

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

	<b>Organization/Phone Number</b> <b>Organización/Teléfono</b>	<b>Contact Name</b> <b>Nombre del Contacto</b>	<b>Address</b> <b>Dirección</b>
<b>San Mateo County Services</b> <b>Servicios del Condado de San Mateo</b>	W.I.C. 650-573-2168 ; 800-203-0555	Anne Garrett agarrett@co.sanmateo.ca.us	32 W. 25 <sup>th</sup> 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 <sup>nd</sup> 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 <sup>th</sup> Ave San Mateo, CA 94403
	Fair Oaks Children's Clinic 650-261-3710	Maria Vasquez-Wing Mvasquez-wing@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
<b>Hospitals/Clinics</b> <b>Hospitales/Clinicas</b>	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 650-988-8290	<a href="http://www.elcaminohospital.org/connections">www.elcaminohospital.org/connections</a>	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 650-617-7891		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 650-991-6344	Monica Murphy monicamurphy@dochs.org	1900 Sullivan Ave. Daly City, CA 94015
<b>Community Organizations</b> <b>Organizaciones Comunitarias</b>	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
<b>Private Lactation Services</b> <b>Servicios Privados en Lactancia</b>	A Family Affair 650-593-3659	Marcie Bertram marciebertram@yahoo.com	San Carlos
	Sylvia Boyd 510-538-3679	Sylvia Boyd <a href="mailto:Sylvia@boyd.com">Sylvia@boyd.com</a> <a href="http://www.mybreastfeeding.com">www.mybreastfeeding.com</a>	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 <a href="http://www.mamatomama.com">www.mamatomama.com</a> , <a href="mailto:sararussell@sbcglobal.net">sararussell@sbcglobal.net</a>	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](http://www.4woman.gov)

❖ **Laws and Regulations Regarding Breastfeeding**

- California Breastfeeding Laws and Regulations – [www.leginfo.ca.gov](http://www.leginfo.ca.gov)
- La Leche League International- [www.lalecheleague.org](http://www.lalecheleague.org)

❖ **Product Websites**

- Medela, Inc. – [www.medela.com](http://www.medela.com)
- Ameda Ignell, Inc. – [www.amedababy.com](http://www.amedababy.com)
- Bailey, Inc. – [www.baileymed.com/](http://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](http://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](http://www.aap.org)
- American Association of Pediatric Nurse Practitioners (NAPNAP) – [http://www.napnap.org/index\\_home.cfm](http://www.napnap.org/index_home.cfm)
- American Academy of OB & GYN – [www.acog.org](http://www.acog.org)
- American College of Nurse-Midwives – <http://www.midwife.org/>
- American Dietetic Association – [www.eatright.org](http://www.eatright.org)
- Baby Friendly Initiative, USA – [http://babyfriendly.jp/pub.com/about\\_babyfriendly.cfm](http://babyfriendly.jp/pub.com/about_babyfriendly.cfm)
- British Medical Journal – [www.bmj.com](http://www.bmj.com)
- Healthy People 2010 – [www.healthypeople.gov/](http://www.healthypeople.gov/)
- International Board of Lactation Consultants Examiners – [www.IBLCE.org](http://www.IBLCE.org)
- International Lactation Consultant Association – [www.ILCA.org](http://www.ILCA.org)
- National Center for Education in Maternal-Child Health – [http://www.mchlibrary.info/databases/about\\_databases.htm](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](http://www.brianpalmerdds.com)
- California WIC Program – [www.wicworks.ca.gov](http://www.wicworks.ca.gov)
- Centers for Disease Control – [www.cdc.gov/breastfeeding](http://www.cdc.gov/breastfeeding)
- Community Resource Guide (CIP) – [www.cip.plsinfo.org](http://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/](http://www.4woman.gov/)

▪ **Parent Support**

- Breastfeeding.com – [www.breastfeeding.com](http://www.breastfeeding.com)
- Kelly Mom – <http://www.kellymom.com/>
- La Leche League, International – [www.llli.org](http://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](http://www.nursingmothers.org)
- Parents Place – [www.parentsplace.com](http://www.parentsplace.com)