

Lactation Coalition of King County  
2021 Resources

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Resource Type	Resource	Geography	Services Offered	Languages	Website	Phone	Email
Community and Agency Lactation Support	Public Health Seattle King County WIC Programs	Multiple	Offers lactation support with breastfeeding peer counselors, board-certified lactation consultants, breastfeeding products, and manual or electric breast pumps to WIC eligible participants. In addition to lactation support, offers families access to nutritious foods, nutrition education, health assessments, and referrals.	Multiple	<a href="https://kingcounty.gov/depts/health/child-teen-health/women-infants-children.aspx">https://kingcounty.gov/depts/health/child-teen-health/women-infants-children.aspx</a>	206-263-9300	
Community and Agency Lactation Support	Birth for the People Lactation	Multiple	Directory and networking resource that links BIPOC families (Black and Indigenous People of Color) to birth services provided by BIPOC birth professionals for support from preconception to birth and beyond.	English	<a href="https://www.birthforthepeople.com/lactation">https://www.birthforthepeople.com/lactation</a>		<a href="mailto:birthforthepeople@gmail.com">birthforthepeople@gmail.com</a>
Community and Agency Lactation Support	Open Arms Perinatal Services Lactation Support Program	Multiple	Offers no cost, pre, peri, and postnatal lactation support provided by 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 the Lactation Support Program to enroll during pregnancy for support 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.	Multiple	<a href="https://www.openarmsps.org/">https://www.openarmsps.org/</a>	206-866-0729 206-317-1842 (Spanish-language line)	<a href="mailto:lactation@openarmsps.org">lactation@openarmsps.org</a>
Community and Agency Lactation Support	La Leche League Groups	Multiple	Offers free breastfeeding support by community members and online resources for breastfeeding parents.	Multiple	<a href="https://www.llli.org/">https://www.llli.org/</a>	206-522-1336	<a href="mailto:info@llli.org">info@llli.org</a>
Community and Agency Lactation Support	Nurturing Expressions	Multiple	Offers lactation support, breast pumps, and other supplies. Insurance billing is available.	English	<a href="https://www.nurturingexpressions.com/">https://www.nurturingexpressions.com/</a>	206-763-2733	
Community and Agency Lactation Support	United States Lactation Consultant Association	Multiple	Visit their website to find a lactation consultant (IBCLC) near you.	English	<a href="https://uslca.org/resources/find-an-ibclc/">https://uslca.org/resources/find-an-ibclc/</a>	202-738-1125	<a href="mailto:info@uslca.org">info@uslca.org</a>
Community and Agency Lactation Support	MultiCare Virtual Support	Multiple	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.	Multiple	<a href="https://www.multicare.org/services-and-departments/pregnancy/womens-care-pregnancy-after/womens-care-pregnancy-breastfeeding/">https://www.multicare.org/services-and-departments/pregnancy/womens-care-pregnancy-after/womens-care-pregnancy-breastfeeding/</a>	253-403-1681	
Virtual Lactation Classes	Evergreen Health (Kirkland)	Eastside	Breastfeeding, pumping, baby care, and parent support groups. Courses may be covered or reduced fee for medicaid clients.	English	<a href="https://www.evergreenhealth.com/baby-care">https://www.evergreenhealth.com/baby-care</a>	425-899-3494	

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Virtual Lactation Classes	Swedish Hospital	Multiple	Online/ Virtual birth and parenting courses including a 75-minute breastfeeding course covering the first feeding, signs baby is getting enough milk, proper positioning and latch, feeding frequency and duration, and how to express and store milk. 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. There is a \$25 fee that can be waived with a Provider One number.	English	<a href="https://psihcrmwbsites.microsoftportals.com/home?region=SWD&amp;ministry=ASWDC&amp;service=PC">https://psihcrmwbsites.microsoftportals.com/home?region=SWD&amp;ministry=ASWDC&amp;service=PC</a>	206-215-3338	
Virtual Lactation Classes	Parent Trust for Washington Children's Great Starts Program Breastfeeding Class	Multiple	2.5 hour class that covers all the basics of breastfeeding. Also available as a Breastfeeding & Newborn Care combination class. This class is included in the comprehensive Birth and Parenting Preparation series that are 3 weeks in length or longer (or Expecting Multiples) Scholarships available.	English	<a href="https://www.parenttrust.org/families/classes/parenting-preparation/breastfeeding/">https://www.parenttrust.org/families/classes/parenting-preparation/breastfeeding/</a>	206-789-0883	<a href="mailto:greatstarts@parenttrust.org">greatstarts@parenttrust.org</a>
Phone Support for Lactation	National Breastfeeding Helpline	Multiple	Offers breastfeeding support through peer counselors in English and Spanish Monday - Friday 6am - 3pm PST.	Spanish English	<a href="https://www.womenshealth.gov/about-us/what-we-do/programs-and-activities/helpline">https://www.womenshealth.gov/about-us/what-we-do/programs-and-activities/helpline</a>	1-800-994-9662	
Phone Support for Lactation	Help Me Grow WA	Multiple	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)	Spanish English	<a href="https://helpmegrowwa.org/">https://helpmegrowwa.org/</a>	1-800-322-2588	
Phone Support for Lactation	Office on Women's Health	Multiple	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. Monday - Friday 6am - 3pm PST	Multiple	<a href="https://www.womenshealth.gov/breastfeeding">https://www.womenshealth.gov/breastfeeding</a>	1-800-994-9662	
Online Resources About Lactation	Breastfeeding Coalition of Washington	Online	Offers resources for breastfeeding families and support for parents returning to work while breastfeeding.	English	<a href="http://www.wabreastfeeding.org/resources/work-and-breastfeeding/for-moms/">http://www.wabreastfeeding.org/resources/work-and-breastfeeding/for-moms/</a>		<a href="mailto:wabreastfeeding@gmail.com">wabreastfeeding@gmail.com</a>
Online Resources About Lactation	Breastfeeding USA	Online	Provides information and support via a network of accredited breastfeeding counselors.	Spanish English	<a href="https://breastfeedingusa.org/">https://breastfeedingusa.org/</a>	612-293-6622	
Online Resources About Lactation	Global Health Media	Online	Contains videos regarding common breastfeeding topics in many languages.	Multiple	<a href="https://globalhealthmedia.org/videos/breastfeeding/">https://globalhealthmedia.org/videos/breastfeeding/</a>		
Online Resources About Lactation	Kelly Mom Parenting Breastfeeding	Online	Offers free information about breastfeeding parents, babies, breastmilk, milk supply, common concerns and issues, and returning to work.	English	<a href="https://kellymom.com/">https://kellymom.com/</a>		
Online Resources About Lactation	La Leche League Online Resources	Online	Online resources for breastfeeding parents	Multiple	<a href="https://www.llli.org/breastfeeding-info/">https://www.llli.org/breastfeeding-info/</a>	1-800-Laleche (525-3243)	<a href="mailto:info@llli.org">info@llli.org</a>
Online Resources About Lactation	Office on Women's Health Fact Sheet (English)	Online		English	<a href="https://owh-wh-d9-dev.s3.amazonaws.com/s3fs-public/documents/fact-sheet-breastfeeding.pdf">https://owh-wh-d9-dev.s3.amazonaws.com/s3fs-public/documents/fact-sheet-breastfeeding.pdf</a>		

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Hospital-Based Lactation Support	Seattle Children's Lactation Services	Multiple	If your baby is staying overnight at Seattle Children's or if you know your baby will be brought to Seattle Children's right after birth because of a prenatal diagnosis contact lactation services for an appointment or more information. Lactation Services provides lactation support, breast-pumping support, safe storage for milk, lactating moms meals program, and donated breast milk.	Multiple	<a href="https://www.seattlechildrens.org/clinics/nutrition/lactation-services/">https://www.seattlechildrens.org/clinics/nutrition/lactation-services/</a>	Seattle: 206-987-2613 Bellevue: 425-454-4644 Federal Way: 253-838-5878	
Hospital-Based Lactation Support	Swedish Medical Center	Seattle	Outpatient lactation specialists, breastfeeding support groups, and breastfeeding classes for returning to work or school. Outpatient lactation consultants in Ballard, First Hill and Issaquah.	English	<a href="https://www.swedish.org/services/pregnancy-and-childbirth/mom-baby/breastfeeding">https://www.swedish.org/services/pregnancy-and-childbirth/mom-baby/breastfeeding</a>	206-386-3740: Mon - Fri, 9am - 4:30pm PST  206-386-6667: after hrs & weekends	
Hospital-Based Lactation Support	University of Washington	Seattle	Resources and lactation clinic	English		206-956-1955 for resources 206-598-4628 for lactation clinic	
Hospital-Based Lactation Support	Evergreen Hospital (Kirkland)	Eastside	Breastfeeding center, baby & family boutique, pumping & bra fitting, 24 hour nurse health-line, and classes. 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.	English	<a href="https://www.evergreenhealth.com/health-services/pregnancy-birth/breastfeeding/">https://www.evergreenhealth.com/health-services/pregnancy-birth/breastfeeding/</a>	Breastfeeding Center: 425-899-3494 Baby & Family Boutique: 425-899-3603 Nurse Health-line: 425-899-3000	
Hospital-Based Lactation Support	Overlake Hospital (Bellevue)	Eastside	Ongoing breastfeeding support through private consultations with lactation specialists, telephone counseling, breastfeeding support groups, pump rentals and instructions and breastfeeding tips.	English	<a href="https://www.overlakehospital.org/services/mom-baby-care-center/ongoing-breastfeeding-support">https://www.overlakehospital.org/services/mom-baby-care-center/ongoing-breastfeeding-support</a>	425-688-5389	
Hospital-Based Lactation Support	Kaiser Permanente (Bellevue Medical Center)	Eastside	For those with Kaiser Permanente health plans, there is a free breastfeeding class first Wednesday of each month from 6 - 7:30pm.	English	<a href="https://wa.kaiserpermanente.org/html/public/services/lactation">https://wa.kaiserpermanente.org/html/public/services/lactation</a>	425-502-4230	
Hospital-Based Lactation Support	Swedish Issaquah Outpatient Lactation	Eastside	Breastfeeding supplies and pump rentals.	English	<a href="https://www.swedish.org/services/pregnancy-and-childbirth/mom-baby/breastfeeding">https://www.swedish.org/services/pregnancy-and-childbirth/mom-baby/breastfeeding</a>	425-313-7097	
Hospital-Based Lactation Support	Auburn Regional Medical Center	South King County	Breastfeeding support and International Board Certified Lactation Consultants with virtual breastfeeding consultations and outpatient consultations at the Auburn Medical Center.	English	<a href="https://www.multicare.org/services-and-departments/pregnancy/womens-care-pregnancy-after/womens-care-pregnancy-breastfeeding/">https://www.multicare.org/services-and-departments/pregnancy/womens-care-pregnancy-after/womens-care-pregnancy-breastfeeding/</a>	Virtual Consultations: 253-403-1681 Outpatient Clinic: 253-545-2522	

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Hospital-Based Lactation Support	St Elizabeth Hospital (Enumclaw)	South King County	Breastfeeding support with certified lactation consultants and outpatient follow-up appointments.	English	<a href="https://www.chifranciscan.org/health-care-services/womens-care/pregnancy-and-childbirth/birth-centers/franciscan-family-birth-center-at-st-elizabeth-hospital">https://www.chifranciscan.org/health-care-services/womens-care/pregnancy-and-childbirth/birth-centers/franciscan-family-birth-center-at-st-elizabeth-hospital</a>	360-802-3251	
Hospital-Based Lactation Support	Valley Medical Center (Renton)	South King County	Outpatient lactation services and breastfeeding education materials.	Multiple	<a href="https://www.valleymed.org/our-services/birth-center/lactation-services/">https://www.valleymed.org/our-services/birth-center/lactation-services/</a>	425-228-3440 (ext: 2526)	
Hospital-Based Lactation Support	CHI Franciscan Lactation Services	South King County	St Francis Hospital in Federal Way and St. Michael Medical Center in Burien (formerly Highline Medical Center). Billing for most insurance including Medicaid. Franciscan Family Education also offers online breastfeeding classes.	English	<a href="http://www.chifranciscan.org/registration">www.chifranciscan.org/registration</a>	253-382-8580	
International Board Certified Lactation Consultants (IBCLCs)	Michelle Bielicki, IBCLC Seattle Lactation	Seattle	Home visits in North King County and telehealth appointments. Payment plans and sliding fee available.	English	<a href="http://seattlelactation.com">seattlelactation.com</a>	206-412-1776	<a href="mailto:m.bielicki@icloud.com">m.bielicki@icloud.com</a>
International Board Certified Lactation Consultants (IBCLCs)	Brandi Crockett, IBCLC Mountain Mama Lactation	Seattle	Home visits throughout King County and phone consults available.	English	<a href="http://mountainmamalactation.com">mountainmamalactation.com</a>	425-293-3133	<a href="mailto:mountainmamalactation@gmail.com">mountainmamalactation@gmail.com</a>
International Board Certified Lactation Consultants (IBCLCs)	Shannon Demiter, IBCLC Snohomish Valley Breastfeeding	Seattle	In-home, office, and virtual consultations in Snohomish and NE King County. An in-network provider with Aetna insurance and will submit claims.	English	<a href="http://snohomishvalleybreastfeeding.com">snohomishvalleybreastfeeding.com</a>	253-350-5123	<a href="mailto:shannon@snohomishvalleybreastfeeding.com">shannon@snohomishvalleybreastfeeding.com</a>
International Board Certified Lactation Consultants (IBCLCs)	Catherine Fenner, IBCLC Nurture New Life	Multiple	In-home, office, and online consultations as well as prenatal feeding classes in Seattle, Shoreline, Lake Forest Park, Kenmore, Edmonds, Lynnwood, Kirkland, Woodinville, Bothell, Mill Creek, Everett, and Mukilteo.	English	<a href="http://nurturenewlife.com">nurturenewlife.com</a>	206-920-3084	<a href="mailto:catherine@nurturenewlife.com">catherine@nurturenewlife.com</a>
International Board Certified Lactation Consultants (IBCLCs)	Joy MacTavish, MA, IBCLC, RLC Sound Beginnings	Seattle	North King County/ Seattle and virtual support to those outside of the area. Holistic parenting support with an emphasis on lactation, gentle sleep, babywearing & more. Scale rentals available.	English	<a href="http://soundbeginningsfamily.com">soundbeginningsfamily.com</a>	206-973-0337	<a href="mailto:support@soundbeginningsfamily.com">support@soundbeginningsfamily.com</a>
International Board Certified Lactation Consultants (IBCLCs)	Dayna Hall, IBCLC Fern Valley Natural Health	Eastside	Offers prenatal education and lactation support, in-person Bellevue-Redmond border and virtual options (as appropriate). Most insurances accepted, including Medicaid.	English	<a href="http://FernValleyNaturalHealth.com">Fern Valley Natural Health</a>	425-505-2745	<a href="mailto:frontdesk@fernvalleyhealth.com">frontdesk@fernvalleyhealth.com</a>
Health Care Providers	Elias Kass, ND Seattle	Seattle	Pediatrics; tongue tie assessment and treatment.	English	<a href="http://dreliakass.com">dreliakass.com</a>	206-203-2509 (phone, text/SMS, not secure)	
Health Care Providers	MaryAnn O'Hara, MD-MPH, PLLC, IBCLC Seattle Breastfeeding Medicine	Seattle	Specializing in breastfeeding medicine beyond the scope of IBCLC. Must have referral by MD or IBCLC.	English	<a href="http://seattlebfclinic.com">seattlebfclinic.com</a>	206-569-8358 206-743-8629 (fax)	<a href="mailto:info@seattlebfclinic.com">info@seattlebfclinic.com</a>
Health Care Providers	Health Latch	Eastside	Tongue-tie diagnosis and treatment.	English	<a href="http://HealthLatch.com">Health:Latch</a>	425-310-8430	

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Health Care Providers	Chenelle Roberts, ND, LM Docere Center for Natural Medicine, Seattle	Seattle	Pediatrics and family medicine; tongue tie assessment and treatment, lactation and feeding consultation.	English	<a href="http://docerecenter.com">docerecenter.com</a>	206-706-0306	<a href="mailto:admin@docerecenter.com">admin@docerecenter.com</a>
Health Care Providers	Loren Riccio, ND, LM, CPM Fern Valley Natural Health, Bellevue	Eastside	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.	English	<a href="http://fernvalleyhealth.com">fernvalleyhealth.com</a>	425-505-2745	
Doulas and Allied Professionals	Birth for the People	Multiple	Directory and networking resource that links BIPOC families (Black and Indigenous People of Color) to birth services provided by BIPOC birth professionals for support from preconception to birth and beyond.	English	<a href="https://www.birthforthepeople.com/lactation">https://www.birthforthepeople.com/lactation</a>		<a href="mailto:birthforthepeople@gmail.com">birthforthepeople@gmail.com</a>
Doulas and Allied Professionals	DoulaMatch	Multiple	Online directory that helps expectant families quickly and efficiently find doulas who are available during their due dates or postpartum time.	English	<a href="https://doulamatch.net/">https://doulamatch.net/</a>		<a href="mailto:help@doulamatch.net">help@doulamatch.net</a>
Doulas and Allied Professionals	NAPS Doulas	Seattle	Seattle area postpartum doula organization. Their referral service offers information about certified Postpartum Doulas who meet your needs.	English	<a href="https://napsdoulas.com/">https://napsdoulas.com/</a>	206-956-1955	<a href="mailto:referrals@napsdoulas.com">referrals@napsdoulas.com</a>
Doulas and Allied Professionals	PALS Doulas	Seattle	Greater Seattle Area birth doula organization. Through their website's directory, you can find a local, certified birth doula available for your due date.	English	<a href="https://www.palsdoulas.org/">https://www.palsdoulas.org/</a>	206-395-8235	<a href="mailto:info@palsdoulas.org">info@palsdoulas.org</a>
Doulas and Allied Professionals	Perinatal Support Washington	Multiple	Offers a warm phone line, support groups, and local resources for parents experiencing depression, anxiety or other perinatal mood disorders.	Spanish English	<a href="https://perinatalsupport.org/">https://perinatalsupport.org/</a>	1-888-404-7763	
Doulas and Allied Professionals	Open Arms Perinatal Services	Multiple	Seattle-based nonprofit providing doula and community-based perinatal support for low income families through pregnancy, birth and postpartum	Multiple	<a href="https://www.openarmsps.org/services/birth-doula-services/">https://www.openarmsps.org/services/birth-doula-services/</a>	206-866-0729 Fax: 206-257-4146	<a href="mailto:referrals@openarmsps.org">referrals@openarmsps.org</a>
Professional Resources	Drugs and Lactation Database (LactMed)	Online	Information on breastfeeding and medications	English	<a href="https://www.ncbi.nlm.nih.gov/books/NBK501922/">https://www.ncbi.nlm.nih.gov/books/NBK501922/</a>		
Professional Resources	Infant Risk Center	Online	Support for moms, lactation consultants, and doctors to evaluate the risk to infants from exposure to multiple drugs with the goal to keep moms breastfeeding.	English	<a href="https://www.infantrisk.com/">https://www.infantrisk.com/</a>	1-806-352-2519	
Professional Resources	Academy of Breastfeeding Medicine Protocols	Online	Protocols to facilitate best practices in breastfeeding medicine.	Multiple	<a href="https://www.bfmed.org/protocols">https://www.bfmed.org/protocols</a>	800-990-4ABM	<a href="mailto:abm@bfmed.org">abm@bfmed.org</a>
Professional Resources	American Academy of Pediatrics Policy on Breastfeeding	Online	AAP's recommendation for breastfeeding.	English	<a href="https://pediatrics.aappublications.org/content/129/3/e827">https://pediatrics.aappublications.org/content/129/3/e827</a>		
Supplies and Breast Pumps	Nurturing Expressions	Seattle	Sales and rentals of breast pumps with insurance billing for pumps. Inquire online or call for assistance.	English	<a href="http://nurturingexpressions.com">nurturingexpressions.com</a>	206-763-2733	

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Supplies and Breast Pumps	Baby and Family Boutique at EvergreenHealth Medical Center	Eastside	Sales and rentals of breast pumps, pump supplies, breast pads, milk storage bags, nursing pillows and breast creams.	English	<a href="https://www.evergreenhealth.com/health-services/pregnancy-birth/postpartum/baby-family-boutique/">https://www.evergreenhealth.com/health-services/pregnancy-birth/postpartum/baby-family-boutique/</a>	425-899-3603	
Supplies and Breast Pumps	Our Perfect Baby	Mountlake Terrace	Breast pump sales and assistance determining insurance coverage.	English	<a href="https://www.ourperfectbaby.com/">https://www.ourperfectbaby.com/</a>	800-403-3895	info@ourperfectbaby.com
Supplies and Breast Pumps	Pacific Mothers Support Inc (PMSI)	Eastside	Breastfeeding support, breast pump sales and rentals with complimentary insurance billing and follow-up guidance. Contract provider for Kaiser plans.	English	<a href="https://www.pacificmsi.com/">https://www.pacificmsi.com/</a>	425-462-0577 800-578-2260	info@pacificmsi.com
Other Local Lactation Coalition Resources	South Sound Lactation Coalition	South Sound				<a href="https://8616878d-65eb-48e2-96c5-93d09ec5e9d5.filesusr.com/ugd/eec2a7c880fd09bdd0416cb818bb6ac46df3db.pdf">https://8616878d-65eb-48e2-96c5-93d09ec5e9d5.filesusr.com/ugd/eec2a7c880fd09bdd0416cb818bb6ac46df3db.pdf</a>	
Other Local Lactation Coalition Resources	Skagit Lactation Coalition	Skagit				<a href="https://skagitbreastfeeding.org/bf-resources.html">https://skagitbreastfeeding.org/bf-resources.html</a>	
Other Local Lactation Coalition Resources	Snohomish Lactation Coalition	Snohomish				<a href="http://www.breastfeedingsnoc.org/resources/resource-guide-2020/">http://www.breastfeedingsnoc.org/resources/resource-guide-2020/</a>	