



Breastfeeding Resources for Snohomish County

Prepared by the Breastfeeding Coalition of Snohomish County- 2014

May be reproduced. Designed for educational purposes only and may not be considered as medical advice.

Breastfeeding Services

La Leche League of Snohomish County

425.303.0311

Free telephone/home consultations; parent support groups throughout county by accredited volunteers

www.llusa.org/WA/default.html

La Leche League International-resources online

www.lalecheleague.org

Navy/Marine Relief Society Nurse

Everett/Smokey Point

425.304.3208

Prenatal/postpartum home, office and telephone consultations; breastfeeding classes; *military members/dependants only*

Pregnancy Aid/WIC-Arlington, Granite Falls, Marysville, Monroe, Silver Lake, Snohomish

West County

East County

360.657.4102

360.805.0633

Breastfeeding Peer Counselors, IBCLCs offer prenatal and postpartum office visits and consultations. Peer Counselors help available for *current clients* days, evenings and weekends.

Snohomish Health District WIC/First Steps

Everett

425.252.5303

Lynnwood

425.258.8400

Clinic-based Public Health Nurses; telephone consultations, breastfeeding classes for *current clients*

Providence Regional Medical Center-Everett

425.303.6545

fax 425.256.7588

900 Pacific AV, 2nd Floor Pavilion

Lactation & Postpartum Clinic 7 days/week

Outpatient Lactation Consultation, RN IBCLC, ARNP;

Tongue-tie assessment & treatment

Everett Clinic

425.493.6002—Harbour Pointe; Lynette Wachholz, ARNP, IBCLC

425.225.8000—Mill Creek; Betsy Ormond, ARNP, tongue-tie assessment and treatment

360.454.1941—Smokey Point; Natalie Higgins, MD

Tongue-tie revision

Step by Step

888-996-0903

First Steps home visits by community health nurses

JonaRose Feinberg, MA, IBCLC

Twins In Mind Counseling

425.835.3622

Support groups and private consultations primarily focused on supporting mothers of multiples

www.twinsinmind.com

Marcia David, LLC, IBCLC

South Snohomish County, Seattle/North King County

206.353.7255

Telephone, hospital and home consultations and private infant massage classes

Catherine Fenner, IBCLC

Nurture New Life

206.920.3084

Home visits/Office visits at Cascade Birth Center

Perinatal and lactation services

www.nurturenewlife.com

Seattle Breastfeeding Medicine

MaryAnn O'Hara, MD-MPH, PLLC, IBCLC

206.743.8639

fax 206.743.8629

Specializing in breastfeeding medicine beyond the scope of IBCLC. Referral by MD or IBCLC

Breastfeeding Coalition of Snohomish County

Find Us On Facebook

Website: <http://www.breastfeedingsnoco.org/>

Lactation education for HCPs and community. Employer assistance in meeting FLSA requirements re: workplace lactation support

WithinReach/Breastfeeding Coalition of Washington

800.322.2588

Information and referral line

www.withinreachwa.org/what-we-do/healthy-communities/breastfeeding



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Health Care Professional online resources:

Medications and Breastfeeding: <http://toxnet.nlm.nih.gov/cgi-bin/sis>

American Academy of Breastfeeding Medicine: <http://www.bfmed.org/Resources/Protocols.aspx>

American Academy of Pediatrics: www.aap.org/breastfeeding/policyOnBreastfeedingAndUseOfHumanMilk.html

Hospital Based Services

Cascade Valley Hospital-Arlington

360.618.7754

IBCLC available on call

Providence Regional Medical Center-Everett

425.303.6545

425.304.6160 for phone consultations

Inpatient and outpatient consultations, phone consultations

IBCLC available 7 days a week

Swedish Hospital-Edmonds

425.640.4072

Inpatient and outpatient consultations, phone consultations and breastfeeding classes

IBCLC available 7 days a week

Evergreen Hospital-Kirkland

425.899.3494

Inpatient and outpatient assessments, phone consultations, IBCLC available 5 days a week for outpatients.

University of Washington Hospital-Seattle

206.598.4628

IBCLC available 7 days a week for patients who delivered at UW or current patients of UW Clinics

Breastfeeding Supplies/Pumps

Nurturing Expressions, LLC

206.763.2733 fax 206.763.2122

Breast pump sales and rentals

Breastfeeding Supplies/Pumps-cont'd

Stork Shop-Swedish Hospital-Lynnwood

425.640.4776

Breastfeeding supplies (bras, lanolin, etc.), Medela breast pump sales and rentals

Pregnancy Aid/WIC-Arlington, Granite Falls, Marysville, Monroe, Silver Lake, Snohomish

West County

East County

360.657.4102

360.805.0633

Breastfeeding supplies and free manual Medela breast pumps and Medela Lactina loans & Pump 'N' Styles for *qualifying clients*

Snohomish Health District WIC / First Steps

Everett 425.252.5393 Lynnwood 425.258.8415

Free manual Medela breast pumps and Medela Lactina loans & Pump 'N' Styles for *current clients*

Baby & Family Boutique-

Evergreen Hospital-Kirkland

425.899.3603

Breastfeeding aids & Medela pumps, rental/sales

Pacific Mother's Support Inc (PMSI)-Bellevue

425.462.2577/800.578.2260 fax: 425.462.0432

Pregnancy and breastfeeding aids, breast pump sales and rentals. Medela products. Healthy Options, Molina, Community Health Plan

Norco Medical Supplies/Sales

425.949.4552

3030 Hoyt AV, Everett

Medela pumps

Medical Supply, Inc

360.563.9500 (Please call first)

131 Cedar ST, Snohomish

Phillips & Medela-no rentals