Resources for Breastfeeding Information and Supplies

Breastfeeding Information

Telephone Resources

UWMC Lactation Services........................................ 206-598-4628
La Leche League (LLL) ........................................... 800-525-3243
In Seattle ..................................................................... 206-522-1336
National Women’s Health Information ............. 800-994-9662

Websites

• www.breastfeeding.com
• www.breastfeedingonline.com
• www.lalecheleague.org
• www.womenshealth.gov
• www.gotmom.org

Books

• Dr. Mom, A Guide to Baby and Child, Marianne Neifert
• The Nursing Mother’s Companion, Kathleen Huggins
• The Womanly Art of Breastfeeding, LLL International
• The Ultimate Breastfeeding Book of Answers, Newman and Pitman
Questions?

Your questions are important. Call your health care provider if you have questions or concerns.

Lactation Services:
206-598-4628

Weekdays, 9 a.m. to 9 p.m. Weekends and holidays, 9 a.m. to 1 p.m.

Groups and Support Services

First Weeks Parenting Classes (Held at Birth and Beyond)
206-324-4831, www.birthandbeyond.com


In Seattle.......................................................... 206-522-1336

NAPS (support and doula service).............................. 206-956-1955

Medicines, Drugs, and Breastfeeding

CARE NW ..................206-616-8484 or 888-616-8484

UWMC Lactation Services ...................................... 206-598-4628

Milk Banking

Human Milk Banking Association of North America ...........
.............................................................................. www.hmbana.org

MilkShare ..................http://milkshare.birthingforlife.com

Breast Pump Rental Stations and Supplies

Birth and Beyond (Madison Park store) .....................206-324-4831

Byrum Medical
(for hydrogel pads)...........................................206-329-1668 or 800-456-3500

To find a rental station nearest you:

Hollister, Inc. .................800-323-4060, www.hollister.com

Medela, Inc.................................800-835-5968, www.medela.com

Nurturing Expressions.................................206-763-2733,
........................................................................www.nurturingexpressions.com

WIC Clinics (to find your local clinic) .....................800-322-2588,
........................................................................www.doh.wa.gov/cfh/WIC/default.htm

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