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
Everett 425-252-5303 • Lynnwood 425-258-8400

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 • nurturennewlife.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

**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/

**Timothy O’Meara, MD • Everett Clinic, Mill Creek**  
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

**Elias Kass, ND, LM, CPM • One Sky Family Medicine, Seattle**  
Pediatrics and family medicine; tongue tie assessment and treatment.  
206-363-5555 • onskyfamilymedicine.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 425-303-3545 • Fax 425-256-7588

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

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

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

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

**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

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

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

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

**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

**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**  

**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.