

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 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