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](http://www.kitsappublichealth.org/CommunityHealth/pch.php)
Janet Wyatt Rn, CLE (360) 265-0990

**Drop-In Lactation Support**

**Nurturing Expressions** ([www.nurturingexpressions.com](http://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.

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](http://https://www.multicare.org)

**Peer Support Services**

**Breastfeeding USA** offers support via a network of accredited breastfeeding counselors.
*Contact:* Bethe Smith (206) 495-5534 [https://breastfeedingusa.org](http://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.lllofwa.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.lli.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.
- Poulso - 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
Poulso Children’s Dentistry Contact: Dr. Shelly Self (360) 779-7115. www.poulsochildrensdentist.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:
- Poulso 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.

Note: This document has been designed for educational purposes only and may not be considered medical advice. http://www.kitsappublichealth.org/CommunityHealth/pch_lactation.php Revised 03/03/2023.