



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, Arlington, Everett, Snohomish

Meetings, support groups, free phone support provided by accredited volunteers.

425-610-8511 • <http://www.LLLOfWA.org> • Facebook pages

Navy/Marine Relief Society Nurse

Everett, Snokey 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>

International Board Certified Lactation Consultants (IBCLCs) – Private Practice

Michelle Bielicki, IBCLC • Seattle Lactation

South Snohomish County, North King County

Home visits, support groups.

206-412-1776 • seattlilactation.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

South 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 Slivestri, 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

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

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

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

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

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, Poulsbo, 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 breastfeedingsnoco.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

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.

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

LactMed – NIH Info on Medications and Breastfeeding <https://toxnet.nlm.nih.gov/newtoxnet/lactmed.htm>

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