Babies First Breastfeeding Taskforce

Mission: To intensively promote breastfeeding as best for babies, mothers, families in Fresno County.

Goals:
✓ Increase exclusive breastfeeding.
✓ Track breastfeeding initiation and duration data.
✓ Increase public awareness.
✓ Reduce barriers to breastfeeding.
✓ Provide breastfeeding advocacy.

Babies First Breastfeeding Task Force

Babies First Breastfeeding Project
Blue Cross of California State-Sponsored Programs
Central Valley Indian Health WIC
Children’s Hospital of Central California
Community Medical Centers—Clovis, Fresno, University
Fresno County Department of Community Health
  CHDP
  Maternal, Child and Adolescent Health
  Nursing Outreach
Fresno County Office of Education
Fresno County Economic Opportunities Commission
  WIC & Early Head Start
Health Net Medi-Cal Managed Care
Kaiser Permanente—Fresno
La Leche League
Radio Bilinque
Selma Community Hospital
St. Agnes Medical Center
United Health Centers WIC
UC Cooperative Extension
University of California San Francisco—Fresno
Numerous private pediatric and obstetrical providers

Breastfeeding Resources

Phone Numbers For Referring Breastfeeding Questions

1. What hospital did/will she deliver at?
(Hospitals that have breastfeeding/lactation services)

Clovis Community Hospital 324-4940
Fresno Community Hospital 459-6000 ext. 5920
Kaiser Permanente 448-2229
Saint Agnes Hospital 450-5210

2. Is she a WIC participant?

Central Valley Indian Health (Clovis) 298-0258
Fresno County EOC (Fresno/Clovis – City) 263-1380
Madera (includes Chowchilla & Oakhurst) 675-7623
United Health Centers (Fresno-Rural) 1-888-638-7177
(includes Caruthers, Huron, Kerman, Mendota, Orange Cove, Parlier, Sanger, & Selma)

3. Does she have Medi-Cal or Healthy Families?

Blue Cross Members 1-800-407-4627
Health Net Members 1-800-804-6074

4. Additional Numbers

La Leche League 265-3301
Children’s Hospital Central California 353-5427
Babies First 1-800-640-0333
**Hospital Lactation Services**

- **Children’s Hospital of Central California***
  
  9300 Valley Children’s Place
  
  Madera, CA  93638
  
  (559) 353-5427
  
  Pager 262-5983

- **Community Medical Center—Clovis***
  
  Mothers Resource Center
  
  2755 Herndon
  
  Clovis, CA  93611
  
  (559) 324-4940

- **Community Medical Center—Fresno***
  
  Mothers Resource Center
  
  Fresno & R Street, 4th floor
  
  Fresno, CA  93721
  
  (559) 459-6000 ext. 5920

- **Kaiser Permanente**
  
  Mother Infant Lactation Clinic (MILC)
  
  7300 N. Fresno St.
  
  Fresno, CA  93720
  
  (559) 448-2229
  
  After hours (559) 448-4555

- **St. Agnes Medical Center***
  
  Breastfeeding Clinic
  
  1111 East Spruce Ave.
  
  Fresno, CA  93720
  
  (559) 450-5210
  
  Contact person: Janet Rhodes

---

**Additional Providers of Lactation Education, Support Services and Breast Pumps**

- **Apria Health Care**
  
  3542 W. Holland Ave
  
  Fresno, CA  93722
  
  (559) 221-2251
  
  Rent manual pumps only; instruction on usage.
  
  MD Rx required

- **Babies First Breastfeeding Project**
  
  1221 Fulton Mall, 2nd floor
  
  Fresno, CA  93721
  
  (559) 445-2746
  
  Moms & Kids Hotline 1-800-640-0333

- **Blue Cross of California**
  
  2011 Fresno St., Suite 4
  
  Fresno, CA  93721
  
  (559) 266-0290
  
  Breastfeeding concerns, 24 hour service line
  
  1-800-231-2999
  
  Breastfeeding classes 7:00 a.m. – 12:00 p.m.
  
  1-800-407-4627

- **Central Valley Indian Health WIC**
  
  20 N. Dewitt
  
  Clovis, CA  93612
  
  (559) 298-0258
  
  Contact person: Nora Bashian

- **F.C.E.O.C. – WIC Program**
  
  1920 Mariposa Mall, Suite 120
  
  Fresno, CA  93721
  
  (559) 263-1380 or 263-1150 or 263-1160

- **F.C.E.O.C. Early Head Start**
  
  1920 Mariposa Mall #130
  
  Fresno, CA  93721
  
  (559) 263-1550
  
  Contact persons:
  
  English: Lisa Gartin RN and Lisa Batchelder-Morales
  
  Spanish: Ida Ortiz
  
  Hmong: Melanie Cha

---

*May sell, rent or loan breast pumps.*
General Home Medical
1(888) 311-0666
Pump rental and purchase only
MD Rx required

Mainstreet Medical at 1(888) 624-6111
Pump rental and purchase only
MD Rx required

Health Net Managed Care
1300 E. Shaw Ave. #109
Fresno, CA  93710
1-800-804-6074 or (559) 248-4638

La Leche League
Meet at different team members’ homes monthly
(559) 265-3301

Ray Fisher Pharmacy
1021 E. Herndon Ave.
Fresno, CA  93720
(559) 437-3800
Pump rental and purchase only

United Health Centers—WIC

Huron
16928 11th ST
P.O. Box 1990
Huron, CA  93234
(559) 945-5090
Contact person: Claudia Mendoza

Kerman
642 S. Madera Ave.
Kerman, CA  93630
(559) 846-6681
Contact person: Josie Lozano

Mendota
2167 7th St., Suite #107
Mendota, CA  93640
(559) 655-6820
Contact person: Alice Ochoa

Orange Cove
999 ½ Park BLVD, Suite A
Orange Cove, CA  93646
(559) 626-5030
Contact person: Mirla Barajas

Parlier
490 Fresno St., Suite B
Parlier, CA  93648
(559) 646-6611
Contact person: Esther Vasquez

Reedley
1560 E. Manning Ave.
Reedley, CA  93654
(559) 638-7170
1-888-638-7177
Contact person: Mari Moreno
Benefits of Breastfeeding

For Baby:
♦ Human milk is the most nutritious food for a baby.
♦ Human milk protects a baby from germs, infection and illness.
♦ Human milk reduces diarrhea, colds, flu and ear infections.
♦ Human milk reduces the chance of allergy and asthma.
♦ Human milk reduces the chance of serious diseases like cancer, diabetes, and SIDS (Sudden Infant Death Syndrome).
♦ Breastfed babies have a higher IQ and better brain development.
♦ Nursing provides warmth, comfort and security for baby.
♦ Breastfed babies cry less because they are held more.
♦ Breastfed babies have better jaw development with fewer speech and dental problems.
♦ Human milk is a cure for jaundice.
♦ Breastfed babies are less likely to become obese adults.
♦ Human milk has living growth factors.
♦ Human milk has the proper amount of cholesterol.
♦ Breastfed babies develop better eye/hand coordination.

For Mom:
♦ Breastfeeding makes for a closer bond between mother and baby and helps mother to nurture baby and feel calm.
♦ Menstrual periods are usually delayed with exclusive breastfeeding.
♦ Mothers who choose to breastfeed are healthier, with less risk of breast and other cancers and less risk of bone disease like osteoporosis.
♦ Breastfeeding helps prevent internal bleeding after childbirth.
♦ Breastfeeding helps mother lose weight.

For Families:
♦ Families who breastfeed save money on formula, doctor and hospital bills and time lost from work.
♦ Breastfeeding is good for the earth because fewer cans are needed.
♦ Breastfeeding is convenient – no equipment, preparation or washing needed. It is always ready in the right amount and at the right temperature.
Getting started

You have decided to breastfeed your baby! That’s great! Breast milk is the perfect food for your baby. It’s something that only you can give.

It is easy to breastfeed once you know how. Here are some ideas to help you and your baby get off to a good start.

When you are at the hospital:
- Talk to the doctors and nurses at the hospital. Let them know that you plan to breastfeed.
- If your baby is alert right after birth, breastfeeding is easier. If you need medicine during labor, talk with your health care provider. Ask what would be best to use.
- Breastfeed as soon as you can after your baby is born. During the first hour after birth, your baby will be awake and alert.
- Ask to breastfeed before your baby gets weighed, has any shots, or has eye medicine.
- Ask that your baby “room-in” with you. This way you can breastfeed your baby whenever he is hungry.

The first time you breastfeed, ask your nurse for help:
- Get comfortable.
- Use firm pillows to support your arms and back.
- Put your baby at the level of your breast. You can use a pillow on your lap to put your baby on.
- Cradle your baby in your arms.
- Turn his whole body (face, tummy and knees) toward your chest.
- Put your fingers under your breast, thumb on top. Make sure your fingers are all well behind your areola. (The areola is the dark brown area around your nipple.)

Wait for the baby to open his mouth very wide:
- You can lightly stroke his lips with your nipple.
- Tickle his lips until the baby opens his mouth wide, like a yawn.
- Quickly bring your baby onto your breast. His mouth won’t be open very long.
- Make sure your nipple and areola are well into his mouth.

Your nipple will be far back in your baby’s mouth:
- The baby’s mouth should cover much of your areola. It should go all the way around your nipple.
- Make sure your baby’s lips curl outward.
Making plenty of milk

When your baby is first born, your body makes an early milk called colostrum. It is just right for your baby’s first few days. After a few days, another kind of milk “comes in.” Your breasts may feel fuller and firmer. They may leak at first.

Get off to a good start

Breastfeed your baby often
- Every time your baby breastfeeds, your body makes more milk.
- Your body will also make more milk if you hand express or pump your milk.
- The more you breastfeed or hand express or pump your breastmilk, the more milk your body makes.

Keep your baby close
- Babies like to be held. You can’t hold a baby too much.
- Pay attention to signs your baby wants to breastfeed. Your baby may move his hand to his mouth. He may move his mouth toward your breast.

Breastfeed whenever your baby seems hungry
- Breastfeed as long as he seems hungry.
- Newborn babies need to breastfeed about every 2 hours. Your baby may like to nurse more often. Or your baby may nurse a little less often. That’s OK.

For the first 8 weeks, breastfeed 8-12 times every 24 hours. Be sure to breastfeed about every 2 hours or so.
Your baby may be sleepy during the first week or two. If your baby doesn’t wake up after 4 hours, wake him up to breastfeed. You can try this to wake him up:
- Undress him down to a diaper.
- Offer your breast.
- After your baby is breastfeeding, cover him with a blanket.

Once you are making a good milk supply, your baby will let you know how often to breastfeed. There is no need to watch the clock. As long as your baby is growing and thriving, you know your baby is getting what he needs.

Have something to drink
- Whenever you breastfeed, have a glass of water or juice. You may get thirsty when you breastfeed. Be sure to keep something you like to drink handy when you breastfeed.

How can I know if I am making enough milk?
The best way to tell you are making plenty is if by the third day, your baby has:
- At least 6 wet diapers every 24 hours. The urine should be light yellow to clear.
- At least 3 yellow bowel movements (BM or poop) every 24 hours.

Your baby should:
- Be content after breastfeeding.
- Gain about 4-7 ounces a week during the first three months. (Your baby may lose a little weight during the first week. Your baby should be back up to his birth weight or more by two weeks of age.)

Call your medical provider right away if your baby:
- Has fewer than 3 yellow bowel movements a day.
- Has fewer than 6 wet diapers a day.
- Seems unhappy and cries most of the time.
- Sleeps too long or doesn’t wake up to breastfeed at least 8 times a day.
- Does not gain weight.

Get the help you need to breastfeed
It’s a good idea to get help and advice if you have any problems or worries. No problem is too small. Don’t be afraid to ask for help right away if:
- You have any questions or worries, no matter how small.
- You feel pain, pinching, burning or stinging when you breastfeed.
- You are worried you are not making enough milk.
Going back to work or school

Think about what will work best for you

- You may be able to find a day care provider near you.
- You may be able to change your work or school schedule around your baby’s needs.
- You may be able to take your baby with you to work or school.
- You may be able to work at home.
- You could breastfeed during your breaks and at lunch.
- You may be able to wait to go back to work or school. It can help to wait until your baby is at least 3 months old.

You have many choices:

- When you are at home, you can breastfeed your baby more often.
- While you are apart, you can hand express or pump your milk. It’s a good idea to hand express or pump as often as your baby would breastfeed.
- If you need to, you can use artificial baby milk, if you don’t have enough breastmilk on hand.
- As babies get older, they breastfeed less often. Feedings get faster. Hand expression and pumping for the older baby also gets shorter and faster.

You can pump and store your breastmilk

Get a good breast pump

- Ask your health care provider about a pump.
- Call your local WIC agency.
- Call a lactation consultant.
- Learn how to hand express.
- Contact delivery hospital lactation program.

Find a private place to pump. Talk with your employer or school counselor.

- You can pump into a bottle or disposable bottle bag.
- Read the directions on the pump.

Find a place to keep the milk cold.

- You can use a refrigerator or an insulated lunch bag and ice pack to store your pumped milk.
- When you pick your baby up, you can leave the milk in the refrigerator for the next day. Or you can freeze it to use later.
- Be sure to date every bag. If you put your breastmilk:
  - In the refrigerator at 32-39°F, use it in 8 days.
  - In a small freezer inside your refrigerator, use it before 2 weeks.
  - In the freezer compartment with a separate door, use the milk before 3-4 months.
  - In a freezer with a separate door at 0°F, milk can be kept for 6 months or longer.

Take the time to breastfeed often

- Breastfeed when you first wake up.
- Try to breastfeed again at the sitter’s when you drop your baby off and when you pick your baby up.
- Your baby needs to be in your arms, skin-to-skin, smelling you, being warmed by you, many hours of the day and night. You may want to sleep with your baby very near by. That way it is easy for your baby to be in your arms part of the night.
Electric Breast Pump Rentals

Medi-Cal
Medi-Cal will cover rental of electric breast pumps for a Medi-Cal beneficiary (client), when there is a necessity.

Step 1: Assess Eligibility
The client’s eligibility must be verified before ordering equipment. If the client states that she has Medi-Cal, ask her which of the following three Medi-Cal plans she has:

- Fee-For-Service Medi-Cal (non-managed care)
- Blue Cross Medi-Cal Managed Care 1-800-407-4627
- Health Net 1-800-804-6074

Step 2: Get a Prescription
The prescription must be written for the mother with her diagnosis, using her Medi-Cal number, because she will use the equipment. The information on the written prescription must include:

- Client’s name, address, telephone, Medi-Cal number
- Baby’s condition; e.g., Infant has cleft palate.
- Diagnosis (medical necessity) to support the use of an electric breast pump. Examples include, but are not limited to, the following:

<table>
<thead>
<tr>
<th>Diagnosis</th>
<th>ICD-9 Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Failure of lactation</td>
<td>676.4</td>
</tr>
<tr>
<td>Infection of nipple</td>
<td>657.0</td>
</tr>
<tr>
<td>Lactational mastitis (purulent)</td>
<td>657.1</td>
</tr>
<tr>
<td>Lactational mastitis (non-purulent)</td>
<td>657.2</td>
</tr>
<tr>
<td>Retracted nipples</td>
<td>676.0</td>
</tr>
<tr>
<td>Cracked nipples</td>
<td>676.1</td>
</tr>
<tr>
<td>Engorgement of breasts</td>
<td>676.2</td>
</tr>
<tr>
<td>Suppressed lactation</td>
<td>676.5</td>
</tr>
<tr>
<td>Noxious influences affection newborn via breast milk</td>
<td>760.7</td>
</tr>
<tr>
<td>Inflammatory disease of breast, for example, abscess</td>
<td>611.0</td>
</tr>
</tbody>
</table>

- Equipment ordered (e.g., “electric breast pump kit”). The Health Care Financing Administration Common Procedure Coding System (HCPCS) billing code for the electric breast pump rental is X2992. The HCPCS billing code for the breast pump kit is X2994.
- Number of days, weeks, or months the rental equipment will be needed.
- Prescribing practitioner’s full name, address, telephone number, license number (if not preprinted on the prescription form.) The written prescription must be by a licensed practitioner acting within his/her scope of practice.
- Date of prescription

Step 3: Order the Electric Breast Pump
The mother’s insurance coverage determines which resources to use for her equipment needs:

- Medi-Cal Fee-for-Service: The rental of a hospital-grade electric breast pump, a benefit under the Medi-Cal Program for pregnant and postpartum women, requires authorization when the cumulative cost of renting DME items within a group exceeds $50.00 in a 15-month period. Prior authorization shall be based upon medical necessity substantiated by documentation submitted with the Treatment Authorization Request (TAR). The outpatient rental use can be granted to either the mother or infant.

Medical Criteria: Rental of the hospital-grade electric breast pump shall be authorized when direct nursing at the breast is not established during the neonatal period (the period immediately succeeding birth and continuing through the first 28 days of life), and the treating physician submits documentation of any of the following medical conditions:

1. The mother has been discharged from the hospital, but continues to be treated for postpartum complications that preclude direct nursing at the breast.
2. The infant continues to be hospitalized for a neonatal illness and/or prematurity, and the mother is no longer an inpatient.
3. The infant has a congenital neuromotor or oral dysfunction or other congenital or neonatal acquired condition that precludes effective direct nursing at the breast.
Rental of a hospital-grade electric breast pump shall be authorized when direct nursing at the breast is established during the neonatal period (the period immediately succeeding birth and continuing through the first 28 days of life) when the treating physician submits documentation that a minimum one-week prior trial of an over-the-counter electric breast pump failed to meet the mother’s or infant’s medical needs and any of the following medical conditions exists:

1. The mother has a medical condition that requires treatment of her breast milk before infant feeding.
2. The mother is receiving chemotherapy or other therapy with pharmaceutical agents that render her breast milk unsuitable for infant feeding during therapy.
3. The infant developed a medical condition or requires hospitalization that precludes direct nursing at the breast on a regular basis.

The TAR should include the following for renting a hospital-grade electric breast pump when direct nursing at the breast has been established during the neonatal period:

1. A written prescription from the physician treating the qualifying medical condition(s) listed above.
2. A detailed summary of the qualifying medical condition(s) including diagnosis and prognosis, and the expected length of need for the hospital-grade electric breast pump.
3. The infant’s age and birth date.

When a minimum one-week prior trial is required, the treating physician’s statement is needed to describe why the personal-grade electric breast pump failed to meet the medical needs of the mother or infant.

An electric breast pump rental can be provided to a Medi-Cal beneficiary without a Treatment Authorization Request if the cost does not exceed $50.00 per month. Medi-Cal reimburses $2.72 a day (up to $50.00 a month) for the rental of an electric breast pump without a TAR. This will give the client about 18 days of equipment rental before a TAR will be needed. If the rental cost of the breast pump exceeds $50.00 in a one-month period, the equipment company will need to get a TAR approved to cover the additional rental costs.

As a courtesy, the equipment companies will usually get the TAR information from the provider, complete the TAR form and send it to the Medi-Cal Field Office for review. Contact the San Jose Medi-Cal Field Office at 1-800-585-0774 if you have questions concerning the TAR process.

If a TAR is needed, you must provide the following information to the equipment company. Add your client’s specifics in place of the underlined phrases.

- Client delivery date.
- Client has plans to continue to breastfeed from date through date and will exceed allowable $50.00 maximum rental reimbursement for an electric pump.
- The electric breast pump will be needed days, weeks, months.
- Client needs an electric pump due to diagnosis indicating medical necessity of client and baby.
- Reason why a manual breast pump cannot be used for this client (e.g., needs an electric breast pump to increase the prolactin level to produce enough milk for the baby.)

- **Blue Cross Medi-Cal Managed Care:** Call the Blue Cross Utilization number for a preauthorization for electric breast pump rental (1-888-831-2246). The following companies are approved vendors to process and deliver Blue Cross electric breast pumps: General Home Medical 1(888) 311-0666 or Mainstreet Medical at 1 (888) 624-6111. For questions or problems regarding denial of services, contact Blue Cross Member Services at 1(800) 407-4627.

- **Health Net Medi-Cal Managed Care:** Preauthorization is necessary. The Health Net provider completes a prescription and orders the pump from General Home Medical at 1(888) 311-0666 or Mainstreet Medical at 1 (888) 624-6111. For questions or problems, the member would contact Health Net Member Services at 1(800) 804-6074.

- **Uninsured WIC Clients:** WIC loans electric breast pumps to WIC breastfeeding clients free of charge. Priority is given to clients with a medical necessity. Some pumps may be available for non-medical necessity (e.g., going back to work). Call WIC at 1-888-638-7177.

- **Kaiser:** Kaiser may cover breast pump rentals for a breastfeeding client when there is a medical necessity. For guidance regarding obtaining a prescription for a breast pump, call 448-2229. For patients who do not have “durable medical equipment coverage,” call 448-2229 for guidance.

- **Private Insurance:** If the client has private insurance, contact her insurance company to verify eligibility and order equipment. Some breast pump providers give the patient a copy of the invoice and have the patient submit to her insurance for reimbursement.
Tips for Successful Pumping

• Pump at approximately the same time each day.
• If separated from your baby, pump at the times your baby usually feeds.
• Promoting the milk ejection reflex (letdown) with a relaxed environment, warm compresses and gentle breast massage will improve milk flow.
• When single pumping, move the breast cup back and forth between breasts several times throughout the pumping session to improve milk yield.
• Don’t be discouraged if your first attempts result in very little milk yield. Regular pumping usually results in ample yields in one to two weeks.
• Store milk in amounts baby is expected to consume in a single feeding to avoid waste.
• Milk may be stored in glass or rigid plastic baby bottles or milk bags especially meant to freeze breast milk. Label container with date, time of collection and any unusual food or medicine consumed. Milk may be refrigerated for use within 8 days. Freezing is recommended for later use. Acceptable times for frozen storage vary with the temperature of the freezer. Long storage may create freezer burn or an off taste.
• Raw human milk separates on standing with fat rising to the top. Just shake gently to redistribute fat particles evenly.
• Human milk should be gently warmed to body temperature by standing the bottle in a bowl of warm water. Heating in boiling water or a microwave may destroy some components in human milk and scald your baby during a feeding.
• Your baby may resist initial attempts to take milk in a bottle. Using a newborn size, slow-flow nipple, and having someone else offer the feeding may make it easier. Depending on the age of the baby, cup or spoon-feeding may be more acceptable. Be Patient.
• If you require assistance, please call one of the listings in the Provider section of the Directory.
**Key to Professional Credentials**

BA/BS/BSN – Bachelor of Arts/Science/Nursing  
CCE – Certified Childbirth Educator  
CD – Certified Doula  
CLE – Certified Lactation Educator  
CLC – Certified Lactation Consultant  
CNS – Certified Nutrition Specialist  
CNM – Certified Nurse Midwife  
IBCLC – International Board Certified Lactation Consultant  
ICCE – ICEA Certified Childbirth Educator  
LCCE – Lamaze Certified Childbirth Educator (formerly ACCE)  
LE – Lactation Educator  
LEC – Lactation Educator Counselor  
LM – Licensed Midwife  
LVN – Licensed Vocational Nurse  
MA/MS/MN – Master of Arts/Science/Nursing  
MD – Medical Doctor  
MPH – Master of Public Health  
NP – Nurse Practitioner  
OTR – Occupational Therapist Registered  
PHN – Public Health Nurse  
RD – Registered Dietitian  
RN – Registered Nurse  
RPT – Registered Physical Therapist  

**Certified Lactation Educator (CLE)** – has successfully completed one week course in lactation and its management and post-seminar homework which may include a clinical component.

**Certified Lactation Consultant (CLC)** – has had extensive formal lactation education and supervised clinical training.

**International Board Certified Lactation Consultant (IBCLC)** – has had extensive formal lactation education and clinical training, has passed a certification exam, and has continuing education requirements in lactation.

**Certified Lactation Counselor (CLC)** – has taken a one week course in lactation counseling and passed a post test.

**Lactation Educator Counselor (LEC)** - has taken a one week course in lactation counseling and passed a post test.

All licensed health practitioners have additional continuing education requirements to remain current in their respective fields.

**California Breastfeeding Laws**

The American Academy of Pediatrics recommends that babies be breastfed through the first year of life. California breastfeeding data reflects that the majority of infants are not breastfed for one year. When women were surveyed, one of the reasons mothers gave for not initiating breastfeeding is they would be returning to work. Even if she had initiated breastfeeding, when she returned to work breastfeeding was discontinued. Reasons given for not initiating or continuing to breastfeed on returning to work include the following: lack of space, time or support to express milk.

**Workplace Accommodation – California Labor Code AB1025 (2001)**

1030. Every employer, including the state and any political subdivision, shall provide a reasonable amount of break time to accommodate an employee desiring to express breast milk for the employee’s infant child. The break time shall, if possible, run concurrently with any break time already provided to the employee. Break time for an employee that does not run concurrently with the rest time authorized for the employee by the applicable wage order of the Industrial Welfare commission shall be unpaid. (effective 1/1/2002)

1031. The employer shall make reasonable efforts to provide the employee with the use of a room or other location, other than a toilet stall, in close proximity to the employee’s work area, for the employee to express milk in private. The room or location may include the place where the employee normally works if it otherwise meets the requirements of this section.

1032. An employer is not required to provide break time under this chapter if to do so would seriously disrupt the operations of the employer.

1033. (a) An employer who violates any provision of this chapter shall be subject to a civil penalty in the amount of one hundred dollars ($100) for each violation.
Breastfeeding in Public—California Civil Code Section 43.3.
Not withstanding any other provision of law, a mother may breastfeed her child in any location, public or private, except the private home or residence of another, where the mother and the child are otherwise authorized to be present.

The Judicial Council shall adopt a rule of court to specifically allow the mother of a breast-fed child to postpone jury duty for a period of up to one year, providing that all steps should be taken to eliminate the need for the mother to physically appear in court to make this request, and providing that at the end of the one-year period, jury duty may be further postponed upon written request by the mother of a breast-fed child.

Breastfeeding Websites

American Academy of Pediatrics
www.aap.org

Academy of Breastfeeding Medicine
www.bfmed.org

Baby Friendly Initiative
www.bfmed.org

Academy of Breastfeeding Medicine
www.aboutus.com/a100/bfusa

San Diego Breastfeeding Coalition
www.Breastfeeding.org

Breastfeeding Task Force of Greater LA
www.BreastfeedLA.org

International Lactation Consultant Examiner
www.iblce.org

International Lactation Consultant Association
www.ILCA.org

La Leche League International
www.lalecheleague.org

Lamaze International
www.Lamaze.org

International Pediatric Chat
www.PedsChat.org

Pediatrics Electronic Journal
www.pediatrics.org

UCSF Medical Education
www.ucsf.edu/education

Breastfeeding education
www.heartfenergy.com

National Woman’s Health Information Center
www.womenshealth.gov

California WIC
www.wicworks.ca.gov

World Alliance for Breastfeeding Action
www.waba.org.br