Preparation for Breastfeeding

UCSF Women’s Health Resource Center
1855 4th Street, Suite A3473
San Francisco, CA 94158
(415) 514-2670
2356 Sutter Street, 1st Floor
San Francisco, CA 94115
(415) 353-2667

- Breastfeeding class: a preparation program to help learn about breastfeeding and provides practical tips for returning to work. Highly recommended.
- Bookstore and lending library
- Lactation supplies, including nursing bras, pillows, breast pumps for sale or rent.

Getting Started at the UCSF Center for Mothers and Newborns

- The postpartum nurses are trained in breastfeeding and manage lactation concerns for the majority of new mothers. If special breastfeeding needs or concerns arise, a board-certified lactation consultant is available to provide additional support.
- After your baby’s birth, enjoy the convenience of Great Expectations’ continuum of educational support services delivered right to your hospital room. Notify your nurse if you would like to view the Mom Mobile catalog during your stay. Call Great Expectations for more information (415) 514-2670.

UCSF Breastfeeding Resources

MILK
(Mother & Infant Lactation Kooperative)

Support Group
Providing comprehensive lactation services for mother and baby at Mount Zion

Our complementary two-hour sessions include a “latch clinic” and discussion tailored to the group’s needs.

- Babies ranging in age from newborn to six months old
- Have your latch checked by Lactation Consultants
- Share your experiences and learn how other mothers are adjusting to the demands of motherhood
- Reach your breastfeeding goals
- Get your questions answered with evidence based lactation information

Latch clinic—a lactation consultant will be available to check your positioning in a group setting. However, we can schedule an individual appointment with our lactation consultant if you are experiencing breastfeeding issues.

Discussion topics include—normal infant feeding and sleep patterns, baby behavior, how to know if your baby is getting enough, starting solids, going back to work, and pumping.

Lactation Consultants/Facilitators:
Holly Coates-Bash MSW, IBCLC
Renée Tavares RD, IBCLC

Join us one or both days
Mt. Zion-2356 Sutter Street, 3rd floor, J-308
Tuesdays 11:30 AM-1:30 PM
Fridays 11:30 AM-1:30 PM

Pre-register today, call 415-353-2667
Space is limited. Light refreshments will be served.

All lactation support group participants can use the Women’s Health Resource Center and receive a 10% discount on products. (Includes pump rentals and classes)

Through June 2016

UCSF Resources after You Leave the Hospital

UCSF Women’s Health Obstetrics Services
(415) 353-2566

- Registered nurses with breastfeeding and postpartum knowledge are available to answer breastfeeding questions or concerns via the telephone, Monday-Friday: 8:00am-5:00pm.

UCSF Outpatient Lactation Clinic
Obstetrics & Gynecology at Mission Bay
1825 4th Street, San Francisco, CA 94158
Monday, Wednesday, Thursday

Obstetrics & Gynecology at Mt. Zion
2356 Sutter Street, San Francisco, CA 94115
Tuesday, Friday (afternoon only)

The lactation clinic is available at both Mount Zion and Mission Bay locations. Appointments are 50 minutes for a one-on-one visit with a board-certified lactation consultant.

- Private insurance does not cover the cost of meeting with a lactation consultant. Please call to check on the fee. Medi-Cal insurance, however, does cover the cost.
- Hospital-grade electric pumps are available for use during your hospital stay and for rent once you leave the hospital.

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