

**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** 408-855-3490
- Santa Clara Family Health Plan**  
Members' Services Line 1-800-260-2055
- Santa Clara Valley Medical Center (VMC)**  
1-888-334-1000
- Kaiser Permanente, Santa Clara**  
Newborn Club 408-851-3060
- Kaiser Permanente, San Jose**  
Pediatric Department 408-362-4740
- El Camino Hospital of Los Gatos**  
408-866-3905
- El Camino Hospital**  
Maternal Connections 650-988-8287
- Good Samaritan Hospital** 408-559-2229
- O'Connor Hospital** 408-947-2743
- St. Louise Regional Hospital** 408-848-8639
- Other Services**
- La Leche League of Greater San Jose**  
408-998-8150
- Mothers' Milk Bank of San Jose**  
1-877-6645
- Nursing Mothers' Council SF/Bay Area**  
408-272-1448

**W.I.C PROGRAMS:  
BREASTFEEDING HELP LINES**

**Santa Clara County Public  
Health WIC BREASTFEEDING  
PEER COUNSELOR LINES**

**Spanish Lines**

- East Valley 408 - 254 - 6463
- Bascom 408 - 254 - 6463
- Tully 408 - 817 - 1376
- Sunnyvale 408 - 992 - 4966
- Gilroy 408 - 852 - 2303

**Vietnamese Lines**

- Tully 408 - 817 - 1377
- Milpitas 408 - 957 - 0937

**Chinese Line**

- Milpitas 408 - 957 - 0937

**SANTA CLARA COUNTY  
BREASTFEEDING SUPPORT LINE**

**408- 885- 5950**

**WIC PROGRAMS**

Santa Clara County Public Health Dept.

408 - 792- 5101

Gardner Family Health Network

408 - 254 - 5197

Indian Health Center of Santa Clara Valley

408-445-3400, EXT 210

*Prepared by Santa Clara County*

*Public Health Department - WIC Program*

*This is an equal opportunity provider.*

**SANTA CLARA COUNTY**

**BREASTFEEDING  
SERVICES**

Information For Mothers



**Public Health Begins  
With Breastfeeding !**

*Babies Were Born To  
Be Breastfed!*



Chronic Disease and Injury Prevention  
**Public Health Department**



# 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 Benefits:** 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***