



# Alameda County Breastfeeding Support Guide *(Revised 1/2021)*

## Need help with breastfeeding?



- ✓ Talk with your doctor about your breastfeeding goals before baby is born.
- ✓ Classes can help you with breastfeeding and preventing problems.
- ✓ Include partners, fathers and other close family members in doctor visits and breastfeeding classes.
- ✓ Talk with your friends and family about how they can support breastfeeding.
- ✓ Most health plans cover breastfeeding support. Contact your plan to know your covered benefits.
- ✓ Attend a hospital tour before labor to understand how the hospital supports breastfeeding at birth.
- ✓ Create a list of resources to call. Ask your provider or WIC to help.

### For more information about:

- Class and groups near you
- Breastfeeding and work
- Your rights as a breastfeeding mother

and much more, please visit

[www.ACBreastfeeds.org](http://www.ACBreastfeeds.org)



### Health Plans

|                             |                |
|-----------------------------|----------------|
| Alameda Alliance for Health | (510) 747-4577 |
| Blue Cross 24/7 Nurse Line  | (800) 224-0336 |
| City of Berkeley RN/IBCLC   | (510) 981-5327 |
| Kaiser Member Services      | (800) 464-4000 |

### Hospitals

|                               |                |
|-------------------------------|----------------|
| Alta Bates Breastfeeding Help | (510) 204-6546 |
| Eden Medical Center           | (510) 727-3045 |
| Highland Hospital             | (510) 437-5195 |
| Kaiser Fremont                | (510) 248-3050 |
| Kaiser Oakland                | (510) 752-1200 |
| Kaiser San Leandro            | (510) 454-4050 |
| Stanford Valley Care          | (925) 416-3598 |
| St. Rose Hospital             | (510) 264-4044 |
| Washington Hospital           | (510) 818-5040 |

### Women, Infants, and Children (WIC)

|                             |                                  |
|-----------------------------|----------------------------------|
| Alameda County WIC          | (510) 268-4247                   |
| Axis Health Center WIC      | (925) 462-2365<br>x0107          |
| City of Berkeley WIC        | (510) 981-5136<br>(510) 981-5360 |
| La Clínica de La Raza WIC:  |                                  |
| Fruitvale clinic            | (510) 535-4110                   |
| San Antonio clinic          | (510) 272-1500                   |
| Native American Health WIC  | (510) 434-5310                   |
| Tiburcio Vasquez Health WIC | (510) 471-5913                   |
| West/East Oakland WIC       | (510) 835-9610                   |
| West clinic                 | x2080                            |
| East clinic                 | x2273                            |

### La Leche League

|                           |                |
|---------------------------|----------------|
| Alameda                   | (510) 592-8539 |
| Berkeley                  | (510) 289-5807 |
| Castro Valley/San Leandro | (510) 342-3797 |
| Livermore/Mtn House       | (925) 391-0711 |
| Oakland                   | (510) 545-3840 |

### Look online for a Lactation Consultant:

International Lactation Consultant Association  
<https://www.FindALactationConsultant.org>

United States Lactation Consultant Association  
<https://uslca.org/resources/find-an-ibclc>

Bay Area Lactation Associates  
<http://www.bayarealactation.org/find-a-lactation-consultant.html>

[Alameda County Breastfeeding Coalition](http://www.ACBreastfeeds.org) meets virtually from 9:00-11:00 AM on the 1st Wednesday of February, May, August, and November. Contact Tonya Lang at (510) 290-2281 & [tonya.lang@gmail.com](mailto:tonya.lang@gmail.com) or Jeanne Kettles at (510) 393- 9632 & [jeanne.kettles@acgov.org](mailto:jeanne.kettles@acgov.org) for more information.



# 阿拉米達縣母乳喂養支持指南 (1/2021 修訂版)

## 需要哺乳的幫助嗎？



- ✓ 在嬰兒出生前先跟醫生談論你哺乳的目標。
- ✓ 哺乳課程可以幫助你學習如何餵哺母乳和預防哺乳時出現的問題。
- ✓ 邀請你的配偶，嬰兒的父親和其他家庭成員出席醫生的會診和哺乳課程。
- ✓ 跟你的朋友和家人討論他們可以怎樣支持你餵哺母乳。
- ✓ 大部分健保計劃都包括哺乳支援服務。請聯絡你的健保計劃，了解你可以獲得的福利。
- ✓ 生產前先參觀醫院，以便了解在生產後醫院可以怎樣支持你餵哺母乳。
- ✓ 設計一個資源列表，寫下聯絡電話。向你的醫生或 WIC 求助。

## 需要更多資料關於：

- 在你家附近提供的課程和小組
- 哺乳和工作
- 以母乳喂養嬰兒母親的權益

或其他資訊 請瀏覽

[www.ACBreastfeeds.org](http://www.ACBreastfeeds.org)



## 健保計劃

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## 支援組織

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## 在網上尋找哺乳顧問：

國際哺乳顧問協會

<https://www.FindALactationConsultant.org>

美國哺乳顧問協會

<https://uslca.org/resources/find-an-ibclc>

灣區哺乳協會

<http://www.bayarealactation.org/find-a-lactation-consultant.html>

阿拉米達縣母乳喂養聯盟將會在二月,五月,八月, 和十一月的第一個星期三, 上午九時到十一時有網上聚會。欲知詳情 可以用電話或電郵絡 Tonya Lang (510) 290-2281, 電子郵件地址 [tonya.lang@gmail.com](mailto:tonya.lang@gmail.com); 或聯絡 Jeanne Kettles (510) 393-9632, 電子郵件地址 [jeanne.kettles@acgov.org](mailto:jeanne.kettles@acgov.org) 查詢。