



Below is a partial list of resources available in Whatcom and Skagit County. We try to keep this list as accurate as possible, however please be aware that information listed may change over time.

Whatcom County Breastfeeding Resources

Bellingham Center for Healthy Motherhood

Clinic and home visits. Accepts all insurance coverage for clinic visits. Private pay for home visits may be reimbursed by insurance.

(360) 526-2185, www.centerforhealthymotherhood.com

PeaceHealth Medical Group Lactation Service

Clinic visits. Accepts all insurance coverage for clinic visits.

(360) 738-6361, www.peacehealth.org

Breasts R Best

Home visits. Private pay for home visits may be reimbursed by insurance.

(360) 474-7092, www.breastsrbest.com

La Leche League

Visit website for current contact information: www.lllofwa.org/

Baby Weigh Days w/ Lactation Consultant

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

WIC Breastfeeding Class

Whatcom County Health Department, (360) 778-6102

2nd Wednesday each month, 1-2:30pm, 1500 N. State St., Bellingham

Mama Café: Drop in class

Tuesdays: 9am-12pm, Bellingham Center for Healthy Motherhood, 905 Squalicum Way #104

Skagit County Breastfeeding Resources

Board Certified Lactation Consultants

- Island Lactation Service (360) 293-9027
- Skagit Valley Hospital (360) 428-2229
- Walgreen's Option Care (1-800) 755-0484

Skagit County Health Department (Mount Vernon)

(360) 416-1500, skagitcounty.net/Departments/Health

Skagit Breastfeeding Coalition

skagitbreastfeeding.wordpress.com

Drop in group on 4th Wednesday each month, 8am at The Calico Cupboard in Mount Vernon.

La Leche League of Skagit County

llofwa.org/la-leche-league-skagit-county, or email SkagitSnohomishLLL@gmail.com

Drop in groups:

- 3rd Wednesday each month, 10am, Skagit Food Co-op, Room 309
- 1st Monday each month, 6pm, Skagit Head Start, Community Room

Skagit Valley Hospital Baby Line

(360) 428-BABY / (360) 438-2229

PeaceHealth United General Medical Center

(360) 856-7293

peacehealth.org/united-general-medical-center

Skagit Community Action

(360) 416-7585

communityactionskagit.org

Online breastfeeding resources

- La Leche League International
- Washington State WIC
- Stanford University Breastfeeding Support
- Breastfeeding Coalition of WA
- National Breastfeeding Helpline
- Kelly Mom

Breast Pump Resources

- **Pacific Mother Support**
Phone: (800) 578-2260
www.pacificmsi.com
- **Nurturing Expressions**
www.nurturingexpressions.com
- **Norco**
www.norco-inc.com
- **Apria Health Care (Bellingham)**
(360) 738-8300 or www.apria.com

An important note about your baby's dental health

Adding fluoride to public water systems is a safe way to prevent tooth decay, however **most of Northwest Washington does not have fluoridated drinking water**. The American Dental Association, the American Academy of Pediatrics, the Institute of Medicine, the Centers for Disease Control and Prevention, and others have endorsed fluoridation as a safe, effective way to reduce decay. Check with your pediatrician or pediatric dentist to find out if any additional fluoride supplements are necessary for your child.