

Breastfeeding Support: Phone Hotlines, Groups, Home & Clinic Visits

After your baby is born, you may have questions about breastfeeding, or may need support with getting nursing off to a great start. We encourage you to call a lactation consultant or go to a drop-in group!

We especially recommend the services that we have italicized below. They are provided by the lactation consultants who teach the breastfeeding classes for our Great Starts program at Parent Trust.

Free Hotlines for Advice. (Many are only staffed during business hours. Leave a message, they'll call back.)			
Who Offers	Who Can Call	Who Staffs It	Phone Number
Evergreen *	Evergreen patients	lactation specialists. After hours, can call nurse line at 425-899-3000.	425-899-3494
Group Health *	Group Health Clients	RN	206-326-3376 Or 206-326-3500
La Leche League	Anyone	Peer counselors trained in BF support; support groups	Seattle: 206-522-1336 Sno. Cty: 425-610-8511
Nat'l Women's Health Center	Anyone	LLL Peer Counselors	1-800-994-9662
Nurturing Expressions * †	Anyone	RN / IBCLC	206-763-2733
Overlake *	Anyone	RN / IBCLC	425-688-5516
Swedish *	Swedish patients	RN/IBCLC	(206)386-MOMS
UWMC *	UWMC patients	RN/IBCLC	206-598-4628
Valley Medical	Valley patients	Lact. consultant	425-228-3440 x 5791 or x2526

* Also offer clinic visits for support with breastfeeding challenges. † Also offer home visits.

Drop-In Groups. Group visit with a lactation consultant or peer counselor. They can check latch, answer questions and give basic advice. At most sites, they can also weigh the baby. All are open to the public. Note: We try to keep this info current, but PLEASE call or check their website to verify schedule before travelling to a drop-in!			
	Where	When / How Much	More Info
<i>Snohomish Country Breastfeeding Network</i>	Cascade Birth Center	Mondays 12:30 – 1:30 \$10	425-317-0157
Swedish Ballard	5300 Tallman Ave NW Conf . Room B, 1 st floor	Mondays 2 – 3:30. \$10	206-215-9853
Swedish First Hill	747 Broadway, Lytle Ctr	Tuesdays – Saturdays, 10:30- 11. \$15	206-215-9853
Nurturing Expressions	4746 44 th Ave SW West Seattle	Wednesdays 10 – 11:30 \$10	206-763-2733 www.nurturingexpressions.com *†
Healthy Beginnings * †	1530 N 115 St Suite 205 Northgate area	No current offerings	(559) HBL-MILK, www.healthybeginningslactation.com †
Swedish Issaquah	751 NE Blakely Dr	Thursdays 1 – 2:30 \$10	425-313-2377
<i>Essential Birth & Family Ctr, Camie Goldhammer</i> †	6061 MLK Jr Way South Seattle	Schedule changes. See Facebook page or call	www.essentialbirthandfamily.com 206-854-7592 †
Eastside Breastfeeding Support	Eastside Natural Med, 13128 Totem Lk Blvd	Fridays 11:30 – 1, \$15	
Swedish Edmonds	216 76 th Ave W, 4 th floor, auditorium B	Fridays 11 – 1, free	425-673-3352
La Leche League	Many locations	Many times. Free.	www.lllofwa.org

Clinic and Home Visits

Many of the services that offer hotlines or drop-in groups also do clinic or home visits. Check for the symbols above.

- *Joy MacTavish*, IBCLC, RLC. Home visit. 206-225-8295 or [Sound Breastfeeding.com](http://SoundBreastfeeding.com)
- *Dolly Smith RN, MS, IBCLC* – home visit. 206-930-1599 or AftertheStork.com
- *Catherine Fenner* – home visits, north Seattle & beyond. 206-920-3084, [Nurture New Life.com](http://NurtureNewLife.com)
- Shirly Mittelman IBCLC, PCD – East side lactation support. 425-442-7012 shirly@best-feeding.com
- Find a lactation consultant: www.ilca.org

When to Breastfeed and How Long

- Feed whenever the baby shows hunger cues (rooting, tongue thrusts, sucking)
- Every 1 – 3 hours around the clock, at least 8 – 12 times per day. More is OK.
- Feed at first breast till baby seems full (stops suckling, falls asleep). Burp. Offer 2nd breast
- At next feed, start on other side. Minimum time per feed: 10 minutes, but expect 20 – 40.

Position and Latch

- Signs of a good position:
 - Mom is comfortable; bring the baby to the breast, not the breast to the baby
 - Tuck baby's bottom close to your body; baby's ears, shoulders and hips should all be in a straight line; baby's nose at the nipple; baby's chin indents the breast
- Helping baby to latch:
 - Hold breast with a C-hold with fingers and thumb away from areola
 - Stroke baby's lips with nipple; and WAIT for a wide open mouth
 - Touch baby's lower lip to areola, allow baby to grasp nipple
 - Look for signs of a deep latch: chin indents the breast; nose is near or touching the breast, he has more areola in his mouth near his lower jaw
 - Enhance milk flow with pressure and compression (PCN p. 421)

How to Know Baby Is Getting Plenty

- Sucking: Baby feeds at least 8 – 12 times a day
- Swallowing: you hear your baby swallow after almost every suck
- Softer: breast seems softer after the feed
- Satisfaction: Baby seems satisfied for at least a few minutes after feedings
- Soaking: After your milk comes in, 6 – 8 wet diapers per day
- Stools: After your milk comes in, at least 3 poopy diapers in 24 hours in the first month
- Scales: Baby gains ½ - 1½ ounces per day

Challenges: See book for info on preventing and treating sore nipples, engorgement, clogged ducts, mastitis.

Expressing / Pumping / Storing Breastmilk

- Breastmilk Storage Guidelines (for more about milk storage, see PCN 425 – 426)
 - Room Temperature: 8 hours
 - Refrigerator: 8 days. (Previously frozen milk up to 24 hours)
 - Freezer: 2-4 weeks in freezer compartment of a small (e.g. dorm size) refrigerator.
3 months in a freezer that keeps ice cream hard; 6 months in a deep freeze

Breastfeeding Resources On The Internet

www.womenshealth.gov/breastfeeding/learning-to-breastfeed/ Nat'l Women's Health Info Center. Excellent summary of the basics, with helpful illustrations.

www.llli.org La Leche League International; tip sheets, podcasts, discussion forum, link to local groups.

www.kellymom.com Answers to a wide array of questions, discussion forums.

<http://newborns.stanford.edu/Breastfeeding/> Includes videos of hand expression

www.nhs.uk/Planners/breastfeeding/Pages/breastfeeding-tips.aspx Includes animation of proper latch.

www.breastfeedinginc.ca/ (formerly jacknewman.com) includes several videos of latching baby on.

“Breastfeeding and Working” info from Within Reach. <http://www.withinreachwa.org/what-we-do/healthy-communities/breastfeeding/work-and-breastfeeding/>

toxnet.nlm.nih.gov/cgi-bin/sis/htmlgen?LACT LACTMED, database for medications and breastfeeding.

www.mommymeds.com Info on medications and breastfeeding

Recommended products for breastfeeding.

There are many good products out there, but here are some our clients have found especially helpful.

Pumps.

- Rental electric pumps help best with bringing in and establishing a milk supply. Medela, Hygeia, and Ameda rentals all work well. See list below for rental locations.
- Personal electric pumps help best with maintaining an established supply (e.g. for going back to work). Medela is the best-selling, Hygeia is similar quality and is multi-user (can be “handed down” to a friend or sold), Ameda Purely Yours is a good pump for the cost. Comparison shop online, but also check local suppliers. (See below)
- Manual pumps are good for occasional pumping (up to a few times per day). Some good ones include: Avent Isis and Medela Harmony.
- For information on hand expression, see PCN p 420 and <http://newborns.stanford.edu/Breastfeeding/>

Bottles. Which bottle works well for your baby seems to be mostly a matter of baby’s preference. Buy one bottle each of two or three different brands, and see which one your baby likes best.

Milk storage. Buy storage bags, or containers, designed for breastmilk storage. Other plastics can leach chemicals into the milk.

Nursing bras. Purchase at 38+ weeks. Get fitted by an expert, either at a department store or at one of the retailers listed below. Some women recommend a ‘hands-free’ bustier for pumping.

Nursing pads for leaking milk. There are disposables, cotton, wool, and bamboo. Choose which you prefer.

Sore nipple supplies. No need to buy in advance, as they are easily available at drugstores if needed. Try Lansinoh, Pure lanolin for cracked nipples. Soothies gel pads or hydrogel products for sore nipples.

Breast shields. Only purchase if a lactation consultant recommends them to resolve a problem.

Electric Breast Pump Rental Locations

Many of these locations also sell pumps, nursing bras, and other supplies, and most have expert staff to assist you. Always call before going to make sure that the equipment you need is in stock. Companies also charge a one-time cleaning fee, and you must purchase your own “pump kit” which is around \$50. The most common brand names of pumps are Medela, Hygeia, and Hollister/Ameda. *Will deliver

SEATTLE

Swedish – [Lytle Center](#) – Seattle

747 Broadway, Seattle.
206-21-LYTLE

*** [Nurturing Expressions](#) – West Seattle**

4746 44th Ave SW, (West) Seattle
206-763-2733

[Village Maternity](#)– U Village, Seattle

206-523-5167

EAST OF SEATTLE

[Overlake Hospital](#) – Bellevue

425-688-5819

[Evergreen Baby & Family Boutique](#) - Kirkland

12303 NE 130th Lane, Coral 320, Kirkland
425-899-3603

NORTH OF SEATTLE

[Providence Everett Medical Center](#)

360-493-5197