

San Mateo County Breastfeeding Resource Contact Information
Información de Contactos en Recursos Sobre Lactancia del Condado de San Mateo

	Organization/Phone Number Organización/Teléfono	Contact Name Nombre del Contacto	Address Dirección
San Mateo County Services Servicios del Condado de San Mateo	W.I.C. 650-573-2168 ; 800-203-0555	Anne Garrett agarrett@co.sanmateo.ca.us	32 W. 25 th Ave. #203A San Mateo, Ca 94403
	Prenatal to 3 888-840-0889	Officer of the Day	2000 Alameda de las Pulgas San Mateo, CA 94403
	Black Infant Health 650-363-7850	Ifeyinwa Asiodo iasiodu@co.sanmateo.ca.us	2415 University Ave, 2 nd Floor East Palo Alto, CA 94303
	Adolescent Family Life Program 888-840-0889	Officer of the Day	2000 Alameda de las Pulgas San Mateo, CA 94403
	Field Nursing 888-840-0889	Officer of the Day	2000 Alameda de las Pulgas San Mateo, CA 94403
	San Mateo Medical Center- OB/GYN Clinics 650-573-3513	Mary Ramirez MTRamirez@co.sanmateo.ca.us	222 W. 39 th Ave San Mateo, CA 94403
	Fair Oaks Children's Clinic 650-261-3710	Mila Mora mimora@co.sanmateo.ca.us	630 Laurel St Redwood City, Ca 94063
	South San Francisco Health Center 650-877-7070	Beth Grady, MD egrady@co.sanmateo.ca.us	306 Spruce Ave SSF, CA 94080
Hospitals/Clinics Hospitales/Clinicas	Lucile Packard Children's Hospital 650-723-4118	Renee Tavares, Marcy Mallouf rtavares@lpch.org mmallouf@lpch.org	725 Welch Road, Room HF258 Palo Alto, CA 94304
	Kaiser Hospital, Daly City/SSF 650-301-4627	Debra Giusto, Sue Wisnia, Jennifer Chancy Debra.Giusto@kp.org	Health Education 395 Hickey Blvd Daly City, CA 94112
	Kaiser Hospital, RWC 650-299-2545	Michelle Lemos Michelle.lemos@kp.org	1150 Veterans Blvd. Lactation Center (Walnut Bldg) Redwood City, CA 94065
	Maternal Connections 650-988-8287	www.elcaminohospital.org/connections	2485 Hospital Drive, Ground Floor Mountain View, CA 94040
	Mills-Peninsula Medical Center 650-696-5400	Susan McCabe www.mills-peninsula.org	1501 Trousdale Dr. Burlingame, CA 94010
	Palo Alto Medical Foundation 650-321-4121	Joanna Koch www.pamf.org	795 El Camino Real Palo Alto, CA
	Ravenswood Family Health Services 650-330-7425		1798-A Bay Road East Palo Alto, CA 94303
	Sequoia Health & Wellness 650-367-5998	Tonja Kearney www.sequoiahospital.org	170 Alameda de las Pulgas Redwood City, CA 94062
	Seton Medical Center 650-992-4000	Lori Riccomini www.setonmedicalcenter.org	1900 Sullivan Ave. Daly City, CA 94015
Community Organizations Organizaciones Comunitarias	La Leche League 650 363 1470	Cindy Howard cindyLLL@sonic.net	
	Mothers' Milk Bank 408-998-4550	Pauline Sakamoto MothersMilkBank@hhs.so.santa.clara.ca.us	751 S. Bascom Ave. San Jose, CA 95128
	Nursing Mothers Counsel 650-327-MILK (6455)	Lori McBride www.nursingmothers.org	PO Box 5024 San Mateo, CA 94402-0024
Private Lactation Services Servicios Privados en Lactancia	A Family Affair 650-593-3659	Marcie Bertram marciebertram@yahoo.com	San Carlos
	Sylvia Boyd 510-538-3679	Sylvia Boyd Sylvia@boyd.com www.mybreastfeeding.com	Hayward
	Day One, Palo Alto 650-322-3291	Cherie Zappas www.dayonecenters.com	855 El Camino Real #127 Town and Country Village Palo Alto, CA 94301
	Healthy Horizons 650-347-6455	Sheila Janakos Sheila@babiesandmoms.com www.babiesandmoms.com	1110 Burlingame Ave. Suite 106 Burlingame, Ca 94010
	Herb Lore 877-808-5815 toll free	Pam Caldwell Nation-wide work Pam@herblore.com	PO Box 1998 Nevada City, CA 95959
	Lactation Art & Expertise 650-438-4037	Ana Miramon www.anamiramon.com	So. San Francisco
	Mama to Mama 650-728-3950; 650-490-0914	Chris Pritchard, Sara Russell www.mamatomama.com , sararussell@sbcglobal.net	671 Sierra St. Moss Beach, CA 94038

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Web Resources for Information Clearinghouse

❖ **Breastfeeding Best Practices**

- Center for Disease Control – <http://cdc.gov/breastfeeding>
- The Office on Women’s Health- www.4woman.gov

❖ **Laws and Regulations Regarding Breastfeeding**

- California Breastfeeding Laws and Regulations – www.leginfo.ca.gov
- La Leche League International- www.lalecheleague.org

❖ **Product Websites**

- Medela, Inc. – www.medela.com
- Ameda Ignell, Inc. – www.amedababy.com
- Bailey, Inc. – www.baileymed.com/

❖ **Medications While Breastfeeding**

- LactMed, United States National Library of Medicine – <http://toxnet.nlm.nih.gov/cgi-bin/sis/htmlgen?LACT>
- Pharmasoft Publishing (Dr. Tom Hale) – <http://neonatal.ttuhscc.edu/lact/>
- AAP Committee on Drugs – <http://www.aap.org/policy/0063.htm>
- Herblore Perinatal Herbalist – www.herblore.com

❖ **Breastfeeding Resource/Support Sites**

▪ **Professional**

- Academy of Breastfeeding Medicine – <http://www.bfmed.org>
- American Academy of Family Physicians – <http://www.aafp.org/online/en/home.html>
- American Academy of Pediatrics – www.aap.org
- American Association of Pediatric Nurse Practitioners (NAPNAP) – http://www.napnap.org/index_home.cfm
- American Academy of OB & GYN – www.acog.org
- American College of Nurse-Midwives – <http://www.midwife.org/>
- American Dietetic Association – www.eatright.org
- Baby Friendly Initiative, USA – http://babyfriendly.jp/pub.com/about_babyfriendly.cfm
- British Medical Journal – www.bmj.com
- Healthy People 2010 – www.healthypeople.gov/
- International Board of Lactation Consultants Examiners – www.IBLCE.org
- International Lactation Consultant Association – www.ILCA.org
- National Center for Education in Maternal-Child Health – http://www.mchlibrary.info/databases/about_databases.htm
- Pediatrics: Official Journal of The American Academy of Pediatrics – <http://www.pediatrics.org>
- United States Breastfeeding Committee – <http://www.usbreastfeeding.org>
- WHO – <http://www.who.int/en/>

▪ **Both Professional and Parent Support**

- Breastfeeding Online – <http://www.breastfeedingonline.com>
- Breastfeeding Task Force of Greater Los Angeles – <http://www.breastfeedingtaskforla.org/>
- Brian Palmer, DDS – www.brianpalmerdds.com
- California WIC Program – www.wicworks.ca.gov
- Centers for Disease Control – www.cdc.gov/breastfeeding
- Community Resource Guide (CIP) – www.cip.plsinfo.org
- Human Milk Banking Association of North America – <http://www.hmbana.org>
- Kangaroo Mother Care – <http://www.kangaroomothercare.com>
- Mother’s Milk Bank – <http://www.sccgov.org/portal/site/mmb/>
- The Office on Women’s Health – www.4woman.gov/

▪ **Parent Support**

- Breastfeeding.com – www.breastfeeding.com
- Kelly Mom – <http://www.kellymom.com/>
- La Leche League, International – www.llli.org
- La Leche League of the Peninsula – <http://lllnorcal.org>
- Mothers Clubs – <http://geocities.com/sfbamc/>
- Nursing Mothers Counsel, Inc. – www.nursingmothers.org
- Parents Place – www.parentsplace.com