

# Kitsap County Lactation Resources

The Affordable Care Act requires most health insurance plans (including Apple Health) to provide breastfeeding equipment and counseling for people who are pregnant or breastfeeding. Contact your insurance plan for further information.

## Lactation Clinics and Consultants

**Kitsap Public Health District** | 360-728-2235 | [kitsappublichealth.org/pch](https://kitsappublichealth.org/pch)

- Offers free community breastfeeding support.
- Public Health Nurse Lactation Support: Janet Wyatt, RN, CLE: 360-265-0990

**Virginia Mason Franciscan Health** | 253-382-8580 | [vmfh.org](https://vmfh.org)

- Offers out-patient lactation services in Kitsap County with Board Certified Lactation Consultants (IBCLC) as well as assistance with breast pump rentals and purchases.

## International Board-Certified Lactation Consultants (IBCLCs)

- Rivka Weiss, RN, IBCLC | 253-382-8580
  - St. Michael Medical Center - outpatient lactation services
- Kendra Slattery, IBCLC | 425-765-3407 | [kendraslatteryibclc@gmail.com](mailto:kendraslatteryibclc@gmail.com)
  - Offers in-home, virtual and in-person at Nurturing Expressions
- Rebecca McCann, RN, IBCLC | 240-473-3471 | [rebeccamccannlactation.com](https://rebeccamccannlactation.com)
  - Offers in-home lactation visits in Kitsap County and Gig Harbor area
- Carissa Guiley, M.S., CCC-SLP, IBCLC | 360-207-5011 | [nourishfeedingtherapy.com](https://nourishfeedingtherapy.com)
  - Nourish Therapy: 17791 Fjord Dr NE, Suite 138, Poulsbo
- Gelsomina Chiono, RN, IBCLC | 530-219-9106 | [lazamorita@gmail.com](mailto:lazamorita@gmail.com)
- Nicole Turner, RN, IBCLC | 206-719-4751 | [hello@kitsapperinatal.com](mailto:hello@kitsapperinatal.com)
  - Kitsap Perinatal Lactation and Childbirth Education Classes

## Lactation Support Services

**Nurturing Expressions** | 360-930-0218 | [nurturingexpressions.com](https://nurturingexpressions.com)

- Free drop-in breastfeeding support group | Fridays 11 a.m. - 12 p.m.
- Can provide hospital-grade rental pumps and other supplies to eligible clients
- 19950 7th Ave, Suite 102, Poulsbo, WA 98370

**WIC** | [doh.wa.gov/wic](https://doh.wa.gov/wic)

Breastfeeding support services and manual or electric pumps available to eligible clients.

- Bremerton | 360-373-6221
- Silverdale | 360-692-6530
- Port Orchard | 360-473-2144
- Port Gamble S'Klallam Tribe | 360-297-9661
- Suquamish Tribe | 360-394-8473

Note: This document has been created for educational purposes only. It is not medical advice.

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## **La Leche League of Washington | [LLLWA.org](http://LLLWA.org)**

A mother-to-mother breastfeeding support organization, led by volunteers who have breastfed their own children and are accredited by La Leche League International ([LLL.org](http://LLL.org)).

- Central Kitsap group: Katie Dunning | 360-626-3197 | [kkdunyes@gmail.com](mailto:kkdunyes@gmail.com)  
Silverdale at Faith Fellowship from 12-2pm the 4th Wednesday
- Port Orchard group: Cammy | 360-871-1686, Sharalyn | 360-620-1917, or Amber | 909-747-5142
- Poulsbo group: Kristina | 360-434-2018 or Katie Dunning | 360-626-3197 | [kkdunyes@gmail.com](mailto:kkdunyes@gmail.com)  
True North 10-12p 1st and 3rd Wednesday

## **Breastfeeding USA | 206-495-5534 | [breastfeedingusa.org](http://breastfeedingusa.org)**

Offers a network of accredited breastfeeding counselors for support.

## **Kitsap County Lactation Coalition**

Provides mothers and their families with education and resources.

- Facebook group: [facebook.com/KitsapCountyLactationCoalition](https://facebook.com/KitsapCountyLactationCoalition)
- Hosts the Baby-Friendly Lounge annually at the Kitsap County Fair & Stampede

## **Tongue Tie Assessment and Treatment**

These dentistry clinics offer assessment and treatment for lip and tongue ties. A referral by a lactation consultant or healthcare provider is preferred.

### **Dentistry for Children | Bremerton & Port Orchard**

- Dr. Seth Bradbury | 360-377-3844 | [kitsapdfc.com](http://kitsapdfc.com)

### **Kitsap Kid's Dentistry | Bremerton**

- Dr. Jessie Banks | 360-698-3242 | [kitsapkidsdentistry.com](http://kitsapkidsdentistry.com)

### **Poulsbo Kids and Family Dentistry**

- Dr. Shelly Self | 360-779-7115 | [poulsbochildrensdentist.com](http://poulsbochildrensdentist.com)

### **Bainbridge Kids Dentistry**

- Dr. Kaitlin Neste | 206-899-1737 | [bainbridgekidsdentistry.com](http://bainbridgekidsdentistry.com)

## **Craniosacral Body Work Resources**

These Chiropractic clinics offer lactation-related body work for lactating parents and their babies.

- **Poulsbo Chiropractor:** Crystal Folta | 360-697-3737
- **Port Orchard Chiropractor:** Joelle Folk & Jennifer Young | 360-895-0129
- **Olympic Family Chiropractic:** Erika O'Leary | 360-627-7029

## **Nursing in Public**

Washington law protects the right to breastfeed in public places, including parks, buses, government buildings, restaurants, stores, libraries, etc. To learn more, go to [doh.wa.gov/breastfeeding](http://doh.wa.gov/breastfeeding).

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