



Breastfeeding Resources for Snohomish County

Prepared by the Lactation Coalition of Snohomish County, Summer 2024

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

SeaMar Community Health Centers WIC^{L SEP}

Everett, Lynnwood^{L SEP}

One-on-one support from WIC staff. Manual, personal and hospital-grade pumps for WIC participants. Contact WIC office for pump and resource info.

Everett 425-252-5303 • Lynnwood 425-258-8400^{L SEP}

Pregnancy Aid/WIC

Arlington, Granite Falls, Marysville, Monroe, Silver Lake, Snohomish^{L SEP}

Breastfeeding peer counselors. 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>

United General WIC

Stanwood

Breastfeeding Peer Counselors, pumps and pumping supplies available to WIC participants. In-person and phone appointments and virtual breastfeeding classes available.

Support available in English and Spanish.

360-854-0435 • <https://unitedgeneral.org/wic>

La Leche League of Snohomish County

Marysville, Arlington, Everett, Snohomish

Meetings and support groups provided by accredited volunteers.

<http://www.LLofWA.org> • Facebook pages

Navy/Marine Relief Society Nurse

Everett, Smokey Point

Prenatal/postpartum home, office & telephone consultations; breastfeeding classes.

425-304-3208^{L SEP} (military members/dependents only)

Step by Step

South Snohomish County, North King County

First Steps home visits by community health nurses.

253-896-0903^{L SEP} • <http://www.stepbystepnews.org>

International Board Certified Lactation Consultants (IBCLCs) – Private Practice

IBCLCs provide home visits, office visits, virtual visits, support groups, prenatal and postpartum feeding classes, and more.

Visit each provider's website for details on their current services.

Michelle Bielicki, IBCLC • Seattle Lactation

South Snohomish County, North King County

206-412-1776 • seattlelactation.com

Brandi Crockett, IBCLC • Mountain Mama Lactation

Snohomish County, King County

425-327-7491

Shannon Demiter, IBCLC • Snohomish Valley Breastfeeding

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

253-350-5123 • snohomishvalleybreastfeeding.com

Catherine Fenner, IBCLC • Nurture New Life

North King & South Snohomish Counties

206-920-3084 • nurturenewlife.com/

Yodit "Judy" Jewett, IBCLC, BS-NDTR • Sisterly Care Lactation Services

Snohomish County and North King County

425-615-6346 • sisterlycarelactation.com

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

South Snohomish County, North King County/Seattle

206-225-8295 • soundbeginningsfamily.com

Jocelyn Pierce, IBCLC • Solstice Birth & Lactation

North King & South Snohomish Counties

206-536-6626 • solsticebirth.com

Amanda Riensche, LPN, IBCLC • Nourished Lactation Care

Snohomish County and North King County

360-364-5956 • nourishedlactationcare.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.

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^[SEP]

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

Amelia Chim, DDS, MSD •

Marysville Kids Dentistry, Marysville

Tongue tie assessment and treatment via laser.
360-386-9157 • marysvillekidsdentist.com

Hospital-Based Breastfeeding Support

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 ^[SEP]

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^[SEP] Evergreen Hospital, Kirkland^[SEP]

Breastfeeding supplies & Medela pumps, rental/sales. Call for individual guidance on insurance coverage. 425-899-3603^[SEP]

Norco Medical Supplies & Sales

Medela & Spectra pumps. Bills most insurance, including state plans (for first pump only).
425-949-4552^[SEP] • 3030 Hoyt Ave., Everett.

Nurturing Expressions, LLC

West Seattle, Poulsbo, and Tacoma offices. 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 • nurturingexpressions.com

Pacific Mother's Support Inc (PMSI), Bellevue

Pregnancy and breastfeeding aids, breast pump sales and rentals. Medela, Spectra, Motif, 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

Additional Resources

Washington State Lactation Collaborative

Workplace lactation resources for parents and employers.
www.walactation.org

Nursing in Public

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

KellyMom.com – Evidence-based breastfeeding info

www.kellymom.com

First Droplets – early breastfeeding support

<https://firstdroplets.com/>

LactMed – NIH Info on Medications and Breastfeeding

<https://www.ncbi.nlm.nih.gov/books/NBK501922/>

American Academy of Breastfeeding Medicine

<http://www.bfmed.org/Protocols>