

Kitsap County Breastfeeding 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.

Drop-In Lactation Support

Kitsap Public Health District offers free New Parent Support Drop-In groups that provide breastfeeding support with a board-certified lactation consultant:

- Port Orchard at the South Kitsap Community Resources Building – 3200 Rainshadow Court, Port Orchard, WA.
 - October 2018: Every Wednesday, from 1pm-3pm
 - November & December 2018: 1st and 3rd Wednesday from 1pm-3pm

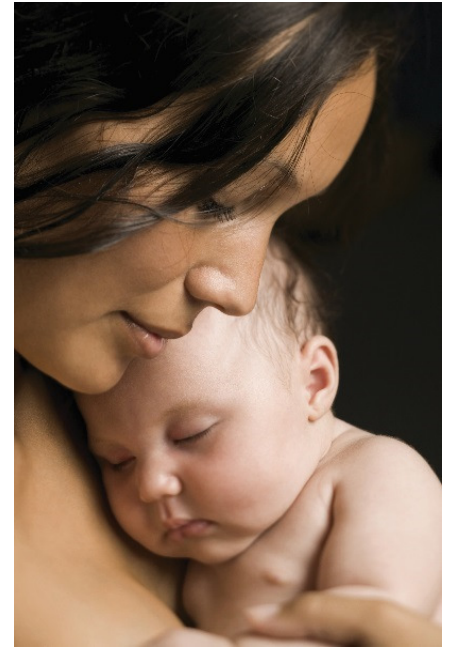
Contact: Call (360) 728-2235 or visit

www.kitsappublichealth.org/CommunityHealth/pch.php

Mommy Me and Tea offers breastfeeding information and peer support on Bainbridge Island. Contact: Melissa at (206) 780-3210 or Colleen at (206) 780-8241 or visit:

www.facebook.com/bainbridgeislandbreastfeeding

Nurturing Expressions (www.nurturingexpressions.com) Drop in Breastfeeding Support Group Thursday 10am – 11:30 am at the Poulsbo office located at 19950 7th Ave, Suite 102, Poulsbo, WA 98370. Fee: \$20 Military: \$15 Apple Health: Free Contact: Tracy Corey, RN, IBCLC, CMF (360) 930-0218.



Lactation Clinics

CHI Harrison Medical Center Silverdale offers in-patient lactation services (360-744-8867), and out-patient lactation services (253-382-8580) by board-certified lactation consultants as well as assistance with breast pump rentals and purchases.

Kaiser Permanente, located in Silverdale, provides out-patient lactation services by a board-certified lactation consultant. It is open to all Kaiser Permanente members. Contact: Clinic (360) 307-7300 or Lisa Parrott RN, IBCLC (360) 307-7392.

Naval Hospital Bremerton Newborn Care Clinic offers outpatient lactation services to active duty members of the military and their dependents. Breast pump rentals are also available. Contact: (360) 475-4470.

Virtual Lactation Consult Services including diagnosis, treatment and even prescriptions (when needed for conditions such as mastitis or thrush), are available via sliding scale services with a MultiCare ARNP Lactation Consultant. A referral is not needed, but an appointment, and either a computer equipped with a webcam and speakers, a smartphone or tablet is.

Contact: (253) 403-1681. <https://www.multicare.org/virtual-lactation/>

Peer Support Services

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

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

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

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

- **Harrison Medical Center WIC** located in Belfair Contact: (360) 275-8340.
- **Port Gamble S'klallam Tribal WIC** Contact: (360) 297-9661.
- **Suquamish WIC** Contact: (360) 394-8473.

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

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Kitsap County Breastfeeding Resources

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, RN, IBCLC (360) 697-3303 home or kkdunyes@gmail.com.
- Port Orchard – Sharalyn (360) 620-1917 and/or Cammy (360) 871-1686.
- Poulsbo - Ashia (360) 779-4033 and/or Becky (360) 394-1787.

Pump Sales and Rentals

Bainbridge Lactation Services offers breastfeeding support services by a board-certified lactation consultant, including pump rentals. *Contact:* Melissa Bonghi, RN, IBCLC (206) 790-9488.

Babies"R"Us (now McKesson) Breast Pump Solutions team can assist in obtaining a breast pump through your insurance plan. *Contact:* 1-855-567-8669.

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: Tracy Corey, RN, IBCLC, CMF, (360) 930-0218. www.nurturingexpressions.com

Tongue Tie Assessment and Treatment

Referral by lactation consultant or healthcare provider preferred.

Kitsap Kid's Dentistry 1358 NE McWilliams Rd, Bremerton, WA 98311. *Contact:* Dr. Jesse Banks or Dr. Megan Miller at (360) 698-3242.

www.kitsapkidsdentistry.com , laura@kitsapkidsdentistry.com , info@kitsapkidsdentistry.com

Poulsbo Children's Dentistry 19365 7th Ave, Suite D108, Poulsbo, WA 98370. *Contact:* Dr. Shelly Self (360) 779-7115.

www.poulsbochildrensdentist.com

Additional educational resources available at: www.tongue-tie-education.com

Silverdale Dental Center for Kids 3637 NW Byron St, Silverdale, WA 98383. *Contact:* New patient number 360-536-4779; Dr. Kaitlin Neste (360) 692-9560.

www.silverdaledentalcenter.com, info@silverdaledentalcenter.com

Craniosacral Body Work Resources

Lactation related body work for mom and baby:

- Bainbridge Island Craniosacral Therapists – Mara Lindbergh (206) 947-2000; Mari Ellingson (206) 842-6688.
- Bremerton chiropractor Meg Simans (360) 373-2225.
- Port Orchard chiropractor Joelle Pittigrew (360) 895-0129.

Kitsap County Breastfeeding Coalition

The Coalition hosts a **Baby-Friendly Lounge** annually at the Kitsap County Fair. Through its community of volunteers, from medical professionals to parents, the Coalition strives to protect, promote, and support breastfeeding in Kitsap through collaboration and partnership. *Contact:* <https://www.facebook.com/Kitsap-County-Breastfeeding-Coalition-583012128411949/>

Nursing in Public

Washington law protects the right to breastfeed in public places, including parks, buses, government buildings, restaurants, stores, libraries, etc. See [Within Reach](#) for more details.

