

# Kitsap County Lactation Resources

The Affordable Care Act requires most health insurance plans, including Apple Health, to provide breastfeeding equipment and counseling for pregnant and breastfeeding women. Contact your plan for further information.

**Kitsap Public Health District** offers community breastfeeding support.

Contact: Call (360) 728-2235 or visit [www.kitsappublichealth.org/CommunityHealth/pch.php](http://www.kitsappublichealth.org/CommunityHealth/pch.php)  
Janet Wyatt Rn, CLE (360) 265-0990

## Drop-In Lactation Support

**Nurturing Expressions** ([www.nurturingexpressions.com](http://www.nurturingexpressions.com))

- Free Drop-in Breastfeeding Support Group Fridays 11:00am – 12pm at 19950 7<sup>th</sup> Ave, Suite 102, Poulsbo, WA 98370. Fee: Free  
- Kendra Slattery, IBCLC (fee service)  
Contact: 360-930-0218

## Lactation Clinics

**St. Michael Medical Center/Virginia Mason Franciscan Health** offers out-patient lactation services in In Kitsap County through VMFH, by board-certified lactation consultants (IBCLC) as well as assistance with breast pump rentals and purchases. Call for location and days of lactation services. IBCLC outpatient at St. Michael's contact **253-382-8580 for an appointment.**  
**International Board Certified Lactation Consultant (IBCLC)**

Rivka Weiss, RN, IBCLC (253) 382-8580. St. Michael Medical Center outpatient lactation services.

## Peer Support Services

**Breastfeeding USA** offers support via a network of accredited breastfeeding counselors.

Contact: Beth Smith (206) 495-5534 <https://breastfeedingusa.org>

## WIC

Breastfeeding support services and manual or electric pumps are also offered to eligible clients at the following WIC offices:

- Port Gamble S'klallam Tribal WIC Contact: (360) 297-9661.
- Suquamish WIC Contact: (360) 394-8473.

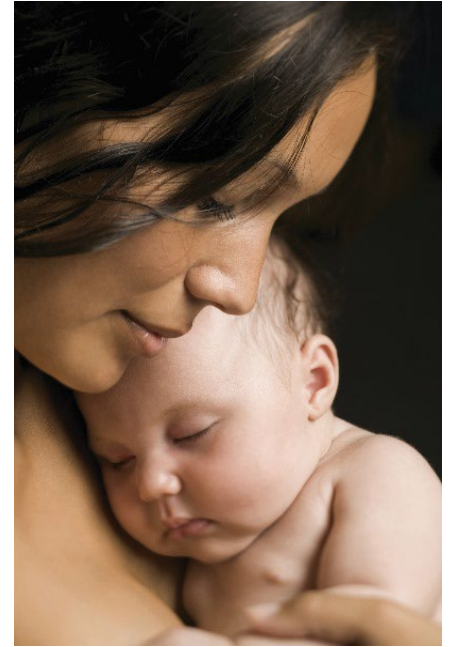
**Kitsap Community Resources WIC** programs offer lactation support with their Breastfeeding Peer Counselor or board-certified lactation consultant, breastfeeding products and manual or electric breast pumps to WIC eligible participants at offices in:

- Bremerton: (360) 373-6221
- Silverdale: (360) 692-6530
- Port Orchard: (360) 473-2144

**La Leche League of Washington** (<http://www.llofwa.org>) is a mother-to-mother breastfeeding support organization, led by volunteer mothers who have breastfed their own children, and are accredited by La Leche League International (<http://www.llli.org>). La Leche League of Washington is on [Facebook](#).

Contact: Local groups for La Leche League of West Sound are:

- Central Kitsap - Katie Dunning (360) 697-3303 [kkdunyes@gmail.com](mailto:kkdunyes@gmail.com).
- Port Orchard – Cammy (360) 871-1686 or Sharalyn (360) 620-1917 or Amber (909) 747-5142.
- Poulsbo - Katie (360) 697-3303 [kkdunyes@gmail.com](mailto:kkdunyes@gmail.com) or Kristina (360) 434-2018



Note: This document has been designed for educational purposes only and may not be considered medical advice.

[http://www.kitsappublichealth.org/CommunityHealth/pch\\_lactation.php](http://www.kitsappublichealth.org/CommunityHealth/pch_lactation.php)

Revised 08/26/2024

# Kitsap County Lactation Resources

## Pump Sales and Rentals

**Nurturing Expressions** provides Medela® hospital grade rental pumps to all clients that meet eligibility, breast pumps through private insurance, and offer a variety of pumping and nursing supplies.

Contact: Rebecca Kushe, MS, IBCLC, CN (360) 930-0218. [www.nurturingexpressions.com](http://www.nurturingexpressions.com)

## Tongue Tie Assessment and Treatment

Referral by lactation consultant or healthcare provider preferred.

**Dentistry for Children** offers convenient locations to assess and treat lip and tongue ties.

Bremerton: contact: Seth Bradbury (360) 377-3844 [www.kitsapdfc.com](http://www.kitsapdfc.com)

Port Orchard: contact: Dr. Seth Bradbury (360) 876-9507 3844 [www.kitsapdfc.com](http://www.kitsapdfc.com)

**Kitsap Kid's Dentistry** Contact: Dr. Jessie Banks 360-698-3242

[www.kitsapkidsdentistry.com](http://www.kitsapkidsdentistry.com), [laura@kitsapkidsdentistry.com](mailto:laura@kitsapkidsdentistry.com), [info@kitsapkidsdentistry.com](mailto:info@kitsapkidsdentistry.com)

**Poulsbo Children's Dentistry** Contact: Dr. Shelly Self (360) 779-7115. [www.poulsbochildrensdentist.com](http://www.poulsbochildrensdentist.com)

**Bainbridge Kids Dentistry** Contact: Dr. Kaitlin Neste (206) 899-1737 [www.bainbridgekidsdentistry.com](http://www.bainbridgekidsdentistry.com)

## Craniosacral Body Work Resources

Lactation related body work for mom and baby:

- Poulsbo Chiropractor Crystal Folta (360) 697-3737.
- Port Orchard Chiropractor Joelle Folk and Jennifer Young (360) 895-0129.
- Bremerton Erika O'Leary Olympic Family Chiropractic (360) 627-7029

## Kitsap County Breastfeeding Coalition

The Coalition hosts a **Baby-Friendly Lounge** annually at the Kitsap County Fair. Contact: **Kitsap County Breastfeeding Coalition** (find us on Facebook)

### **Nursing in Public**

Washington law protects the right to breastfeed in public places, including parks, buses, government buildings, restaurants, stores, libraries, etc. Visit: [wabreastfeeding.org/resources-laws](http://wabreastfeeding.org/resources-laws) or [Within Reach](#)