

Lactation Coalition of King County

2021 Resources

This document has been compiled by the Lactation Coalition of King County. If you would like to donate to the organization, you can do so here: <http://www.wabreastfeeding.org/donate/>

The Affordable Care Act requires most health insurance plans, including Apple Health, to provide lactation related equipment and counseling for pregnant and lactating people. Contact your health plan for further information.

In-Person and Virtual Lactation Support Services

[Public Health Seattle King County WIC Programs](#) offer lactation support with Breastfeeding Peer Counselors, board-certified lactation consultants, breastfeeding products, and manual or electric breast pumps to WIC eligible participants. Call 206-263-8363 to talk to a Breastfeeding Peer Counselors

[Birth for the People - Lactation](#) - directory and networking resource that links BIPOC families (Black and Indigenous People of Color) to birth services provided by BIPOC birth professionals. Having racially and culturally relevant care can make a *real* difference in the birth experiences of BIPOC communities. Here you can find service providers in the Puget Sound area for an empowered perinatal journey. Find someone to support you from pre-conception to birth and beyond!

[Open Arms Perinatal Services Lactation Support Program](#) offers no cost, pre, peri, and postnatal lactation support provided by Lactation Support Peer Counselors, midwives, lactation consultants and other lactation specialists. Those who identify as African American/Black, American Indian/Alaska Native, or Pacific Islander are invited to join our Lactation Support Program to enroll during pregnancy through the baby's 1st year of life. Drop in Virtual Lactation Lounges are open to all pregnant and lactating families at various days and times throughout the week.

Phone: 206-866-0729 (Spanish-language line: 206-317-1842)

Email: lactation@openarmsps.org

Lactation Support Program <https://www.openarmsps.org/lactationsupport/>

Lactation Lounges: <https://www.openarmsps.org/lactationlounges/>

Facebook: [Open Arms Lactation Support Peer Counselors](#)

Instagram: [openarmspslactation](#)

Twitter: [@OAPS Lactation](#)

YouTube: [Open Arms Perinatal Services Lactation Program](#)

[La Leche League Groups](#) offer free breastfeeding support by community members and [online resources](#) for breastfeeding parents. Find a group near you by visiting the [website](#) or call: 206-522-1336

[Nurturing Expressions](#) offers lactation support, breast pumps, and other supplies. Insurance billing is available. Call 206-763-2733

[Attachment Parenting International Seattle Chapter on the website](#) is a monthly meeting for parents to share breastfeeding stories and concerns with other parents.

[United States Lactation Consultant Association](#): Visit this website to find a lactation consultant (IBCLC) near you.

[MultiCare Virtual Support](#) offers virtual appointments with lactation consultants including diagnosis, treatment and prescriptions if needed. Appointments and visits are free for WIC participants and Medicaid clients without referral. Interpretive services are available. Most appointments available Monday – Friday 8am – 4:30pm. Call 253-403-1681

VIRTUAL LACTATION CLASSES

Evergreen Health (Kirkland)

Call Healthline to register: 425-899-3000.

Breastfeeding, Pumping, Baby Care, and Parent support groups

<https://www.evergreenhealth.com/baby-care>

Courses may be covered or reduced fee for medicaid clients.

Swedish Hospital

<https://psjhcrmwebsites.microsoftcrmpartals.com/home?region=SWD&ministry=ASWDC&service=PC>

Website navigating note: Click on the breastfeeding session you'd like to attend then look for "Pass information" on the right side to see how many spots are available. Call 206-215-3338. There's a \$25 dollar fee but it can be waived with a Provider One number.

[Parent Trust for Washington Children's Great Starts Program Breastfeeding Class](#)

2.5 hour class covers all the basics of breastfeeding. Also available as a Breastfeeding & Newborn Care combination class. This class is included in all comprehensive Birth and Parenting Preparation series that are 3 weeks in length or longer and Expecting Multiples) which are also eligible for

Phone Support for Lactation

[National Breastfeeding Helpline](#) offers breastfeeding support through peer counselors in English and Spanish Monday- Friday 6am – 3pm PST. Call 1-800-994-9662

[Infant Risk](#) Center in Texas for breastfeeding and medication questions. 806-352-2519

<https://helpmegrowwa.org> offers links and provides access to local resources regarding pregnancy, child development, breastfeeding and children with special healthcare needs. This resource is a great place to start to connect families with local resources (food banks, parent support groups, low-cost healthcare clinics, free birth control...etc)
1-800-322-2588

[Office on Women's Health](#): Online resource for breastfeeding parents ranging from deciding to breastfeed to storing milk safely. The helpline offers breastfeeding support by phone, but does not provide medical advice and cannot diagnose or treat medical conditions 1-800-994-9662 [6am — 3 pm PST, Monday — Friday]

Online Resources About Lactation

[Breastfeeding Coalition of Washington](#) offers resources for breastfeeding families and support for parents returning to work while breastfeeding

[Breastfeeding USA](#) provides information and support via a network of accredited breastfeeding counselors.

[Global Health Media](#) contains many videos regarding common breastfeeding topics in many languages

[Kelly Mom Parenting Breastfeeding](#) offers free information about breastfeeding parents, babies, breastmilk, milk supply, common concerns and issues, and returning to work

[La Leche League](#) offers [online resources](#) for breastfeeding parents

[Office on Women's Health Breastfeeding Fact Sheet \(English\) \[PDF\]](#)
[Office on Women's Health Breastfeeding Fact Sheet \(Spanish\) \[PDF\]](#)

Hospital-Based Lactation Support, By Area

Seattle Area

Seattle Children's Lactation Services: 206-987-1420 (or 7-1420 from any phone inside the hospital) for an appointment or more information if 1 of these is true:

- Your baby is staying overnight at Seattle Children's.
- You know your baby will be brought to Seattle Children's right after birth because of a prenatal diagnosis.
- Seattle: 206-987-2613
- Bellevue: 425-454-4644
- South Clinic in Federal Way: 253-838-5878

Swedish Medical Center Mom's Line

- Call 206-386-3740 Monday – Friday between 9am – 4:30pm PST
- Call 206-386-6667 after hours and weekends
- Outpatient Lactation:
 - Ballard: 425-409-0447
 - Edmonds: 425-697-9671
 - First Hill: 425-409-0447
 - Issaquah: 425-651-6447

University of Washington:

- 206-956-1955 for resources
- 206-598-4628 for lactation clinic

Eastside

Evergreen Hospital (Kirkland):

- Breastfeeding Center: 425-899-3494
- Baby and Family Boutique (pumping and bra fitting): 425-899-3603
- 24 hour Nurse Health-line and class registration: 425-899-3000
 - Free 0-3 month Parent-Baby Group, support groups through 15 months
 - Free "This is Not What I Expected" postpartum mood adjustment support group meets 1st and 3rd Tuesdays of every month

Overlake Hospital (Bellevue): 425-688-5389

Kaiser Permanente (Bellevue Medical Center): 425-502-4230

- Free Breastfeeding Class first Wednesday of each month from 6-7:30 PM

Swedish Issaquah Outpatient Lactation: 425-651-6447

South King County

- Auburn Regional Medical Center: 253-333-2698
- St Elizabeth Hospital (Enumclaw): 360-802-3251
- Valley Medical Center (Renton): 425-228-3440 extension 2526
- CHI Franciscan Lactation Services
 - St. Francis Hospital, Federal Way
 - St. Michael Medical Center, Burien (formerly Highline Medical Center)
 - 253-382-8580
 - Billing for most insurance, including Medicaid
 - Franciscan Family Education also offers online breastfeeding classes, www.chifranciscan.org/registration

International Board Certified Lactation Consultants (IBCLCs), By Area

Seattle

Michelle Bielicki, IBCLC • Seattle Lactation

Home visits in *North King County*

206-412-1776 • seattlelactation.com

Brandi Crockett, IBCLC • Mountain Mama Lactation

Home visits throughout King County

425-327-7491 • mountainmamalactation.com

Shannon Demiter, IBCLC • Snohomish Valley Breastfeeding

In home consultations *NE King County*

253-350-5123 • snohomishvalleybreastfeeding.com

Catherine Fenner, IBCLC • Nurture New Life

In-home and office consultations, prenatal and postpartum feeding classes *North King County*

206-920-3084 • nurturenewlife.com

Joy MacTavish, MA, IBCLC, RLC • Sound Beginnings

North King County/Seattle and virtual support to those outside of the area

Support with lactation, gentle sleep, babywearing & more. Scale rentals available.

206-973-0337 • soundbeginningsfamily.com

Eastside

Dayna Hall, IBCLC

[Fern Valley Natural Health](#) (Bellevue-Redmond border) offers prenatal education and lactation support, in-person and virtual options (as appropriate). Most insurances accepted, including Medicaid

Health Care Providers

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 ties.

Elias Kass, ND • Seattle

Pediatrics; tongue tie assessment and treatment.

206-203-2509 (Phone, text/SMS, not secure) • drelaskass.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 • seattlebfclinic.com

[Health:Latch](#) - Tongue-Tie diagnosis and treatment. 425-310-8430

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

Pediatrics and family medicine; tongue tie assessment and treatment.

206-706-0306 • docerecenter.com

Loren Riccio, ND, LM, CPM • Fern Valley Natural Health, Bellevue

Pediatrics and family medicine; tethered oral tissues assessment and treatment. Collaborative care with in-house IBCLC and local bodywork providers for optimizing timing of release(s) and oral motor/feeding rehabilitation. Most insurances accepted, including Medicaid.

425-505-2745 • fernvalleyhealth.com

Lactation Supplies Resources

Local resources for lactation supplies including pump purchase and rental, scale rentals, and more.

[Nurturing Expressions](#) offers lactation support, breast pumps, and other supplies. Insurance billing is available. Call 206-763-2733

Other Local Lactation Coalition Resources:

Skagit: <https://skagitbreastfeeding.org/bf-resources.html>

Snohomish: <http://www.breastfeedingsnoco.org/resources/resource-guide-2020/>

South Sound:

https://8616878d-65eb-48e2-96c5-93d09ec5e9d5.filesusr.com/ugd/eec2a7_c880fd09bdd0416cb818bb6ac46df3db.pdf

Non-King County Specific Commercial options to discuss for possible inclusion:

[Medela Moms' room](#) is a way for new or expecting parents to connect with other parents. The site offers breastfeeding education and 24/7 breastfeeding support.

[Lactation Link](#): Free breastfeeding online 6-day course. You will receive 6 days of emails with information to boost your confidence and success in breastfeeding.