



Breastfeeding support: Skagit County

Note: due to Covid-19, many in-person services have been suspended or modified. Check first.

Classes:

(recommended to be taken while you are pregnant)

Community Action of Skagit Co. WIC (Mt Vernon): *Breast is Best class*

Held online live. Wednesdays. Open to all WIC clients:

<https://www.communityactionskagit.org/wic/>

Breastfeed with Confidence: on Zoom Teri Shilling, IBCLC facilitates two classes: From the Beginning and Pump It. (fee) Breastfeedwithconfidence.com/classes



Community support groups:

(free and open to all)

La Leche League of Skagit County

Mother to mother support groups. No face to face meetings but you can join their active Facebook group: La Leche of Skagit County Discussion Group.



Clinics:

(make an appointment with an IBCLC** if you have prenatal concerns or things don't go as planned. Services normally covered by medical insurance, check first)

Center for Maternal and Infant Care at Island Hospital (Anacortes): (360) 293-3101 islandhospital.org/maternal-infant-care (Family doctor and IBCLC appointments.)

Skagit Valley Hospital Birth Center Outpatient Lactation Clinic (Mount Vernon): (360) 428-2229 skagitregionalhealth.org/programs-services/womens-health-and-family-birth-center/family-birth-center (RN, IBCLC appointments)

Tulip City Birth and Lactation (Burlington) (360)5592504
tulipcitymidwife.com/lactation (Midwife appointments)

Clinics continued...

Chinn Gyn Clinic (Mount Vernon): (360) 824-5278 chinngyn.com/ (no insurance accepted)

WIC clinics: Provides peer counselors, lactation consultant visits, breast pumps to WIC clients. No fees.

- Community Action (360) 416-7595 Support available in Spanish (Mount Vernon/Anacortes)
- Swinomish Health Clinic (360)466-3167. (La Conner)
- United General (360) 856-7318 (Sedro-Woolley, Stanwood & Concrete)



Home visits:

(an IBCLC** will come to your home to address issues. Not covered by all insurance companies, check first)

Rebecca Bartsch, MSM, LM, IBCLC (Burlington) tulipcitymidwife.com/lactation

Lisa Follett, IBCLC (Whatcom Co.) honeysuckle-lactation.com

Mary Francell, MA, IBCLC (Whatcom Co) fairhavenlactation.com/

Teri Shilling, MS, CD(DONA), LCCE, IBCLC (Mount Vernon)
breastfeedwithconfidence.com

** IBCLC is an International Board Certified Lactation Consultant

Lactation support/home visits are also provided by nurses to those who are enrolled in Maternity Support Services and Nurse Family Partnership.

- Answers Counseling (360) 255-7855
- Island Hospital Maternity Support Services (360-299-1300 ext 5674)
- Sea Mar Community Health Center (360) 848-6616
- Skagit Nurse Family Partnership (360) 416-1523



Military Families

Mom2MomPNW Facebook group

Navy Marine Corps Relief Society: Lindsey Potts-Szoke, RN, IBCLC –
virtual visits and on-line breastfeeding classes 360-257-2728