

# SAN DIEGO COUNTY BREASTFEEDING COALITION

c/o AAP-CA3

3160 Camino Del Rio South, Suite 115

San Diego, CA 92108



For Additional Copies:  
Call: 1-800-371-MILK (6455)  
Fax: (619) 281-2295  
[www.breastfeeding.org](http://www.breastfeeding.org)

## YEAR 2013 BREASTFEEDING RESOURCE GUIDE

### 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. **In the first few days**, your baby is getting rich, yellow colostrum (first milk). 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.
- **Nurse at least 8-12 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.

**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!



Scripps

[www.scripps.org](http://www.scripps.org) 1-800-SCRIPPS

### 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) 646-9779
Naval Medical Center San Diego	(619) 532-5261
North County Health Services WIC*	(888) 477-6333
Palomar Pomerado Health	(760) 796-6802
Scripps Memorial Hospital - Encinitas	(760) 633-7850
Scripps Memorial Hospital - La Jolla	(858) 626-6268
Scripps Mercy Hospital	(619) 260-7098
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	(619) 543-7149

# Spanish (858) 792-5009

### Breastfeeding and Drugs Information

**California Teratogen Information Service:** (800) 532-3749

(Mon-Fri, 9am-5pm Pacific Time) [www.ctispregnancy.org](http://www.ctispregnancy.org)

**Thomas Hale's InfantRisk Center:** (806) 352-2519 (Mon-Fri, 8am-5pm Central Time) [www.infantrisk.org](http://www.infantrisk.org)

**National Library of Medicine:** [www.toxnet.nlm.nih.gov](http://www.toxnet.nlm.nih.gov)

(click on "LactMed")

### WORKING AND BREASTFEEDING INFORMATION:

<http://www.breastfeeding.org/working-breastfeeding.php>

### NURSING IN PUBLIC RESOURCES:

[www.breastfeeding.org](http://www.breastfeeding.org) AND <http://www.bestforbabes.org>

- Nurse at least 8-12 times in 24 hours (every 2-3 hrs, "cluster feeding" periods are normal)
- Nurse 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

**BY: San Diego County Breastfeeding Coalition**

**Editor: Heidi Burke-Pevney and Nancy E. Wight MD, IBCLC,**

**FABM, FAAP; May 2013**

**Sponsored by:**

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN™

California Chapter 3 - San Diego and Imperial Counties



## HOW TO FIND HELP - BREASTFEEDING SUPPORT SERVICES

We often assume that breastfeeding is such a natural process that anyone should be able to do it. The truth is, breastfeeding is a learned process for both mother and baby. Preparing for success before your baby's birth--by reading, taking classes, and attending a support group--will help you to know what is normal and how to prevent common problems. If challenges do arise they can most often be minimized or managed with skilled help.

Talk to your midwife, doctor, or birth attendants about your plans to breastfeed and find out what kind of breastfeeding support is available at the place and time you give birth. Partners and grandparents can also be included in learning how to encourage your success! There are a variety of breastfeeding support services that offer information, support, and technical assistance, both before and after your baby is born. This is a guide to those services.

### BREASTFEEDING CLASSES

Prenatal breastfeeding classes can provide general information on breastfeeding basics, teach ways to make it easier, and suggest ways to solve problems. Knowing the normal course of breastfeeding and how to avoid the most common pitfalls before the baby is born will lead to a longer, more satisfying breastfeeding experience. The knowledge and confidence you get is worth the few hours you will spend in a prenatal class.

Classes may be offered as part of a childbirth preparation series, as a separate class at a hospital, as a part of WIC services, or be taught privately. Fees may vary, or the classes may be free. Small group classes are best. Bring the baby's father, a friend or family member with you. Classes may include demonstration of techniques. After your baby is born, a follow-up by phone or personal consult may be included. You can use this directory or, hospital or health care provider for a referral.

More information can be found in good breastfeeding books, recommended websites, and from other successful nursing mothers. Mother-to-mother support groups like La Leche League are also a good place to observe breastfeeding styles and learn practical tips. See this directory for phone numbers and visit our website for more links to helpful websites, articles, resources and information for parents and professionals: [www.breastfeeding.org](http://www.breastfeeding.org).

### BREASTFEEDING (LACTATION) SPECIALISTS

Finding and choosing a breastfeeding professional can be a confusing matter. There are many people offering services to help you breastfeed. To find a qualified person that you can work with, consider the following:

Academic Credentials and Experience: What kind of education about breastfeeding do they have? Where did they get their training? A practitioner may have no formal training, may have taken a university certification course, may have passed a written certification exam, or taken a correspondence course. They may be a doctor (MD or DO), nurse (RN, LVN), nurse practitioner (NNP, CPNP), certified nurse midwife (CNM), registered dietitian (RD), occupational therapist (OT), certified lactation educator (CLE), certified lactation consultant (CLC) or international board certified lactation **consultant (IBCLC-the gold standard)**, or certified lactation specialist.

Services: What kinds of services do they offer? Classes, in-person home or office consults, phone counseling, rental and/or sale of breast pumps or other breastfeeding accessories are possible. Where are services provided? Are home or hospital visits made? When are services available? Can you get help on evenings, weekends, or holidays? Is the practitioner affiliated with a hospital or medical group?

Fees: What are the fees for the various levels of service? Costs may be eligible for insurance reimbursement. Fee schedules vary so shop around. Ask for an official bill to submit to your insurance carrier.

### BREAST PUMP COMPANIES

**Ameda** - Ameda Breastfeeding offers the most safe and effective breast pumps and accessories available to today's modern hospitals, retailers and WIC agencies. To learn more about Ameda products and breastfeeding programs, contact Ame Raila at (818) 512-6824. [www.ameda.com](http://www.ameda.com)  
**Hygeia II Medical Group** – San Diego based “green” manufacturer of hospital & professional-grade breastpumps and accessories. To locate your nearest retail location, visit [www.Hygeiababy.com](http://www.Hygeiababy.com) or call (760) 597-8811.

**Limerick** - Offers the leading national Workplace Lactation Program and designs and manufactures PJ's Comfort® Hospital Grade (multi-user) breast pump, a lightweight 1 - 1/2 lb unit that goes from hospital to home to work. [www.Limerickinc.com](http://www.Limerickinc.com)

**Medela** – 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>

### TONGUE-TIE (ANKYLOGLOSSIA) CLIPPING:

**James W. Ochi, MD, FAAP** (858) 792-4800  
Children's ENT of San Diego, Inc. 477 North El Camino Real Suite C303, Encinitas, CA 92024  
<http://ent4mykids.com>

**James G. Murphy MD, FABM, FAAP** (619) 532-6914  
Naval Medical Center, San Diego Military dependents only. 34800 Bob Wilson Drive, Suite 201, San Diego, CA 92134.

### 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.

## 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 Medi-Cal. Ask when you call.

**\*Spanish spoken SEE NEXT PAGES**

## CENTRAL SAN DIEGO/ LA JOLLA/ BEACHES

### **San Diego County Midwives**

**Gerri Ryan LM, CPM; 619-434-9188**

3802 Alameda Way, Bonita, CA 91902

**Heather LeMaster LM, CPM; 619-565-8831**

4135 54<sup>th</sup> Place, San Diego, CA 92105

[www.sandiegocountymidwives.com](http://www.sandiegocountymidwives.com)

**Beach Area Breastfeeding (858)454-4596 (h), (619)540-7153 (c)**

**Annie VerSteeg, IBCLC, RLC** [annieibclc@gmail.com](mailto:annieibclc@gmail.com)

Since 1996! For all of your breastfeeding and postpartum needs.

Care in the comfort of your own home. Please visit my website to

learn more: [www.beachareabreastfeeding.com](http://www.beachareabreastfeeding.com)

**Beautiful Beginnings (619) 583-1129**

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

Education, Support and Referrals for Childbirth Education Classes,

Fitness Classes, Labor Support Doulas, Postpartum Doulas,

Breastfeeding Support, Massage Therapists, Trainings.

**Healing Connections (619) 794-6771**

**Teresa Rzesiewicz, RN, BSN, PHN, IBCLC, CIMI**

[trzesiewicz@aol.com](mailto:trzesiewicz@aol.com) Lactation visits and infant massage in your

home.

**San Diego Breastfeeding Center, LLC (619) 606-2211**

[www.sdbfc.com](http://www.sdbfc.com) **Robin Kaplan, M.Ed., IBCLC, RLC**

[robinkaplan@sdbfc.com](mailto:robinkaplan@sdbfc.com)

In-home and in-office private lactation consults; reduced fee

breastfeeding clinics; free weekly support groups; prenatal

breastfeeding classes; Breastfeeding and Parenting blog

([www.sdbfc.com/blog](http://www.sdbfc.com/blog)) and host of The Boob Group podcast

([www.theboobgroup.com](http://www.theboobgroup.com))

**Serenity Breastfeeding (619) 990-6479**

**Christine Hennes, IBCLC, CCE**

[christine@serenitybreastfeeding.com](mailto:christine@serenitybreastfeeding.com)

Breastfeeding consultations and support in the comfort of your

home. Over 10 years experience working with moms & babies.

**The Sweetest Milk (619) 222-1043**

**Margaret Goebel, IBCLC, RLC** [www.thesweetestmilk.com](http://www.thesweetestmilk.com)

Consultations and breastfeeding support in your home.

**Mamas & Milk (858) 218-MILK (6455)**

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

[dawn@mamasandmilk.com](mailto:dawn@mamasandmilk.com)

Private lactation consults in your home or at our office; prenatal

breastfeeding classes; free weekly support groups; prenatal and

mama yoga [www.mamasandmilk.com](http://www.mamasandmilk.com)

**Sweet Life Lactation (858) 869-7001**

**Sarah P. Lin, IBCLC** [sarah@sweetlifelactation.com](mailto:sarah@sweetlifelactation.com)

In home lactation consults; group and private prenatal and back to

work classes; free drop in support group.

[www.sweetlifelactation.com](http://www.sweetlifelactation.com)

**North county Birth and Beyond (858) 481-2450**

**Dianne Randall, IBCLC, LCCE**

[dianne@northcountybirthandbeyond.com](mailto:dianne@northcountybirthandbeyond.com)

Breastfeeding consultations in your home or my office

prenatal breastfeeding classes

serving central San Diego to Encinitas

visit my web site at: [www.northcountybirthandbeyond.com](http://www.northcountybirthandbeyond.com)

## NORTH COUNTY COASTAL

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

**Rochelle McLean IBCLC, CCE, CD** 1988 Hacienda Dr., Vista,

CA 92081 [www.babies-in-bloom.com](http://www.babies-in-bloom.com)

Classes, support and natural products for your baby & family:

breastfeeding supplies and accessories (including Medela breast

pump and scale rentals), nursing bras, baby carriers, cloth diapers

& more. Nine free breastfeeding support groups each month.

Affordable private lactation consultations in our office or your

home.

**Latching With Love, by Wendy Colson RN, IBCLC**

Private Practice Lactation Services Encinitas/North Carlsbad/RSF,

Pump sales and rentals. Free Breastfeeding Support group, every

Wednesday in Bressi Ranch, Carlsbad at Ollie and Me,

[www.latchingwithlove.com](http://www.latchingwithlove.com)

**The Original Comfort Food Lactation Services\***

San Diego (619) 395-3960 ; Texting available.

**Veronica Tingzon, IBCLC, RLC** [www.theoriginalcomfortfood.com](http://www.theoriginalcomfortfood.com)

Helping the breastfeeding mother with a wide gamut of lactation

services. Breastfeeding consultations and support in your home.

Se Habla Español.

**Best Baby Ever**

**Vicki Wolfrum CNM, IBCLC (619) 507-6108 (cell)**

[www.WholeLifeHomeCare.com](http://www.WholeLifeHomeCare.com) (858) 369-5930

2235 Encinitas Blvd, suite 206

Encinitas, CA 92024

Home visits. Over 30 years experience: specializing in multiples,

preemies, suck and milk supply problems.

## NORTH COUNTY INLAND

**North County Lactation Services (858) 513-1327**

**Ann Russell IBCLC, RLC, LLLL**

12621 Hedgetree Court, Poway, CA 92064.

Breastfeeding consultations and support in your home or my

office, breast pump rentals and sales of breastfeeding aids.

Phone consults also available. Focus on latch and suck problems.

**Breastfeeding with Grace (858) 271-0913**

**Grace Magill, IBCLC, RLC, LLL** [graceibclc@gmail.com](mailto:graceibclc@gmail.com)

Breastfeeding consultations and support in your home or in my

office. Private prenatal breastfeeding classes. Rental of breast

pumps and scales, sales of breastfeeding aides. Specializing in

milk supply issues, latch and suck-related problems and multiples.

Military discount. [www.Mybreastfeedingconsultant.com](http://www.Mybreastfeedingconsultant.com)

**JC's Lactation Station (858) 513-4266**

**Judy Ciurzynski RN, IBCLC** [lactationstation.judy@gmail.com](mailto:lactationstation.judy@gmail.com)

**Cindy Hartshorn, CLEC, IBCLC (760) 214-2983**

[cindy4breastfeeding@gmail.com](mailto:cindy4breastfeeding@gmail.com)

I am a Private Practice LC working with new moms in the comfort

of their own homes.. After visit support, available via email, text or

phone. Based in North County, but will travel anywhere in San

Diego County. Also available for one-on-one education prior to the

birth of your baby and can assist with pumping and back-to-work

issues.

## EAST COUNTY

**Happy Healthy Moms and Babies (619) 992-1933**

**Rose deVigne Jackiewicz RN, IBCLC**

[www.NurseRoseOnline.com](http://www.NurseRoseOnline.com)

Breastfeeding assistance and referrals. Online breastfeeding

classes.

## SOUTH COUNTY

**Family Health Centers of San Diego\* (619) 501-9073**

**Gabie Burke Armijo, Nutritionist/CLE**, 1845 Logan Ave, San

Diego, CA 92113 [www.fhcsd.org](http://www.fhcsd.org)

**New Birth New Beginnings (619) 318-7490**

**Bertha Goins, MS, RN, IBCLC** [bertgoins2003@yahoo.com](mailto:bertgoins2003@yahoo.com)

PO Box 211236, Chula Vista, CA 91921-1236

In-home lactation consults, classes, support groups

**Amber Burvall, IBCLC (619) 944-4772**

[www.facebook.com/Amber.Burvall.Lactation.Consultant](http://www.facebook.com/Amber.Burvall.Lactation.Consultant)

Caring support in your home to meet your breastfeeding goals.

Over 10 years experience with moms and babies specializing in

positioning and latch, milk supply maintenance, preterm and late

preterm infants. Home visits include telephone/email follow-up as

needed. Breastfeeding is the gift that lasts a lifetime!

## **HOSPITAL BREASTFEEDING SERVICES**

**Kaiser Permanente Hospital OB Patient Education (619) 528-5013** (inpatient) **(866) 940-2218** (outpatient), 4647 Zion Ave, San Diego, CA 92120. Breastfeeding classes; consults in office and hospital. Breast pump rentals and 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.

**Naval Hospital Camp Pendleton (760) 725-1331**  
Susan Mojica RN, MSN, 149 Los Padres Dr., Oceanside, CA, 92058

## **PALOMAR HEALTH LACTATION SERVICES**

**Palomar Breastfeeding Warmline (365 days/year including weekends and holidays): (760) 796-6802**

**Palomar Health Outpatient Lactation Services: Palomar Health Women's Boutique (858) 613-6110** Pomerado Outpatient Pavilion, 15611 Pomerado Road, First Floor, Poway, CA 92064  
<http://www.palomarhealth.org/ContentPage.aspx?nd=433>  
Lactation consultations by appointment; free latch and weight checks; breast pumps for rent and purchase; nursing wear and supplies; breast care products; and unique gift items for moms and babies! Free breastfeeding Support Groups and Breastfeeding Classes held at the above locations and other community sites, call (858) 613-6110 or (760) 796-6802 for Support Group details. For Breastfeeding Class information, call The HealthSource (800) 628-2880, or go to [www.pph.org](http://www.pph.org).

**Palomar Downtown Inpatient Lactation (760) 739-2434**  
555 E. Valley Parkway, Escondido, CA 92025

**Pomerado Hospital Inpatient Lactation (858) 613-4053**  
15615 Pomerado Road, Poway, CA 92064

**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**

1 (800) SCRIPPS or [www.scripps.org](http://www.scripps.org)  
**Scripps Mende Well Being (858) 626-7024** 4305 La Jolla Village Dr. Ste. L-5, San Diego, CA 92122. Breastfeeding classes and support groups; breast pump rentals and sales.

**Scripps Mercy Hospital (619) 260-7098**  
4077 5th Ave, San Diego, CA 92103. Breastfeeding classes, breast pump rental and sales. Nursing Notions Store open 9 a.m. – 2 p.m.

**Scripps Memorial Hospital La Jolla Outpatient Lactation (858) 626-4444** Erin Walsh, MA, IBCLC, CCC-SLP Speech-Language Pathologist

**Scripps Memorial Hospital-Encinitas (760) 633-7850**  
354 Santa Fe Drive, Encinitas, 92024. Breastfeeding classes; inpatient and outpatient consults; breast pump rental and sales. Nursing Nook store: Open daily. Also breast pump rentals, sales and breastfeeding supplies.

**Scripps Mercy Hospital-Chula Vista (619) 691-7272**  
435 H Street, Chula Vista, CA 92190. Breastfeeding classes; breast pump rental and sales.

## **SHARP HEALTHCARE LACTATION SERVICES**

**Grossmont Hospital Women's Center (619) 740-4983**  
5555 Grossmont Center Drive, La Mesa, CA 91942-4998.  
Inpatient and outpatient support services; individual consultation, group classes & support groups available; breast pump rentals & sales.

**Sharp Chula Vista Medical Center Women's Pavilion (619) 502-5848**, please leave a 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. Hours: M-F 9-7, Sat 9-6, Sun 10-5. Certified lactation educators to answer your breastfeeding questions 7 days/wk. Breast pump rentals and sales, nursing bras and apparel and breastfeeding accessories. Breastfeeding support groups every Wednesday and Friday 2-3:30pm and every 2<sup>nd</sup> and 4<sup>th</sup> Tuesday 6-7:30pm. Call us for classes and inpatient and outpatient lactation consultations appts.

## **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](http://www.tricitymed.org), Breastfeeding support group every Wednesday 9:15-11:00am.

## **UCSD Medical Center, Lactation Services (619) 543-7149\***

200 West Arbor Drive, San Diego, CA 92103. Lactation consults; help for special needs mothers and infants; breastfeeding classes; support groups; staff and client education.

## **Premature Infant Nutrition Clinic (PINC)**

7910 Frost Street, Suite 350, San Diego, CA 92123  
Eyla Boies, MD and Terry Lawson, RN, IBCLC  
Assistance in helping premature infants transition to breastfeeding, help to mothers with breastmilk supply issues, evaluate fortified breastmilk feeds and monitor growth.  
Wednesdays 8am –11 am; call 858 496-4800 for appointments.

## **OTHER RESOURCES:**

**La Leche League of San Diego County (858) 646-9779**  
[www.llusa.org/web/SanDiegoCA.html](http://www.llusa.org/web/SanDiegoCA.html)

International Headquarters 1-800-LA LECHE (847) 519-7730  
[www.lli.org](http://www.lli.org) Mother-to-mother support via monthly meetings & phone help countywide at no charge.

## **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](http://www.sandiegowic.org) 3950 Calle Fortunada, San Diego, CA 92123

**North County Health Services WIC Program\* (760) 471-2743**  
(888) 477-6333, Warm Line in Eng & Span, M-F 8am-4:30 pm, 150 Valpreda Rd, Suite 202, San Marcos, 92069

**SDSU Research Foundation WIC Program\* (888) 999-6897**  
9210 Sky Park Court, Ste 150, San Diego, CA 92123;  
[www.sdsuwic.com](http://www.sdsuwic.com)

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

**San Ysidro Health Center WIC Program \* (619) 426-7966**  
Jeannette Salazar: [jsalazar@syhc.org](mailto:jsalazar@syhc.org)  
Remedios G. Reyes: [rereyes@syhc.org](mailto:rereyes@syhc.org)  
1655 Broadway, Suite #18, Chula Vista, 91911

## **UCSD Extension Lactation Training (858) 534-9262**

<http://extension.ucsd.edu/healthcare>, Email: [unexhealthcare@ucsd.edu](mailto:unexhealthcare@ucsd.edu) Healthcare Department, 9500 Gillman Drive, 0170-E, La Jolla, CA 92093. Online & in-class Lactation Specialist, Lactation Educator/Counselor and Lactation Consultant Specialized certificate; classroom and clinical education; BRN available.

## **Persimmon Scientific, Inc. (877) 705-6060**

EPiBi® Antimicrobial Nursing Pads are designed to manage moisture, abrasion, and fungal infections. EPiBi Diaper Liners wick away ammonia and urine from baby's bottom. Happy Moms, Happy Babies! is our motto. Please visit [www.epibi.com](http://www.epibi.com) to locate your nearest retail store.