



Breastfeeding Resources for Snohomish County

Prepared by the Breastfeeding Coalition of Snohomish County, July 2016

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Community/Agency Support: Public Health, WIC, etc.

La Leche League of Snohomish County

Marysville, Arlington, Everett, Snohomish

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

425-610-8511 • LLLofWA.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

First Steps home visits by community health nurses.

253-896-0903 • stepbystepnews.org

Snohomish Health District WIC/First Steps

Everett, Lynnwood

Clinic-based Public Health Nurses; telephone consultations & breastfeeding classes for *current clients*. 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. West County 360-657-4102 • East County 360-805-0633

Tulalip Health Clinic WIC

Breastfeeding classes and 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 • www.facebook.com/TulalipWIC

International Board Certified Lactation Consultants (IBCLCs) – Private Practice

Brandi Crockett, IBCLC • Mountain Mama Lactation

Snohomish County, North King County

Home visits throughout Snohomish County; Support Groups.

425-327-7491 • mountainmamalactation.com

Catherine Fenner, IBCLC • Nurture New Life

North King & South Snohomish Counties, Everett area

Home visits; office visits at Cascade Birth Center. Perinatal and lactation services.

206-920-3084 • nurturenewlife.com

JonaRose Feinberg, MA, IBCLC • Twins in Mind Consulting

South Snohomish County, North King County

Support groups and home-visit consultations primarily focused on supporting families with multiples. Private prenatal breastfeeding classes.

425-835-36622 • twinsinmind.com

Joy MacTavish, MA, IBCLC, RLC, ICCE • Sound Breastfeeding

South Snohomish County, North King County/Seattle

In-Home consultations, phone and email support, and community classes in Edmonds and Seattle.

206-225-8295 • soundbreastfeeding.com

Marcia David, LLC, IBCLC

South Snohomish County, North King County, Seattle

Hospital and home visits; infant massage.

206-353-7255

Michelle Bielicki, IBCLC • Seattle Lactation

South Snohomish County, North King County

Home visits, support groups.

206-412-1776 • seattlelactation.com

For best results, take a breastfeeding class, check out the 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)

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.*
Phone 206-743-8639 • fax 206-743-8629 •
<https://www.facebook.com/SeattleBfMed>

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

Providence Regional Medical Center, Everett
Lactation & postpartum clinic 7 days/week; outpatient lactation consultation, RN, IBCLC, ARNP available; tongue tie assessment & treatment.
Phone 425-303-6545 • Fax 425-258-7588

Kristina Chamberlain, CNM, ARNP, IBCLC • Eastside Women’s Health, Kirkland

Office-based lactation support; tongue tie assessment and treatment (infants <28 days)
425-836-6847 • eastsidewomenshealth.com/

Elias Kass, ND, LM, CPM • One Sky Family Medicine, Seattle

Pediatrics and family medicine; tongue tie assessment and treatment.
206-363-5555 • oneskyfamilymedicine.com/

Chenelle Roberts, ND, LM • Docere Center for Natural Medicine, Seattle

Pediatrics and family medicine; tongue tie assessment and treatment.
206-706-0306 • docerecenter.com

Hospital-Based Breastfeeding Support

Providence Regional Medical Center, Everett
Inpatient and outpatient IBCLC services; outpatient office visits.
Phone 425-303-6545 • Fax 425-256-7588

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

Swedish Hospital, Edmonds
Inpatient and outpatient consults.
425-640-4072

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

University of Washington Hospital, Seattle
IBCLC services for UW clinic patients or families who gave birth at UW.
206-598-4628

Supplies, Breastpumps, DME Providers (pumps also available through WIC)

Nurturing Expressions, LLC
Sales and rentals of breast pumps; will bill insurance for pump.
Phone 206-763-2733 • Fax 206-763-2122 •
nurturingexpressions.com

Baby & Family Boutique - Evergreen Hospital, Kirkland
Breastfeeding supplies & Medela pumps, rental/sales.
425-899-3603

Pacific Mother’s Support Inc (PMSI), Bellevue
Pregnancy and breastfeeding aids, breast pump sales and rentals. Medela products. Accepts insurance: Healthy Options, Molina, Community Health Plan.
Phone 425-462-2577 or 800-578-2260 • Fax 425-462-0432

Norco Medical Supplies & Sales
Medela pumps.
425-949-4552 • 3030 Hoyt Ave.

Babies R Us, multiple locations
Personal and rental pumps. No lactation services – pumps only.

Our Perfect Baby, Mountlake Terrace
Personal use pumps (sales only); assistance in determining insurance coverage.
425-563-1309 • ourperfectbaby.com

Additional Resources

Breastfeeding Coalition of Snohomish County
Lactation education for health care providers and community; advocacy and education.
breastfeedingsnoco.org •
www.facebook.com/BreastfeedingSnoCo

WithinReach/Breastfeeding Coalition of Washington
Information and referral line. Workplace lactation resources for parents and employers.
800-322-2588 • withinreachwa.org

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>

Nursing in Public

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