

Community Resources

WIC

Certified Lactation Educator Counselors
Camino Health Center
Lake Forest, San Clemente, and
San Juan Capistrano
(949) 488-7688

Family Resource Center

Breastfeeding Support Group
22481 Aspan Street, Lake Forest
(949) 364-0500

MOMS

Prenatal Breastfeeding Classes (Spanish)
www.Momsorangecounty.org
Register at: (714) 972-2610

Le Leche League

Cwww.lll.org/
www.southoclll.org/
Meetings in Ladera Ranch
and Laguna Hills



Reliable Websites

Kelly Mom

<https://kellymom.com>

MedlinePlus

<https://medlineplus.gov>

Mother to Baby

<https://mothertobabyca.org>

The Breastfeeding Companion

<https://thebreastfeedingcompanion.com>



Breastfeeding Support Resources

South Orange County



Camino Health Center 
Affiliated with Mission Hospital, St. Joseph Health

You Can Make Plenty of Breastmilk

Breastfeed often, 10 or more times in 24 hours. The more you breastfeed the more milk you will make.

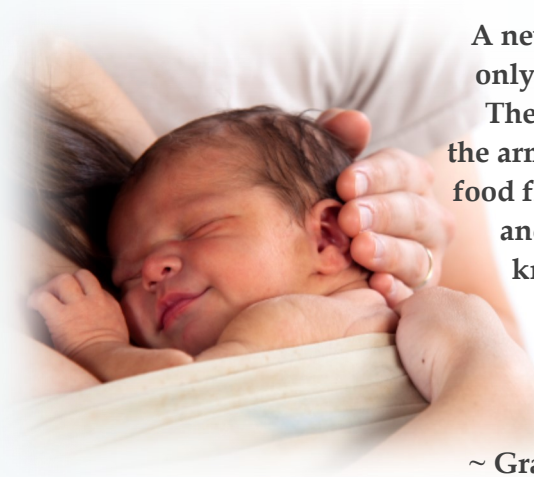
Watch your baby, not the clock. Feed your baby at the earliest signs of hunger. Hands near mouth, bends arms and legs, makes sucking noises, puckers lips.

Make sure baby's mouth is open wide when you put her on the breast.

Listen for swallowing when baby breastfeeds.

Avoid bottles and pacifier for at least the first month.

Wake baby if he is not nursing 10 or more times in 24 hours.



A newborn baby has only three demands. They are warmth in the arms of its mother, food from her breasts, and security in the knowledge of her presence. Breastfeeding satisfies all three.
~ Grantly Dick-Read

Hospital Resources

Mission Hospital

Individual consultation via in-hospital and out-patient services, free to moms who gave birth at Mission. Monday - Friday 9:00 am - 5:00 pm

- Lactation Nurse - appointment line (949) 365-2229
- Lactation Nurse - phone assistance (949) 365-2425
- Walk-in Assistance

Mission Women's Center
26732 Crown Valley Parkway
1st Floor Suite 171C, Mission Viejo
Wednesday 1:00pm - 3:00pm

Saddleback Hospital

Individual consultation via in-hospital and out-patient services

- Lactation Nurse - phone assistance or appointment (949) 452-7377
- Out-patient lactation assistance for up to 8 weeks post partum
HMO - Referral required, PPO - No referral necessary
Check with your insurance carrier to determine co-pay

Kaiser Permanente (Irvine)

- Breastfeeding with Success Class (888) 988-2800
Free for Kaiser Members, Non-members check for availability
- Baby Café - Lactation Education, free: M/W/F - 9:30am - 11:30am (888) 988-2800
- 24 hour Breastfeeding Advice Line, free (949) 932-5892