

# Skagit Breastfeeding Resources

Compiled by Skagit Breastfeeding Coalition March 2011

## Public Breastfeeding Information

Within Reach (Breastfeeding Coalition of WA)  
[www.withinreachwa.org](http://www.withinreachwa.org) 1-800-322-2588

Washington State WIC Website  
[www.doh.wa.gov/cfh/wic/breastfeeding](http://www.doh.wa.gov/cfh/wic/breastfeeding)

LaLeche League International 1-800-LA LECHE  
[www.llli.org](http://www.llli.org)

National Breastfeeding Helpline 1-800-994-9662  
<http://www.womenshealth.gov/Breastfeeding/>

## Professional Web Addresses

The Academy of Breastfeeding Medicine  
[www.bfmed.org](http://www.bfmed.org)

LactMed Toxicology Data Network  
<http://toxnet.nlm.nih.gov/>  
choose: LACTMED

Dr. Hale breastfeeding and medications  
<http://neonatal.ttuhscc.edu/lact/>

## Breast Pumps and Supplies

Skagit Comm Action..... (360) 416-7595

Skagit Valley Hospital..... (360) 428-BABY  
or (360) 428-2229

PMSI (for insurance/dshs) (800) 578-2260  
[email: info@pacificmsi.com](mailto:info@pacificmsi.com)

Optimum Wellness LLC (206) 763-2733  
[email: sales@optimumwellnessllc.com](mailto:sales@optimumwellnessllc.com)

Medela..... (800) 435-8316

## Skagit Breastfeeding Coalition

Tina Abshier RNC, BSN, IBCLC President  
Wende Dolstad, RD, CD, LC Secretary

\*\*\*see [skagitcap.org](http://skagitcap.org)>org>services>food>breastfeeding  
for most up-to-date resource guide



## Board Certified Lactation Consultants

Island Lactation Service (360) 293-9027  
Skagit Valley Hospital (360) 428-2229  
Walgreen's Option Care 1-800-755-0484

**Skagit Valley Hospital Baby Line** (360) 428-BABY  
(360) 428-2229

## Classes: Childbirth & Infant Feeding

Skagit Valley Hospital.... (360) 428-2424  
Island Hospital..... (360) 299-1309

## La Leche League Local Contacts

Skagit County: Amy..... (360) 941-7733  
Skagit County: Misty..... (360) 826-4844  
Skagit County: Shasta..... (360) 424-7773  
Skagit County: Tiara..... (360) 652-3211  
Skagit County: Anna..... (360) 856-6479  
Oak Harbor, Julie..... (360) 679-3502  
Snohomish County..... (425) 303-0311  
[email: SkagitSnohomishLLL@gmail.com](mailto:SkagitSnohomishLLL@gmail.com)

## La Leche League Local Meetings

First Wednesday at 6:00 pm  
320 Pacific Place, Mount Vernon

Third Wednesday at 10:00 am  
Rm 309, Skagit Valley Food Coop Bldg

## Maternity Support Services

Island Prenatal Care Center (360) 293-6973  
Sea Mar Community Health Center (360) 848-6616  
Skagit Community Action (360) 416-7585  
Skagit County Public Health (360) 336-9383

## WIC Nutrition Programs

Island Prenatal CC (through Skagit Community Action)

Skagit Community Action (360) 416-7595  
Skagit County Public Health (360) 336-9392  
United General Hospital (360) 856-7318