



Breastfeeding support: Skagit County

2022

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): Offers monthly online Breastfeeding Classes on Wednesdays. Open to all WIC clients:
<https://www.communityactionskogit.org/wic/>

United General WIC (Sedro-Woolley) Offers virtual BF classes for WIC clients
<http://wic.unitedgeneral.org/>

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 is currently not meeting face to face but are referring to the following active Facebook groups:

Skagit Discussion group: <https://www.facebook.com/groups/1463786400577757/>

WA state LLL (English) – <https://www.facebook.com/LLLofWA>

(Spanish) - <https://www.facebook.com/groups/990743587788106>

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 Health/Hospital (Anacortes):
(360) 293-3101 islandhospital.org/maternal-infant-care (Dr. Susanne Wilhelm (Family physician) and Teri Shilling, 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)

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) 854-0435 Support available in Spanish (Sedro-Woolley)

Home visits (or virtual visits in your home)

(an IBCLC** will come to your home or set up a virtual visit to address issues. Not covered by all insurance companies, check first)

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

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

Briana Hodgson, RN, BSN, IBCLC (Whatcom Co) thelatchmaker.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 (360-299-4956)
- Sea Mar Community Health Center (360) 848-6616
- Skagit Nurse Family Partnership (360) 416-1523

Military Families

[Mom2MomPNW](#) Facebook group

