Breastfeeding Resources for Snohomish County
Prepared by the Breastfeeding Coalition of Snohomish County, April 2020
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Community/Agency Support: Public Health, WIC, etc.

**Snohomish Health District WIC**
*Everett, Lynnwood*
Clinic-based Public Health Nurses; IBCLCs; Breastfeeding Peer Counselors, telephone consultations & breastfeeding classes for current clients days, evenings, weekends. Manual, personal and hospital-grade pumps for WIC clients.
*Everett 425-252-5303 • Lynnwood 425-258-8400*

**Pregnancy Aid/WIC**
*Arlington, Granite Falls, Marysville, Monroe, Silver Lake, Snohomish*
Breastfeeding peer counselors; IBCLCs offer prenatal and postpartum office visits and consultations. Peer Counselors available for current clients days, evenings and weekends. Manual, personal and hospital-grade pumps for WIC clients.
*Arlington/Granite Falls 360-435-3735 • Marysville 360-657-4102
• Monroe 360-805-0633 • Silver Lake 425-316-8929 • Snohomish 360-568-1302*

**Tulalip Health Clinic WIC**
One-on-one support from WIC staff. Manual, personal and hospital-grade pumps for WIC clients and Tulalip community. (Tulalip employees – contact WIC office for pump and resource info.) 360-716-5625 • https://www.tulaliphealthsystem.com/CommunityHealth/WIC

**La Leche League of Snohomish County**
*Marysville, Everett, Snohomish*
Meetings, support groups, free phone support provided by accredited volunteers. 425-610-8511 • http://www.LLofWA.org • Facebook pages

**Navy/Marine Relief Society Nurse**
*Everett, Smokey Point*
Prenatal/postpartum home, office & telephone consultations; breastfeeding classes. 425-304-3208 (military members/dependents only)

**Step by Step**
*South Snohomish County, North King County*
First Steps home visits by community health nurses. 253-896-0903 • http://www.stepbystepnews.org

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**International Board Certified Lactation Consultants (IBCLCs) – Private Practice**

**Michelle Bielicki, IBCLC • Seattle Lactation**
*Snohomish County, North King County*
Home visits, support groups.
*206-412-1776 • seattlelactation.com*

**Brandi Crockett, IBCLC • Mountain Mama Lactation**
*Snohomish County, King County*
Home visits throughout Snohomish and King Counties.
*425-327-7491 • http://www.mountainmamalactation.com*

**Shannon Demiter, IBCLC • Snohomish Valley Breastfeeding**
*Snohomish County, Island County*, *Skagit County, and NE King County*
In home consultations.
*253-350-5123 • http://www.snohomishvalleybreastfeeding.com*

**Catherine Fenner, IBCLC • Nurture New Life**
*North King & South Snohomish Counties*
In-home and office consultations, prenatal and postpartum feeding classes.
*206-920-3084 • http://www.nurturenewlife.com*

**Joy MacTavish, MA, IBCLC, RLC, ICCE • Sound Beginnings**
*Snohomish County, North King County/Seattle*
In-home consultations; office consultations in Shoreline; related support including baby wearing, return to work, sleep, & more.
*206-225-8295 • http://www.soundbeginningsfamily.com*

For best outcomes, take a breastfeeding class, check out online resources, see if you qualify for WIC, find a lactation consultant, and find out how to get a pump if you need one – all while you’re still pregnant. Additional resources are available - work with your IBCLC or WIC office to identify the appropriate resources for your needs.

Contact your health care provider or an IBCLC (lactation consultant) if you have any concerns or if... • You did not feel your milk come in by day 3 or 4. • Your baby is very sleepy and does not wake to feed. • You have breast and/or nipple pain. • Your breasts are uncomfortably full and do not feel softer after feedings. • Your baby has a fever or is too sleepy to feed. • You feel like you have the flu or if you are running a fever. • You are considering using formula because of problems with breastfeeding.
Health Care Providers (MDs, NDs, etc. – may require a referral)

We recommend working with an IBCLC as the first step in assessing feeding difficulties and coordinating wrap-around care for challenges that may require referral to a health care provider, such as tongue and lip tie.

BreAnne Marcucci, MSN, ARN, FNP-C, IBCLC • Pacific Wellness & Lactation, Everett
Lactation & Perinatal care clinic with weekend availability; outpatient lactation consultations, RN, IBCLC, ARNP available; tongue tie assessment & treatment via laser. 425-322-4913 • Fax 425-512-8539 • http://www.pwlactation.com

MaryAnn O’Hara, MD-MPH, PLLC, IBCLC • Seattle Breastfeeding Medicine
Specializing in breastfeeding medicine beyond the scope of IBCLC. Must have referral by MD or IBCLC. 206-743-8639 • Fax 206-743-8629 • www.seattlebfclinic.com

Timothy O’Meara, MD • Everett Clinic, Mill Creek
Pediatrics Dept. Evaluation and release of tongue ties. 425-225-8002

Chenelle Roberts, ND, LM • Docere Center for Natural Medicine, Seattle
Pediatrics and family medicine; tongue tie assessment and treatment. 206-706-0306 • http://www.docerecenter.com

Sara Silvestri, DDS • North Star Pediatric Dentistry, Mill Creek
Tongue tie assessment and treatment via laser. Ability to treat older children with anesthesia. 425-481-7827 • kidsdentistofmillcreek.com

Hospital-Based Breastfeeding Support

Cascade Valley Hospital, Arlington
IBCLC on call. 360-618-7754

Skagit Valley Hospital, Mount Vernon
Inpatient and outpatient lactation services. 360-814-2283

Evergreen Hospital, Kirkland
Inpatient and outpatient IBCLC services; support groups. 425-899-3494

Swedish Hospital, Edmonds
Inpatient IBCLC support. No outpatient services. 425-640-4072

Providence Regional Medical Center, Everett
Inpatient and outpatient IBCLC services; support groups; postpartum clinic. 425-303-6545 • Fax 425-258-7588

Supplies, Breast Pumps, DME Providers (pumps also available through WIC)

Baby & Family Boutique - Evergreen Hospital, Kirkland
Breastfeeding supplies & Medela pumps, rental/sales. Call for individual guidance on insurance coverage. 425-899-3603

Norco Medical Supplies & Sales
Medela & Spectra pumps. Bills most insurance, including state plans (for first pump only). 425-949-4552 • 3030 Hoyt Ave., Everett.

Nurturing Expressions, LLC
Seattle, Poulso, and Tacoma offices. Additional pickup site at Our Perfect Baby, Mountlake Terrace. Sales and rentals of breast pumps; will bill insurance for pump. Complete online inquiry or call for assistance. 206-763-2733 • Fax 206-763-2122 • http://www.nurturingexpressions.com

Our Perfect Baby (Seattle Orthotics and Prosthetics), Mountlake Terrace
Personal use pumps (sales only); assistance in determining insurance coverage, will bill covered insurance and ship to home. Pickup location for Nurturing Expressions pump rentals. 800-403-3895 or 425-563-1309 • Fax 206-763-2122• http://www.ourperfectbaby.com

Pacific Mother’s Support Inc (PMSI), Bellevue
Pregnancy and breastfeeding aids, breast pump sales and rentals. Medela, Spectra, and Ameda pumps. Accepts most insurance. Contract provider for Kaiser plans. 425-462-0577 or 800-578-2260 • Fax 425-462-0432 • info@pacificmsi.com • www.PacificMSI.com

See breastfeedingnoco.org/resources for additional options for those covered by Apple Health/Medicaid.

Additional Resources

Breastfeeding Coalition of Washington
Workplace lactation resources for parents and employers. www.wabreastfeeding.org

KellyMom.com – Evidence-based breastfeeding info
www.kellymom.com

Nursing in Public
Washington law protects the right to breastfeed in public places, including parks, buses, government buildings, restaurants, stores, libraries, etc. See WABreastfeeding.org for more details.

LactMed – NIH Info on Medications and Breastfeeding

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