



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)

Breastfeed with Confidence: virtual & in-person. Teri Shilling, IBCLC. Classes include Prenatal Colostrum Harvesting, Getting off to a Great Start, Pump It with Flange Fitting, "What are you up to?" baby weight check with tea/cookies. (fee) [Breastfeedwithconfidence.com/classes](https://breastfeedwithconfidence.com/classes)

Community Action of Skagit Co. WIC (Mt Vernon & Anacortes): Monthly online Breastfeeding Classes on Wednesdays. Free to all WIC clients: English and Spanish available. <https://www.communityactionskagit.org/wic/>

United General WIC (Sedro-Woolley) Free online Breastfeeding Classes in English and Spanish for WIC clients <http://wic.unitedgeneral.org/>

Clinics:

.Most lactation services are covered by medical insurance but check first.
Lactation support provided free at WIC clinics.

Chinn Gyn Clinic (Mount Vernon): (360) 824-5278 chinngyn.com/ (ARNP/IBCLC appointments: private pay only, no insurance accepted)

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

Skagit Family Health Clinic (Mount Vernon) with Loveblossom Lactation; (360) 587-2033 www.loveblossom.net (ARNP & RN/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)

WIC clinics: Provide breast pumps and other supplies to WIC clients. No fees.

- Community Action (Mount Vernon/Anacortes) (360) 416-7595 Support available in English and Spanish. Breastfeeding Peer Counselors and Lactation Consultant appointments available, no charge to WIC clients.
- Swinomish Health Clinic (La Conner) (360)466-3167.
- United General (Sedro-Woolley) (360) 854-0435 Support available in English and Spanish. Breastfeeding Peer Counselor appointments available.

Lactation consultant/IBCLC* visits:

in your home, virtual or in an office setting

(covered by some but not all insurance companies, check first)

* IBCLC is an International Board Certified Lactation Consultant

Based in Skagit County:

Breastfeed with Confidence: Teri Shilling, MS, CD(DONA), LCCE, IBCLC*
breastfeedwithconfidence.com (360) 395-5034

Loveblossom Lactation and Wellness: Sharon Sullivan, RN, IBCLC*
loveblossom.net (360) 587-2033

Tulip City Birth and Lactation: Rebecca Bartsch, MSM, LM, IBCLC*
tulipcitymidwife.com/lactation (360) 559-2504

Based in Whatcom County but will travel to Skagit County:

Breasts R Best: Patty Hiestand, RN, BSN, IBCLC* breastsrbest.com (360) 474-7092

Fairhaven Lactation: Mary Francell, MA, IBCLC* fairhavenlactation.com/ (360) 305-1673

The Latchmaker: Briana Hodgson, RN, BSN, IBCLC* thelatchmaker.com (564) 203-9113

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 Health Maternity Support Services (360) 299-4956
- Sea Mar Community Health Center (360) 848-6616
- Skagit Nurse Family Partnership (360) 416-1523

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>

Military Families: [Mom2MomPNW](https://www.facebook.com/Mom2MomPNW) Facebook group

