



# Whatcom County Breastfeeding Resources

Page 1

Electronic version with website hyperlinks available: [www.whatcomcounty.us](http://www.whatcomcounty.us)

Search: Breastfeeding Resources

## Support after your birth:

### **Bellingham Center for Healthy Motherhood**

Clinic Visits: M-F 8:30am-5:00pm

Accepts all Insurance coverage for Clinic Visits

Home Visits: Available by Appointment only

Private Pay for Home Visits-may be reimbursed by insurance

**Thorough breastfeeding assessment specializing in latch, infant sucking patterns, tongue/lip ties, milk supply and weight gain. Breast pump rental & supplies.**

*Provides Lactation Consultation*

Phone: (360)526-2185 Fax: (360)389-5833

905 Squalicum Way #104, Bellingham WA 98225

[www.centerforhealthymotherhood.com](http://www.centerforhealthymotherhood.com)

### **Peace Health Medical Group Lactation Services**

Clinic Visits: Monday-Thursday 9-4 pm

Accepts all Insurance coverage for clinic visits

Bellingham, WA 98225

**Specializes in complex breastfeeding situations**

*Provides Lactation Consultation*

Phone: (360) 752-5280 Fax: (360) 752-5282

4465 Cordata Parkway, Suite C

[www.peacehealth.org](http://www.peacehealth.org)

### **Breasts R Best Private Lactation Consultation**

Home Visits: F-Sun by Appointment

Private Pay for Home Visits – May be reimbursed by insurance

*Provides Lactation Consultation*

Phone: (360) 474-7092 Fax: (360) 783-6677

[www.breastsrbest.com](http://www.breastsrbest.com)

### **Rumina Lactation**

Home visits: M-Sun by Appointment

Private pay for Home Visits – May be reimbursed by insurance

*Provides Lactation Consultation*

Phone: (360) 255-1174 Fax: (360) 326-2235

[www.bellinghambreastfeeding.com](http://www.bellinghambreastfeeding.com)

## **\*Maternity Support Services: (provides Free Prenatal & Postpartum visits for Apple Health insurance)**

### **ANSWERS Maternity Support and Infant Case Mgmt.**

(Variable home visiting hours with appt.)

### **Whatcom County Health Department**

(Nurse Family Partnership program only)

### **Lummi Tribal Health Clinic**

### **Nooksack Tribal Clinic**

### **Sea Mar Maternity Support Services**

(Bilingual/Spanish-speaking staff)

**\*Maternity Support Services provides FREE Prenatal & Postpartum Home and Clinic Visits for Families with Apple Health.**

**(Apple Health includes Molina, or CHPW)- A Nurse, Social Worker, Nutritionist, or Community Health Worker provide support from pregnancy through infancy with lactation, infant health and development, family health, and community resources.**

Phone: (360) 255-7855 Fax: (360) 255-7018

[www.answerscounseling.org](http://www.answerscounseling.org)

Phone: (360) 778-6102

[www.co.whatcom.wa.us](http://www.co.whatcom.wa.us)

Phone: (360) 384-0464

[www.lummi-nsn.org](http://www.lummi-nsn.org)

Phone: (360) 966-2106

[www.nooksacktribe.org](http://www.nooksacktribe.org)

Phone: (360) 788-7149

[www.seamar.org](http://www.seamar.org)

## **Support Groups/Drop-In/Classes:**

### **La Leche League of Bellingham (24/7 phone help)**

FB Page: La Leche League of Bellingham & Whatcom County (contacts listed)

WEB: <http://www.llofwa.org/la-leche-league-bellingham>

### **Meetings:**

**“Off Topic” Meetings: 3<sup>rd</sup> Wed. each month @ 10:30 am**

**BCHM, 905 Squalicum Way #104, Bellingham**

### **La Leche League of North Whatcom**

Phone: (360) 218-4648 Email: [LLNorthWhatcom@gmail.com](mailto:LLNorthWhatcom@gmail.com)

FB Group: <https://www.facebook.com/groups/LLNorthWhatcom/> FB Page: <https://www.facebook.com/LLNorthWhatcom/>

### **Meetings:**

**In person support meetings: 3rd Tuesday at 6:30pm in Ferndale (text/call/email for location)**

**Online support meetings: Last Sunday of each month at 8pm (to access, link to FB page)**

### **Mama Café**

Bellingham Center for Healthy Motherhood

Tuesdays: 9am-12pm 905 Squalicum Way #104, B'ham

### **Baby Weigh Days w/ Lactation Consultant**

Bellingham Center for Healthy Motherhood

Wednesdays: 1-3pm 905 Squalicum Way #104



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Page 2

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## Classes: Childbirth and Breastfeeding:

<b>Bellingham Technical College</b> <a href="http://www.btc.ctc.edu/DegreesClasses/TakeAClass/TakeClasses.aspx">http://www.btc.ctc.edu/DegreesClasses/TakeAClass/TakeClasses.aspx</a>	(360) 752-8350
<b>Whatcom County HD WIC Breastfeeding Class</b> 2 <sup>nd</sup> Wed of the Month 12:30-2 (open to the public)	(360) 778-6102
<b>Sea Mar CHC CBE &amp; Breastfeeding Classes</b> Includes Spanish language classes (open to the public)	(360) 788-7150
<b>Natural Childbirth Options:</b> <a href="http://www.naturalbirthofferings.com">www.naturalbirthofferings.com</a>	(425)320-7886
<b>Bellingham OB/GYN monthly Breastfeeding Class</b> One Saturday per month: 9-11:30 am	(360)671-4944 (call for dates)

## WIC nutrition services:

<b>Whatcom County Health Dept.</b> (breastfeeding peer support)	(360) 778-6102
<b>Sea Mar CHC</b> (breastfeeding peer support)	(360) 788-7150
<b>Lummi Tribal Health Center</b>	(360) 312-2467
<b>Nooksack Tribal Clinic</b>	(360) 966-2106

*WIC provides breast pumps to their clients-check with staff for details*

## Breast Pump Resources:

<b>Pacific Mother Support (PMSI)</b> <a href="http://www.pacificmsi.com">www.pacificmsi.com</a> Bills most major private insurance, has Kaiser insurance contract Provides personal use electric pumps, offers Medicaid clients pumps at cost (+ shipping and taxes)	(800) 578-2260 Fax (425) 462-0432
<b>Nurturing Expressions</b> Bills commercial insurance (Apple Health OK for rentals)	(206) 763-2733
<b>Norco</b>	(360) 746-0826
<b>Apria Health Care</b>	(360) 738-8300
<b>Moonbelly Midwifery</b> Rentals & Purchases <a href="http://www.moonbellymidwifery.com">www.moonbellymidwifery.com</a>	(360) 510-0188
	(360) 671-5523

## Breastfeeding Web Addresses (for families & Health Care Providers):

<b>Within Reach (Breastfeeding Coalition of WA)</b> <a href="http://www.withinreachwa.org/what-we-do/healthy-communities/breastfeeding/">www.withinreachwa.org/what-we-do/healthy-communities/breastfeeding/</a>
<b>Washington State WIC</b> <a href="http://www.doh.wa.gov/YouandYourFamily/WIC/BreastfeedingSupport.aspx">http://www.doh.wa.gov/YouandYourFamily/WIC/BreastfeedingSupport.aspx</a>
<b>La Leche League International</b> <a href="http://www.llli.org">www.llli.org</a>
<b>National Breastfeeding Helpline (BF Peer Counselors available and free breastfeeding magazine)</b> <a href="http://www.womenshealth.gov/Breastfeeding">www.womenshealth.gov/Breastfeeding</a>
<b>Kelly Mom Breastfeeding Information/Support</b> <a href="http://www.kellymom.com">www.kellymom.com</a>
<b>Stanford University Breastfeeding Support (great "how to" videos)</b> <a href="http://newborns.stanford.edu/Breastfeeding">http://newborns.stanford.edu/Breastfeeding</a>
<b>The Academy of Breastfeeding Medicine</b> <a href="http://www.bfmed.org">www.bfmed.org</a>
<b>LactMed (free App available) Medications &amp; Breastfeeding use, safety, and more</b> <a href="http://toxnet.nlm.nih.gov/newtoxnet/lactmed.htm">http://toxnet.nlm.nih.gov/newtoxnet/lactmed.htm</a>
<b>Dr. Hale breastfeeding and medications</b> <a href="http://infantrisk.com">http://infantrisk.com</a>
<b>United States Breastfeeding Committee</b> <a href="http://www.usbreastfeeding.org">www.usbreastfeeding.org</a>