

Help with Breastfeeding

KAISER PERMANENTE • FREMONT/HAYWARD/UNION CITY • HEALTH EDUCATION DEPARTMENT



Breastfeeding is the healthiest choice
for you and your baby.
Kaiser Permanente
offers several services to help you
breastfeed successfully.



KAISER PERMANENTE®

CLASSES:

Two free classes for pregnant women
and their partners:

Breastfeeding Basics and
Breastfeeding and the Working Mom
Hayward 784-4531 • Fremont 248-3455



BOOKS AND VIDEOS:

Breastfeeding, prenatal, and
parenting books and videos available
for sale and loan from the
Health Education Centers.
Hayward 784-4531 • Fremont 248-3455



Mommy & Me Drop-in Group

Free group led by a Registered
Nurse/Certified Lactation Educator.
Talk about breastfeeding, crying,
sleeping, and more. Babies welcome.
Wednesdays, 10 a.m.–noon.
Call 784-4531



Lactation Consultants

Telephone counseling and office
appointments for breastfeeding
questions or problems.
Call 784-2804



La Leche League Meetings

Monthly support group of nursing moms
led by accredited LLL leaders.
Babies and pregnant women welcome!
Hayward 784-4531



Breast Pump Rental/Sales

(and Pump-Related Aids)
Hayward Pump Station 784-4545

Breast Pump Sales Only:

Visit or call the
Health Education Centers
Hayward 784-4531 • Fremont 248-3455

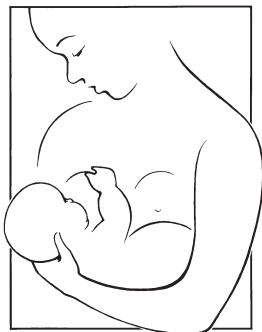
Breast Pump Rental/Sales and Pump-Related Aids

Hayward Pump Station 784-4545

Ameda Breast Pumps for Rent	Ameda Breastfeeding Aids for Sale
<ul style="list-style-type: none"> ❖ LACTE Breast Pump Hospital-grade electric pump designed for establishing milk supply. Available for daily, weekly, and monthly rental. 	<ul style="list-style-type: none"> ❖ Purely Yours Deluxe Double Pump \$199 ❖ Breastfeeding Kits \$6-\$31 ❖ One-Hand Manual Pump..... \$19.50 ❖ Reusable Cotton Nursing Pads (6).....\$6.98 ❖ Collection, Storage, Freezer Bags (20)..... \$5.50 ❖ Lansinoh Lanolin \$1.20

Other products and replacement parts available.

**NEW! Breast pumps for purchase at these Health Education Centers:
Hayward 784-4531 or Fremont 248-3455**



We are Baby-Friendly™!

The World Health Organization and UNICEF have designated the Hayward and Fremont Medical Centers as *Baby-Friendly™* because of the excellent care we provide to breastfeeding mothers and babies. We follow the *Baby-Friendly™ 10 Steps to Successful Breastfeeding*.

Breastfeeding Questions & Resources

Lactation Warmline (510) 784-2804

Pediatric Advice & Appointments Hayward (510) 675-4050
Fremont (510) 795-3050

Ob/Gyn Advice & Appointments Hayward (510) 675-4090
Fremont (510) 795-3040

Citas/Consejos Medicos Hayward (510) 675-4090
Fremont (510) 795-3055

Health Education Department/Breast Pump Sales Hayward (510) 784-4531
Fremont (510) 248-3455

Breast Pump Rental/Sales Hayward (510) 784-4545
Hayward Pump Station
Call for appointment