



Getting Started

For a quick overview, here is a handout describing the ten easiest ways to make plenty of milk for your baby.

Ten steps to making plenty of milk: [Making Milk is Easy](#)



For more in-depth information, a free magazine is available with information about getting started and breastfeeding comfortably, overcoming common challenges like returning to work and breastfeeding in public. It is available to download in English, Spanish and Chinese.

Breastfeeding class

Join us for a free monthly breastfeeding class:



The 2nd Wednesday of each month from 1:00-2:30pm
Whatcom County Health Department
1500 North State St. Bellingham
Call 360-778-6102 to register.

Resources and Support

Our [Whatcom County Breastfeeding Resource Guide](#) [Recursos para la lactancia del Condado de Whatcom](#) has a complete listing of available support for breastfeeding including breastfeeding supplies, pump rentals, professional lactation support and local support groups and peer counseling.

