

Kitsap County Breastfeeding Resources

The Affordable Care Act requires most health insurance plans, including Apple Health, to provide breastfeeding equipment and counseling for pregnant and breastfeeding women. Contact your plan for further information.

Kitsap Public Health District offers community breastfeeding support.

Contact: Call (360) 728-2235 or visit www.kitsappublichealth.org/CommunityHealth/pch.php
Janet Wyatt Rn, CLE (360) 265-0990

Drop-In Lactation Support

Nurturing Expressions (www.nurturingexpressions.com) Drop-in Breastfeeding Support Group
Fridays 11:00am – 12:30pm at 19950 7th Ave, Suite 102, Poulsbo, WA 98370.
Fee: \$35 (Military: \$15, Apple Health: Free).
Contact: Rebecca Kushe, MS, IBCLC, CN (360) 930-0218.

Lactation Clinics

St. Michael Medical Center/Virginia Mason Franciscan Health offers out-patient lactation services in In Kitsap County through VMFH, by board-certified lactation consultants (IBCLC) as well as assistance with breast pump rentals and purchases. Call for location of lactation services. IBCLC outpatient at St. Michael's Tuesday and Wednesday contact **253-382-8580 for an appointment.**

International Board Certified Lactation Consultant (IBCLC)

Rebecca Kusche, MS, IBCLC, CN offers private pay In-Home and E-Consults. *Contact:* (406) 550-2607.
Ashley Sayers, IBCLC, Ojibwe. Sunshine and Sage Lactation. Contact **(360) 551-5136** Serving Kitsap via Telehealth. AshleySayers.com
Melissa Bonghi, RN, IBCLC (206) 790-9488. Bainbridge Island Lactation Services.

Virtual Lactation Consult Services

Multicare Virtual Lactation including diagnosis, treatment and even prescriptions (when needed for conditions such as mastitis or thrush), are available via sliding scale services with a MultiCare ARNP Lactation Consultant. A referral is not needed, but an appointment, and either a computer equipped with a webcam and speakers, a smartphone or tablet is.
Contact: (253) 403-1681. <https://www.multicare.org>

Peer Support Services

Breastfeeding USA offers support via a network of accredited breastfeeding counselors.
Contact: Beth Smith (206) 495-5534 <https://breastfeedingusa.org>

WIC

Breastfeeding support services and manual or electric pumps are also offered to eligible clients at the following WIC offices:

- Port Gamble S'klallam Tribal WIC *Contact:* (360) 297-9661.
- Suquamish WIC *Contact:* (360) 394-8473.

Kitsap Community Resources WIC programs offer lactation support with their Breastfeeding Peer Counselor or board-certified lactation consultant, breastfeeding products and manual or electric breast pumps to WIC eligible participants at offices in:

- Bremerton: (360) 373-6221
- Silverdale: (360) 692-6530
- Port Orchard: (360) 473-2144



Kitsap County Breastfeeding Resources

La Leche League of Washington (<http://www.llofwa.org>) is a mother-to-mother breastfeeding support organization, led by volunteer mothers who have breastfed their own children, and are accredited by La Leche League International (<http://www.llli.org>). La Leche League of Washington is on [Facebook](#).

Contact: Local groups for La Leche League of West Sound are:

- Central Kitsap - Katie Dunning (360) 697-3303 kkdunyes@gmail.com.
- Port Orchard – Cammy (360) 871-1686 or Sharalyn (360) 620-1917 or Amber (909) 747-5142.
- Poulsbo - Katie (360) 697-3303 kkdunyes@gmail.com or Kristina (360) 434-2018

Pump Sales and Rentals

Nurturing Expressions provides Medela® hospital grade rental pumps to all clients that meet eligibility, breast pumps through private insurance, and offer a variety of pumping and nursing supplies.

Contact: Rebecca Kushe, MS, IBCLC, CN (360) 930-0218. www.nurturingexpressions.com

Tongue Tie Assessment and Treatment

Referral by lactation consultant or healthcare provider preferred.

Dentistry for Children offers convenient locations to assess and treat lip and tongue ties.

Bremerton: contact: Seth Bradbury (360) 377-3844 www.kitsapdfc.com

Port Orchard: contact: Dr. Seth Bradbury (360) 876-9507 3844 www.kitsapdfc.com

Kitsap Kid’s Dentistry *Contact:* Dr. Jessie Banks 360-698-3242

www.kitsapkidsdentistry.com, laura@kitsapkidsdentistry.com, info@kitsapkidsdentistry.com

Poulsbo Children’s Dentistry *Contact:* Dr. Shelly Self (360) 779-7115. www.poulsbochildrensdentist.com

Bainbridge Kids Dentistry *Contact:* Dr. Kaitlin Neste (206) 899-1737 www.bainbridgekidsdentistry.com

Craniosacral Body Work Resources

Lactation related body work for mom and baby:

- Poulsbo Chiropractor Crystal Folta (360) 697-3737.
- Port Orchard Chiropractor Joelle Folk and Jennifer Young (360) 895-0129.
- Bremerton Erika O’Leary Olympic Family Chiropractic (360) 627-7029

Kitsap County Breastfeeding Coalition

The Coalition hosts a **Baby-Friendly Lounge** annually at the Kitsap County Fair. *Contact:* <https://www.facebook.com/Kitsap-County-Breastfeeding-Coalition-583012128411949/>

Nursing in Public

Washington law protects the right to breastfeed in public places, including parks, buses, government buildings, restaurants, stores, libraries, etc. See [Within Reach](#) for more details.

