Santa Clara County
Breastfeeding Services

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

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)

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

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Breastfeeding Support Line
1.408.885.5950
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**