

Breastfeeding Help & Support

Kaiser Permanente



Appointment and Advice Line

1-866-454-8855

You can get breastfeeding help and support anytime, day or night, by speaking to Kaiser Permanente nurses. Get answers to your questions and if needed, schedule an appointment with a lactation specialist.

Newborn Care Center and Breastfeeding Store

You will find a variety of breast pumps for rent or purchase, as well as bras, nursing pads, baby slings, and more:

Antioch Medical Center	(925) 813-3879
Pleasanton Medical Offices	(925) 847-5511
Walnut Creek Medical Center	(925) 295-5001

Breastfeeding Support Groups

You will find support and make new friends at these weekly support groups that are facilitated by a lactation specialist. Share ideas and solutions for breastfeeding and learn about baby's breastfeeding behaviors. Bring your baby!

No need for a referral or to pre-register; no fee. Members only.

Time: Wednesday, 10 a.m. to 12 noon at all three locations.
Dates and times subject to change.

Room location:

Antioch Medical Center	Sand Creek, 1A & B
Pleasanton Medical Offices	Conference Room C
Walnut Creek Medical Center	Newborn Care Center

My Doctor Online Shortcuts to better health

kp.org/diablo/breastfeeding

- Online help for after the hospital
- The early days of breastfeeding

kp.org/mydoctor

Go to your Physician's Home Page to:

- E-mail your physician
- Schedule an appointment
- Get to know your child's pediatrician
- Under **Health Topics/Infants**
 - Sign up for the *Healthy Babies* online newsletter
 - Watch a breastfeeding *Emmi*[®] program
 - Learn more about breastfeeding

Resources in Spanish

kp.org/espanol



Follow @KPbabydoctor

Tweets by a Kaiser Permanente pediatrician

Health Education Centers

Attend a class on breastfeeding or borrow breastfeeding DVDs.

1-866-248-0721 (toll-free)

Additional Resources

La Leche League

1-800-525-3243 (toll-free)

lalecheleague.org

Women, Infants & Children (WIC)

Breastfeeding Warm Line

1-866-878-7767 (toll-free)

cchealth.org/wic/breastfeeding

Healthy Children

healthychildren.org/breastfeeding

Women's Health

womenshealth.gov/breastfeeding