



# Breastfeeding Resources for Snohomish County

Prepared by the Breastfeeding Coalition of Snohomish County, March 2018

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

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## First Steps/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 • <http://www.facebook.com/TulalipWIC>

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

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### Michelle Bielicki, IBCLC • Seattle Lactation

South Snohomish County, North King County

Home visits, support groups.

206-412-1776 • [seattlelactation.com](http://seattlelactation.com)

### Brandi Crockett, IBCLC • Mountain Mama Lactation

Snohomish County, North King County

Home visits throughout Snohomish County; Support Groups.

425-327-7491 • [mountainmamalactation.com](http://mountainmamalactation.com)

### Shannon Demiter, IBCLC • Snohomish Valley Breastfeeding

Snohomish County, Island County, Skagit County, and NE King County.

In home consultations.

253-350-5123 • [snohomishvalleybreastfeeding.com](http://snohomishvalleybreastfeeding.com)

### La Leche League of Snohomish County

Marysville, Arlington, Everett, Snohomish

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

425-610-8511 • [LLofWA.org](http://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 • [stepbystepnews.org](http://stepbystepnews.org)

### 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.

425-835-3622 • [twinsinmind.com](http://twinsinmind.com)

### Catherine Fenner, IBCLC • Nurture New Life

North King & South Snohomish Counties, Everett area

In home consultations, breastfeeding classes, and return to work planning.

206-920-3084 • [nurturenewlife.com](http://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 • [soundbeginningsfamily.com](http://soundbeginningsfamily.com)

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**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)

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### **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/](http://eastsidewomenshealth.com/)

### **Elias Kass, ND • Seattle**

Primary care pediatrics, infant feeding, tongue and lip tie assessment and treatment.  
[dreliaaskass.com](http://dreliaaskass.com)

### **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.  
425-322-4913 • Fax 425-512-8539 • [pwlactation.com](http://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.*  
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

### **Chenelle Roberts, ND, LM •**

#### **Docere Center for Natural Medicine, Seattle**

Pediatrics and family medicine; tongue tie assessment and treatment.  
206-706-0306 • [docerecenter.com](http://docerecenter.com)

## Hospital-Based Breastfeeding Support

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### **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

### **Swedish Hospital, Edmonds**

Inpatient and outpatient consults.  
425-640-4072

### **University of Washington Hospital, Seattle**

IBCLC services for UW clinic patients or families who gave birth at UW. 206-598-4628

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

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### **Baby & Family Boutique - Evergreen Hospital, Kirkland**

Breastfeeding supplies & Medela pumps, rental/sales. Will submit to some insurance plans but not those with Apple Health/Medicaid. 425-899-3603

### **Norco Medical Supplies & Sales**

Medela pumps. Bills most insurance.  
425-949-4552 • 3030 Hoyt Ave., Everett.

### **Nurturing Expressions, LLC**

Seattle and Poulsbo offices. Sales and rentals of breast pumps; will bill insurance for pump.  
206-763-2733 • Fax 206-763-2122 • [nurturingexpressions.com](http://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. 425-563-1309 • [ourperfectbaby.com](http://ourperfectbaby.com)

### **Pacific Mother's Support Inc (PMSI), Bellevue**

Pregnancy and breastfeeding aids, breast pump sales and rentals. Medela, Spectra, and Ameda pumps. Accepts insurance but no longer contracted with Apple Health/Medicaid.  
425-462-2577 or 800-578-2260 • Fax 425-462-0432

See [breastfeedingsnoco.org/resources](http://breastfeedingsnoco.org/resources) for additional options for those covered by Apple Health/Medicaid.

## Additional Resources

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### **WithinReach/Breastfeeding Coalition of Washington**

Information and referral line. Workplace lactation resources for parents and employers. 800-322-2588 • [withinreachwa.org](http://withinreachwa.org)

### **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](http://WithinReachWA.org) for more details.

### **KellyMom.com – Evidence-based breastfeeding info**

[www.kellymom.com](http://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>