



# Jefferson County Lactation Resources

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Contact your OB doctor's office to ask about support for breastfeeding.

## Jefferson Healthcare

### Family Birth Center- WHO/UNICEF Baby Friendly

- OB nurses trained in breastfeeding support are available 24/7  
**360-385-2200 ext. 3600**
- Tess Hagerty RN , IBCLC (International Board Certified Lactation Consultant) **360-344-1000**
- Prepared Childbirth classes, including breastfeeding class. To enroll call **360-344-1000**
- Laura Gallo MS, CCC/SLP Speech-Language Pathologist Jefferson Healthcare- Tongue-tie assessment, suck training and other services available through your Jefferson Healthcare provider.

## Jefferson County Public Health

- **WIC Nutrition Program**  
Participants in the WIC program offers breastfeeding information and support.  
Call **360-385-9432** to enroll in WIC. WIC Participants also have access to the WIC IBCLC.
- **WIC Breastfeeding Peer Counselor Program**  
Education and support provided during pregnancy and after the baby is born by a mother with breastfeeding experience & training. Call **360-385-9432**.
- **Internationally Board-Certified Lactation Consultant (IBCLC)**  
Support during pregnancy & post-partum to help realize infant feeding goals.  
Call **360-385-9432** to find out if you qualify.

## La Leche League

LLL helps families worldwide to breastfeed or chest feed through parent-to-parent support, encouragement, information, and education.

- Shasta Berg-Port Townsend and Skagit County **(360) 420-9254**
- Lindsey Lewis-Port Townsend **(360) 862-5434**
- Katie Dunning La Leche League of WA Central Kitsap **360-626-3197**  
[kdunyes@gmail.com](mailto:kdunyes@gmail.com)
- Check out the Le leche League of Port Townsend Facebook group

## Lactation Consultants

- **Olympic Medical Center**- New Family Services include IBCLC  
Serves families, no matter where they deliver. Phone consults and office visits in Port Angeles **360-417-7652**. Services are covered by health insurance
- **Virtual Breastfeeding Support – MultiCare**  
IBCLC consultants are specially trained to help breastfeeding moms learn useful techniques to feed their babies and answer questions. These medical providers have the authority to diagnose medical conditions and prescribe medication.  
**Call 253-403-1681** to schedule an appointment M-F 8am to 4:30 pm  
[Multicare.org/virtualbreastfeedingsupport](https://multicare.org/virtualbreastfeedingsupport)  
**No referral needed, costs are covered by your insurance**

## Breast pumps

WA State Insurance coverage for lactation services & pumps

Under the Affordable Care Act, lactation services and breast pumps are a fully covered benefit with most private insurance plans. To find out details contact your insurance plan, or your [health insurance website](#)

- **APPLE HEALTH managed care plans**  
Amerigroup- 800-600-4441  
Community Health Plan of WA- 800-440-1561  
Coordinated Care of WA- 877-644-4613  
Molina Healthcare of WA- 800-869-7165  
United Healthcare Community Plan – 877-542-8997
- **WIC Nutrition program**  
Breast pumps and supplies are available for WIC participants.  
To find out if you qualify for WIC, **Call 360-385-9432**

## More Lactation resources

### **National Breastfeeding Helpline 1-800-994-9662**

Do you have a women's health question or trouble with breastfeeding? Call us anytime between 9 a.m. and 6 p.m. **ET** (that's 6am-3pm PT), Monday through Friday, to talk with a health information specialist in English or Spanish.

**International Breastfeeding Center:** Dr Jack Newman Edit Kernerman IBCLC created this site to empower parents with the most up-to-date resources to assist them with their breastfeeding experience. Resources include free info sheets, video clips & articles.  
[www.ibconline.ca](http://www.ibconline.ca)

**Droplet:** Their mission is to encourage parents to take advantage of the critical window of the first hours after birth and with the more effective breastfeeding techniques in order to prevent common problems. [firstdroplets.com](http://firstdroplets.com)

**Breastfeeding Coalition of Washington:** This is a statewide network of individuals and organizations who work together to promote, protect, and support breastfeeding as vital to the health of our communities. [www.wabreastfeeding.org](http://www.wabreastfeeding.org)

## Know your rights: Breastfeeding Law

**Breastfeeding services:** Under the affordable Care Act, new plans are required to cover breastfeeding support, supplies and counseling

**In the community:** It's unlawful for someone to request that you stop feeding your baby, cover your child, move to a different area, or leave while you are feeding your baby. (RCW 49.60.030 & 49.60.215)

**At work:** Federal law states that employers with  $\geq 50$  employees, shall provide breastfeeding employees with "reasonable break time" and a private, non-bathroom place free from intrusion to express breast milk during the workday, up until the child's first birthday.  
For more info, go to: [www.wabreastfeeding.org/resources/breastfeeding-laws](http://www.wabreastfeeding.org/resources/breastfeeding-laws)

**Perinatal Support** -supporting emotional wellbeing of people in the perinatal period  
Need help? Call or text our toll-free peer support line (se habla español).1-888-404-7763