



Breastfeeding support: Skagit County

Please note: due to Covid-19, many in-person services have been suspended or modified. Please check first.

Classes:

(take while you are pregnant)

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

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

<https://www.communityactionsskagit.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.

<http://www.llwa.org/>



Clinics:

(make an appointment with an IBCLC** if things don't go as planned. 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 Insurance billed

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 Insurance billed

Tulip City Birth & Lactation, (Burlington) (360) 559-2504 www.tulipcitymidwife.com
Client must bill their insurance and be reimbursed.

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 International Board Certified Lactation Consultant (IBCLC) will come to your home to address issues. Not covered by all insurance companies, check first)

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

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

- Mt. Vernon MSS:
 - Answers Counseling (360) 255-7855
 - Sea Mar Community Health Center (360) 848-6616
- Anacortes/LaConner/Oak Harbor MSS:
 - Island Hospital/Fidelgo Medical (360) 299-4956
- Skagit Nurse Family Partnership (360) 416-1523



Military Families

Mom2Mom PNW fb.com/groups/mom2momPNW

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