

Santa Clara County
Breastfeeding Resources
 for *Families*

Health Plan Members, Hospitals

Anthem Blue Cross Medi-Cal
 Members' Breastfeeding
 Support Line 1.800.231.2999

Valley Health Plan
 Delivered at VMC 1.408.885.5436
 Delivered at all other hospitals 1.408.885.3490

Santa Clara Family Health Plan
 Members' Services Line 1.800.260.2055

Santa Clara Valley Medical Center (VMC)
 Valley Connection 1.888.334.1000

Kaiser Permanente, Santa Clara
 Newborn Club 1.408.851.3060

Kaiser Permanente, San José
 Center for Lactation 1.408.362.4720

**El Camino Hospital
 of Los Gatos** 1.408.866.3905

El Camino Hospital of Mountain View
 Maternal Connections 1.650.988.8287

Good Samaritan Hospital 1.408.559.2229

O'Connor Hospital 1.408.947.2743

St. Louise Regional Hospital 1.408.848.8639

Other Services

La Leche League of Greater San José
 1.408.800.5965 or 1.877.452.5324

Mothers' Milk Bank of San José
 1.408.998.4550

Nursing Mothers' Council SF/Bay Area
 650.327.MILK(6455)

Women, Infant, & Children
WIC Programs
Breastfeeding Help Lines

Santa Clara County Public Health
WIC Breastfeeding Peer Counselors

Spanish/English Lines
 East Valley 1.408.254.6463
 Bascom 1.408.254.6463
 Tully 1.408.817.1376
 Sunnyvale 1.408.992.4966
 Gilroy 1.408.852.2312

Vietnamese/English Lines
 Tully 1.408.817.1377
 Milpitas 1.408.957.0937

Chinese/English Line
 Milpitas 1.408.957.0937

Local WIC Programs
Santa Clara County Public Health
Department 1.408.792.5101

Gardner Family Health
Network 1.408.287.6200

Indian Health Center of
Santa Clara Valley 1.408.960.0900

*Prepared by Santa Clara County Public Health
 Department - WIC Program. This is an equal
 opportunity provider.*

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Santa Clara County
Breastfeeding
Services

Information for Mothers



Breastfeeding Support Line
1.408.885.5950



Breastfeeding - Nature's Health Plan

The First Food for Babies... Mothers' Milk

- **Healthier infants:** reduces allergies, colds, ear infections, diarrhea, and asthma
- Stimulates baby's **immune system**
- **Easy to digest,** never constipated
- **Smarter babies:** higher intelligence scores demonstrated in premature babies
- **Over 100 substances** in human milk that are not in formula
- Lower risk of **obesity** for baby AND mom
- **Convenient, environmentally friendly:** always ready, no bottles to warm-up or wash
- **Bonding:** secure babies become more independent children
- Less risk of **ovarian and breast cancer** for mom, and of **diabetes** for baby **AND mom**

Breastfeeding may not be the first choice for every parent, but it is the right choice for the babies!

WIC's Breastfeeding Services

- **Breastfeeding Education:** Prenatal and postpartum classes
- **Breastfeeding Support:** Individual counseling from birth to 1 year and beyond!
- **Longer WIC Benefit:** Breastfeeding mothers are eligible to participate in WIC longer than non-breastfeeding mothers
- **Extra Nutrition Support:** Mothers who exclusively breastfeed their infants receive an enhanced food package
- **Phone Support:** Breastfeeding help line
- **Lactation supplies:** as needed



Some WIC programs offer additional services:

- Board Certified Lactation Consultants (IBCLC) for complex Breastfeeding problems
- Peer Counselors for individual case management from pregnancy to 6 months post-partum through phone & office consults
- Mothers' support groups

WIC Offices in Santa Clara County provide services in **English, Spanish & Vietnamese**