 3660
7th Ave., 2nd floor, San Diego, CA 92103

San Ysidro Health Center WIC Program* (619) 426-7966
1655 Broadway, Suite #18, Chula Vista, 91911

PCI's Healthy Start program provides free in-home prenatal, childbirth, and child development education sessions to eligible families in central and east San Diego. **(619) 791-2610 x312**;
www.pciglobal.org

County of San Diego, HHS Maternal, Child, and Family Health Services, Naomi.billups@sdcounty.ca.gov (619) 692-5693

UC San Diego, Extension Lactation Education Programs (858) 534-9262 Website: <http://extension.ucsd.edu/lactation>,
Email: ucsdlactation@ucsd.edu Lactation Education for individuals who want to become a CLEC (Lactation Educator Counselor), IBCLC (Lactation Consultant) or IBCLCs needing LCERPs. Online and In-Class options available. BRN Credit Available

TONGUE-TIE (ANKYLOGLOSSIA) CLIPPING:

Breastfeeding Fixers and Leilani's Wellness Center Dr. James Murphy and Leilani Songer IBCLC serving all your breastfeeding needs and problems, including lip and tongue tie assessments/releases, complete follow up with breastfeeding and wound care support. We offer a free breastfeeding support group that meets on the first Tuesday of every month at our office.

Ph:(760) 533-7953. In-network insurance providers. 2667 Camino Del Rio South, Suite 201, San Diego, CA 92108

PROVIDERS OF BREASTFEEDING (LACTATION) SERVICES

Although listed by address, the sources listed below provide services throughout San Diego County. The credentials listed after their names are listed as the individual requested and have not been verified by the San Diego County Breastfeeding Coalition. The San Diego County Breastfeeding Coalition does not certify or guarantee any services provided. Some breastfeeding services accept insurance and MediCal. Ask when you call. *Spanish spoken

CENTRAL SAN DIEGO/ LA JOLLA/ BEACHES

Beautiful Beginnings (619) 583-1129

www.beautifulbeginnings.org

Referrals for Birth and Postpartum Doula's, Breastfeeding Support, Childbirth and parenting classes, and Birth Doula Trainings.

Healing Connections (619) 794-6771

Teresa Rzesiewicz, RN, BSN, PHN, MBA, IBCLC

trzesiewicz@aol.com Lactation visits and infant massage in your home.

Jenna Khoury, DMD

The Brush Stop Pediatric Dentistry

Board Certified Pediatric Dentist specializing in lip/tongue-tie release for infants to support breastfeeding families (760) 635-5995
7720 Rancho Santa Fe Rd, Suite 215, Carlsbad CA 92009

Najmeh Hannanvash, DDS, MSD

Little Star Pediatric Dentistry

American Board of Pediatric Dentistry Diplomate Specializing in treatment of labial and lingual frenectomies (lip and tongue ties) for infants, children, teenagers, and adults with CO2 laser. On-site IBCLC and CST support various days per/week. Several nursing rooms available post-procedure. (619) 630-4000. 5550 Carmel Mountain Road, Suite 200, San Diego, CA 92130
www.littlestardentistry.com

Children's Specialists of San Diego, Division of Otolaryngology/Head & Neck Surgery

<http://www.childrensspecialists.com/body.cfm?id=21&action=detail&ref=17> 3030 Children's Way, Suite 402, San Diego, CA 92123; Phone: (858) 309-7701. Additional clinics in El Centro, Encinitas, Escondido & Murrieta.

Team Tongue Tie

Pediatrician (Alisa Sacker MD), Dentist (Rosanne Berger DDS) and RN/IBCLC (Rachel Beaubier) providing state of the art CO2 laser frenectomies, lactation support, and aftercare. Let us help make breastfeeding more comfortable and effective for our Moms and babies. info@teamtonguetie.com www.TeamTongueTie.com
12625 High Bluff Drive, Ste #313, San Diego, CA 92130. Phone: (858) 480-9454

Darshan Dabir DDS, MS

Pediatric Dentist, Diplomate of the American Board of Pediatric Dentistry. A team approach to lip and tongue ties affecting Infants, Children and Teenagers. We partner with an IBCLC and a Speech and Occupational therapist to provide a comprehensive solution. Carlsbad Children's Dentistry, 3257 Camino de Los Coches, #304, Carlsbad, CA 92009 (760) 633-1131. www.sunnysmilez.com, Email: contact@sunnysmilez.com

Seth M Pransky, MD, Pediatric Otolaryngology, Head and Neck Surgery

Rebecca Cherry, MD, Pediatric Gastroenterologist

8929 University Center Lane, San Diego, CA 92122. Phone: (858) 625-0809 www.pediatricsspecialtypartners.com. Dr. Seth Pransky is well known for his assessment and management of nursing/feeding issues related to ankyloglossia and has authored several peer review studies on frenulotomy. Intervention includes lactation consultant and pediatrician input along with concerns for mother and infant well-being and consideration of multiple issues related to successful nursing. rcherry@pediatricsspecialtypartners.com
Spransky@pediatricsspecialtypartners.com

The Sweetest Milk (619) 222-1043

Margaret Goebel, IBCLC, RLC www.thesweetestmilk.com

Consultations and breastfeeding support in your home.

Patty Bell Usher, RD, IBCLC (307) 752-4854

In-home lactation counseling, support and prenatal classes in the South Bay and surrounding areas. Providing the right help at the right time for new moms. www.pattyusheribclc.com
Pbellusher@gmail.com

San Diego Breastfeeding Center (619) 606-2211

www.sdbfc.com, **Robin Kaplan, M.Ed, IBCLC; Melanie Cromwell, RN, IBCLC; Ali Murray, RN, IBCLC; Anna Choi, BS, IBCLC; Debbie Murai, RN, IBCLC, Nicole Kreps, RN, IBCLC**

In-home and in-office private lactation consults; free weekly support groups; prenatal/postpartum breastfeeding classes. Specializes in tongue/lip ties, latch difficulties, milk supply challenges, premature babies, multiples, reflux, etc. Aetna Preferred Provider, authorized Tricare Provider, authorized UCSD Managed Care provider, reduced fee for MediCal.

Serenity Breastfeeding (619) 990-6479

Christine Hennes, IBCLC, RLC, CCE

christine@serenitybreastfeeding.com

Nurture-Empower-Teach. Private lactation consults in the comfort of your home. Experience working with over 15,000 moms & babies. Visit my website at: www.serenitybreastfeeding.com

Mamas & Milk (858) 218-6455

Dawn Dickerson, M.Ed, IBCLC, RLC CD(DONA), RYT

dawn@mamasandmilk.com www.mamasandmilk.com

Private Lactation consults in-home or in-office; breastfeeding classes, free weekly support groups. Specialize in tongue/lip tie, milk supply issues, premature babies, latching issues, breastfeeding older babies, breast massage for engorgement, plugged ducts, mastitis, etc. Aetna Preferred Provider. Also offer Prenatal Yoga and Birth Story Listening. In-Office consults and Support Groups are held at: 15706 Pomerado Rd. Ste 108, Poway, CA 92064

Breastfeeding Matters (408) 398-6046

Barbara Dodson IBCLC, MSRD bedodson1@aol.com

In-home consulting serving Pacific Beach, Ocean Beach, Point Loma and Mission Hills. For help with all breastfeeding matters, in the comfort of your own home.

Sweet Life Lactation (858) 215-3744

Sarah P. Lin, IBCLC sarah@sweetlifelactation.com

In-home lactation consults; group and private prenatal and back to work classes; free drop-in support group.

www.sweetlifelactation.com

North County Birth and Beyond (619) 851-2445

Dianne Randall, IBCLC, LCCE

dianne@northcountybirthisandbeyond.com

Breastfeeding consultations in your home or my office. Prenatal breastfeeding classes. Serving central San Diego to Encinitas. Visit my web site at: www.northcountybirthisandbeyond.com

Laura Wheeler, MSN RN, CPNP, IBCLC (858) 459-4351

Children's Primary Care Group 7300 Girard Avenue Ste. 106 La Jolla CA 92037. Prenatal and post birth lactation consultation as well as well-baby care with a certified pediatric nurse practitioner. We will bill your insurance. www.cpcmq.net

Kellie Hunziker MPH, RD, IBCLC (760) 580-1907

Breastfeeding help at your home. Private prenatal breastfeeding classes. Pre- and post-natal nutrition counseling. Assistance with pump rentals and other breastfeeding supplies. Email:

kelliejhunziker@gmail.com

Loving Lactation (858) 335-1717

Ginger Krula, IBCLC

Lactation consults including prenatal, latching, building milk supply, tongue/lip tie issues and tools /tips to help your baby breastfeed more easily all in the comfort of your own home. Serving all of San Diego County.

gingerlovinglactation@gmail.com

Breastfeeding Consultants of San Diego, LLC (619) 677-2730

Heather Shabestari BS, IBCLC, RLC heather@bfcfsd.com

Provides in-home and in-office lactation consultations; free breastfeeding support groups; breastfeeding classes, knowledgeable in milk supply issues, tongue-tie, poor suck, fussy baby, baby not gaining weight, reflux, milk blister, clogged ducts, etc. Call/email for more information. Accepts Aetna insurance. www.bfcfsd.com

All Your Baby Needs Lactation Services (619) 838-7267

Kimberly Bianco, Lactation Consultant (IBCLC)

"Helping Families to Grow Since 2000"

www.AllYourBabyNeeds.com

What we do: Offer Lactation Services in San Diego, help with all things breastfeeding including: Sore nipples; re-lactating; getting off of formula and back to breastfeeding; weaning off of a nipple shield; breastfeeding during the early weeks; over supply vs. under supply; plugged ducts; mastitis; thrush; weaning; pumping; returning to work; night time challenges; premature babies and multiples. **email:** kimberly@allyourbabyneeds.com:

NORTH COASTAL

Babies in Bloom (760) 940-BABY (2229)

Rochelle McLean IBCLC, CCE, CD

1948 Via Centre, Vista, CA 92081 www.babies-in-bloom.com

Supporting breastfeeding families since 1998. Babies in Bloom Birth Center & Boutique offers classes, support and natural products for your baby & family: breastfeeding supplies and accessories (including breast pump and scale rentals), nursing bras and more. Breastfeeding classes, free support groups, and personal lactation consultations in our office or your home.

Latching With Love, by Wendy Colson RN, IBCLC

Over 21 years' experience helping moms and babies specializing in pre-term and term suck issues, latch difficulties, low milk supply, lip and tongue-tie management; Out-patient consultations in North County ONLY, corporate lactation programs, and a community mentor for nursing and lactation students; Founder of Boobie Bar. ACCEPTS MOST INSURANCES www.latchingwithlove.com

Best Baby Ever at Whole Life Home Care (858) 369-5930

2235 Encinitas Blvd, #206, Encinitas, CA 92024.

Valentina Caputo IBCLC, Kimberly Loeser-Murphy RN, IBCLC Home and Office visits available. Experience specializing in low milk supply, latch difficulties & pain, tongue/lip tie Issues, breast refusal, multiples and preemies, Supportive Holistic Postpartum Care with doula and lactation. Holistic Postpartum Care with doula, nannies and lactation. www.bestbabyever.org

Babylove Lactation (858) 324-4180

Alyssa McPherson, IBCLC

Helping new moms overcome their breastfeeding challenges and meet their breastfeeding goals. Offering in-home consultations and private breastfeeding classes. In-Network with Aetna and United Healthcare PPOs. www.babylovesandiego.com

Willow Pullan Ridenour, M.Ed, RN, IBCLC (415) 939-4673

As a nurse, teacher, musician and mom, I will facilitate your breastfeeding journey by empowering you with knowledge, skills and techniques that are tailored specifically to the uniqueness of you and your baby. willowpullanridenour@gmail.com

NORTH COUNTY INLAND

Breastfeeding with Grace (858) 271-0913

Grace Magill, IBCLC, RLC, LLL graceibclc@gmail.com

Working in the breastfeeding community since 1976, IBCLC since 2002. Breastfeeding consultations and support in your home or in my home office. Private prenatal breastfeeding classes. Rental of breast pumps, sales of breastfeeding aides. Specialized in tongue and lip tie issues, milk supply issues, latch and suck-related problems, premies and pumping/supplementing and going back to work. breastfeedingwithgrace.com

Expecting-Wellness.com (858) 247-1417

Kara Sunderland, RN, PHN, IBCLC, MLD Wellness Therapist, RM Offering home, office, and HIPAA secure video feeding support consultations. In-office lymphatic massage for wellness and Reiki sessions are also available.

Best Start Birth Center (619) 299-0840 Office

800-470 BABY (2229) www.beststartbirthcenter.com

Provides education and resources for natural childbirth, WATER BIRTH, lactation and postpartum support.

Kellie Hunziker MPH, RD, IBCLC (760) 580-1907

Breastfeeding help at your home. Private prenatal breastfeeding classes. Pre- and post-natal nutrition counseling. Assistance with pump rentals and other breastfeeding supplies. Email: kelliejhunziker@gmail.com

EAST COUNTY**Happy Healthy Moms and Babies (619) 992-1933****Rose deVigne Jackiewicz RN, IBCLC**

www.NurseRoseOnline.com Breastfeeding assistance and referrals. Online breastfeeding classes.

Precious Hours Birth Doula Service

Private lactation consults along with reduced fee breastfeeding clinics. One-on-one or small group prenatal breastfeeding classes; Breastfeeding Doula and Childbirth Education blog www.precioushoursdoulaservice.com

SOUTH COUNTY**Family Health Centers of San Diego****Postpartum Education Center (619) 906-4621**

1827 Logan Ave. Suite 2, San Diego, CA 92113. Patients in our Comprehensive Perinatal Services Program (CPSP) receive breastfeeding educational sessions during pregnancy, and lactation support post-partum throughout 9 sites across San Diego county. Education & support is given by CLEs and IBCLCs.

Babies at their Best (619) 838-2494 Babiesattheirbest.com**Reyna Joselevitz (Malke) IBCLC, CCE, Certified HUG teacher.**

Helping you understand and feed your baby. Private lactation consults in your home, Prenatal breastfeeding classes, Help with feeding issues. BILINGUAL ENGLISH/SPANISH malkejg@hotmail.com

HOSPITAL BREASTFEEDING SERVICES**Kaiser Permanente Hospital OB Patient Education (866) 940-2218** (outpatient), 4647 Zion Ave, San Diego, CA 92120.

Breastfeeding classes; consults in office and hospital. Breast pump sales, call (619) 528-5153. Kaiser members ONLY.

Naval Medical Center San Diego (619) 532-6914

34800 Bob Wilson Drive, San Diego, CA 92134-5000. Breastfeeding classes; office and hospital consults, with help for special needs mothers and infants; staff and client education. www.NMCSd.med.navy.mil

Naval Hospital Camp Pendleton (760) 725-1331

Susan Mojica RN, MSN, 149 Los Padres Dr., Oceanside, CA, 92058

PALOMAR HEALTH LACTATION SERVICES

Prenatal Breastfeeding Classes: Call (800) 628-2880 to register

Outpatient Lactation Services: Breast Pump or Baby Scale Rental, availability of outpatient lactation consultations, or information on free Thursday Breastfeeding Support Group in Poway call (858) 613-4053. For info on free Monday Breastfeeding Support Group in Escondido call (442) 281-3089.

Telephone Support Services:

Pomerado (Poway) Lactation Office – (858) 613-4053

Palomar (Escondido) Lactation Office – (442) 281-3089

Please leave a message and Lactation Consultant will return your call during normal business hours

Vista Community Clinic 760-631-5000 x 1070 (Breastfeeding Warm Line), 1000 Vale Terrace, Vista, CA 92084. In-office lactation consultations before and after birth, in Women's Center and Pediatric Departments. Breastfeeding Support Group Mondays 10-11, Classroom 2. www.vistacomunityclinic.org

Rady Children's Hospital San Diego (858) 576-1700 x2531

3020 Children's Way, San Diego, CA 92123. Inpatient lactation consults.

SCRIPPS HEALTH LACTATION SERVICES

Breastfeeding classes and support groups: 1-800-SCRIPPS or www.scripps.org

Scripps Memorial Hospital-La Jolla (858) 626-4538

9888 Genesee Ave. La Jolla, CA 92037. Breast pump rentals and sales; Lactation consultations; Mothers Boutique open M-F 9:30 – 3:30, Sat. 12PM–4PM. Breastfeeding support group at Good Samaritan Episcopal Wednesdays 10a-11:30 am.

Scripps Mercy Hospital (619) 260-7098

4077 5th Ave, San Diego, CA 92103. Breastfeeding classes, breast pump rental and sales. Breastfeeding support group occurs Thursdays 11AM-12 PM

Scripps Memorial Hospital-Encinitas (760) 633-7850

354 Santa Fe Drive, Encinitas, 92024. Breastfeeding classes; Lactation consultations; Nursing Nook; Open daily. Breastfeeding support group at San Dieguito United Methodist Church Fri 1-2 PM

Scripps Mercy Hospital-Chula Vista (619) 691-7272

435 H Street, Chula Vista, CA 92190. Breast pump rental and sales. Breastfeeding support group occurs at Scripps Well Being Center Mondays 1-2 PM

Vista United Methodist Church (Support Group)

490 South Melrose, Vista, CA 92081. Breastfeeding support group occurs at Wednesdays 1-2 PM

SHARP HEALTHCARE LACTATION SERVICES**Grossmont Hospital Women's Center (619) 740-4983**

Breastfeeding support warmline. 5555 Grossmont Center Drive, La Mesa CA 91942. Inpatient and outpatient support services. Breastfeeding support group available every Monday 1-3:30pm and Thursday 9-11:30am; breast pump rentals & sales.

Sharp Chula Vista Medical Center Women's Pavilion

(619) 502-5848, please leave message. 751 Medical Center Court, Chula Vista, CA 91911

Sharp Mary Birch Hospital for Women & Newborns- New Beginnings Boutique (858) 939-4127 3003 Health Center Drive, San Diego, CA 92123. Inpatient and outpatient support services available. Provide nursing supplies including breast pump rentals and sales, nursing bras, apparel and breastfeeding accessories. Certified lactation educators available 7 days/wk. Hours: M-F 9-6, Sat and Sun 9-5. Breastfeeding support groups on Mon 3:30-5; Wed and Fri 2-3:30 pm and NICU Mother's Milk Club Wed 12:30 - 1:30 PM. Call for classes and appointments.

Tri-City Medical Center (760) 940-7745

Breastfeeding support warmline. 4002 Vista Way, Oceanside, CA 92056. Inpatient consults & outpatient clinic services by appointment (free) (760) 940-5500. Childbirth & breastfeeding classes: www.tricitymed.org. Breastfeeding support group every Wednesday 11 AM – 12:30 PM

UCSD Health Systems Lactation Services (858) 249-5727

Jacobs Medical Center 9300 Campus Point Dr. La Jolla **Lactation support group** Tuesdays 1:00 – 3:00 pm Room (1-603) To check support group schedule please reference postpartum care/support group under: <https://health.ucsd.edu/specialties/obgyn/maternity/EVENTS/Pages/default.aspx>

Premature Infant Nutrition Clinic (PINIC)

Eyla Boies, MD and Terry Lawson, RN, IBCLC 7910 Frost Street, Suite 350, San Diego, CA 92123. Assistance in helping premature infants transition to breastfeeding, help mothers with breastmilk supply issues, evaluate fortified breastmilk feeds and monitor growth. Thursdays 8am –11 am; call **(858) 496-4800** for appointments. <http://health.ucsd.edu/specialties/obgyn/maternity/newborn/nicu/spin/staff/Pages/clinic.aspx>

BREAST PUMP COMPANIES

Medela, Inc. (800) 435-8316. A long-time champion of breastfeeding, Medela is the only company to develop products based on research by the world's leading lactation experts. <http://www.medelabreastfeedingus.com>