

Whatcom County Breastfeeding Resources

Support
after your
birth

Bellingham Center for Healthy Motherhood

Phone: (360) 526-2185 Fax: (360) 389-5833
905 Squalicum Way #104, Bellingham, WA 98225
www.centerforhealthymotherhood.com
Clinic Visits: Mon-Fri 8:30am—5:00pm
Home visits available by appointment only

- Provides lactation consultation
- Accepts all insurance coverage for clinic visits
- 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.

PeaceHealth Medical Group Lactation Services

Phone: (360) 752-5280 Fax: (360) 752-5282
4465 Cordata Parkway, Suite C, Bellingham, WA 98225
www.peacehealth.org
Clinic Visits: Mon-Thu 9:00am—4:00pm

- Provides lactation consultation
- Accepts all insurance coverage for clinic visits

Specializes in complex breastfeeding situations

Breasts R Best Private Lactation Consultation

Phone: (360) 474-7092 Fax: (360) 783-6677
www.breastsrbest.com
Home Visits: Fri-Sun by appointment

- Provides lactation consultation
- Private pay for home visits. May be reimbursed by insurance.

Rumina Lactation - Lisa Follett, IBCLC

Phone: (360) 255-1174 Fax: (360) 326-2235
www.bellinghambreastfeeding.com
Home Visits: Mon-Sun by appointment

- Provides lactation consultation
- In-network provider with Aetna including Meritain
- Private pay for all other insurance providers. May be reimbursed by insurance.

Maternity Support Services*

ANSWERS Maternity Support & Infant Case Mgmt.

Variable home visiting hours with appointment
Phone: (360) 255-7855
www.answerscounseling.org

Sea Mar Maternity Support Services

Bilingual Spanish-speaking staff
Phone: (360) 788-7149
www.seamar.org

Lummi Tribal Health Clinic

Phone: (360) 384-0464
www.lummi-nsn.org

Whatcom County Health Department

Nurse-Family Partnership program only
Phone: (360) 778-6100
www.whatcomcounty.us/health

Nooksack Tribal Clinic

Phone: (360)966-2106
www.nooksacktribe.org

***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 can provide support from pregnancy through infancy with lactation, infant health and development, family health, and community resources.

Classes: Childbirth & Breastfeed- ing

Bellingham Technical College

Phone: (360) 752-8350
<https://www.btc.ctc.edu/DegreesClasses/TakeAClass/TakeClasses.aspx>

Sea Mar CBE & Breastfeeding Classes

Phone: (360) 788-7150
Includes classes in Spanish, open to the public

Doulas of Bellingham

Phone: (425) 320-7886
www.doulasofbellingham.com

Bellingham OB/GYN monthly breastfeeding class

Phone: (360) 671-4944
One Saturday per month 9:00-11:30am. Call for dates.

Whatcom County Breastfeeding Resources

Support Groups, Drop-ins, & Classes

La Leche League of Bellingham

LLL Leaders available 24/7 for phone help:
Lauralee Carbone 360-676-8649
Jennifer Carter 857-928-4929
Web: www.llofwa.org/la-leche-league-bellingham
FB: La Leche League of Bellingham & Whatcom County
Meetings: 3rd Wed of each month, 10:30am-noon
BCHM, 905 Squalicum Way, #104, Bellingham

Mama Café

Bellingham Center for Healthy Motherhood
Tuesdays at 9:00-noon
905 Squalicum Way, #104 Bellingham

La Leche League of North Whatcom

Phone: (360) 218-4648
Email: LLLNorthWhatcom@gmail.com
FB Page: www.facebook.com/LLLNorthWhatcom/
FB Group: www.facebook.com/groups/LLLNorthWhatcom/
In person mtgs —3rd Tues of month, 6:30pm in Ferndale
(text/call/email for location)
Online mtgs—Last Sun of month, 8:00pm (to access, link to FB page)

Baby Weigh Days with Lactation Consultant

Bellingham Center for Healthy Motherhood
Wednesdays at 1:00-3:00pm
905 Squalicum Way, #104 Bellingham

WIC Nutrition Services

Lummi Tribal Health Center

Phone: (360) 312-2467

Sea Mar Community Health Center

Phone: (360) 788-7150

www.seamar.org

Nooksack Tribal Clinic

Phone: (360) 966-2106

WIC provides breast pumps to their clients. Check with WIC staff for details.

Breast Pump Resources

Pacific Mother Support (PMSI)

Phone: (800) 578-2260 Fax: (425) 462-0432
www.pacificmsi.com

- Bills most major private insurance. Has Kaiser insurance contract
- Provides personal use electric pumps
- Offers Medicaid clients pumps at cost (+ shipping and taxes)

Sea Mar WIC Program

Phone: (360) 788-7150

- For active WIC clients only

Moonbelly Midwifery

Phone: (360) 510-0188
www.moonbellymidwifery.com

- Rentals & purchases

Nurturing Expressions

Phone: (206) 763-2733

- Bills commercial insurance.
- Apple Health ok for rentals

Norco Medical

Phone: (360) 746-0826

Online Resources

Breastfeeding Coalition of WA— Within Reach
www.withinreachwa.org/what-we-do/healthy-communities/breastfeeding/

Washington State WIC

www.doh.wa.gov/YouandYourFamily/WIC/BreastfeedingSupport.aspx

La Leche League International

www.llli.org

National Breastfeeding Helpline (BF Peer Counselors available and free breastfeeding magazine)

www.womenshealth.gov/Breastfeeding

Kelly Mom Breastfeeding Information/Support

www.kellymom.com

Stanford University Breastfeeding Support (“How to” videos)

<http://newborns.stanford.edu/Breastfeeding>

The Academy of Breastfeeding Medicine

www.bfmed.org

LactMed (Free App available, Medications & Breastfeeding use, safety, and more)

<http://toxnet.nlm.nih.gov/newtoxnet/lactmed.htm>

Dr. Hale breastfeeding and medications

<http://infantrisk.com>

United States Breastfeeding Committee

www.usbreastfeeding.org