

# 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](http://www.kitsappublichealth.org/CommunityHealth/pch.php)

## Drop-In Lactation Support

**Mommy Me and Tea** offers breastfeeding information and peer support on Bainbridge Island.

*Contact:* Melissa at (206) 780-3210 or Colleen at (206) 780-8241 or visit:

[www.facebook.com/bainbridgeislandbreastfeeding](http://www.facebook.com/bainbridgeislandbreastfeeding)

**Nurturing Expressions** ([www.nurturingexpressions.com](http://www.nurturingexpressions.com)) Drop in Breastfeeding Support Group Thursday 10:30am – 12:00pm at 19950 7<sup>th</sup> Ave, Suite 102, Poulsbo, WA 98370.

Fee: \$20 (Military: \$15 Apple Health: Free).

*Contact:* Tracy Corey, RN, IBCLC, CMF (360) 930-0218.

## Lactation Clinics

**CHI Harrison Medical Center Silverdale** offers out-patient lactation services (253-382-8580) by board-certified lactation consultants as well as assistance with breast pump rentals and purchases.

**Kaiser Permanente**, located in Silverdale, provides out-patient lactation services by a board-certified lactation consultant. It is open to all Kaiser Permanente members. *Contact:* Clinic (360) 307-7300 or Lisa Parrott RN, IBCLC (360) 307-7392.

**Naval Hospital Bremerton Newborn Care Clinic** offers outpatient lactation services to active duty members of the military and their dependents through trained lactation educators and board-certified lactation consultants. Breast pump rentals are also available. *Contact:* (360) 475-4470.

**Bainbridge Lactation Services** offers breastfeeding support services by a board-certified lactation consultant. *Contact:* Melissa Bonghi, RN, IBCLC (206) 790-9488.

## 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/virtual-lactation/>

**Rebecca Kusche, MS, IBCLC, CN** offers private pay In-Home and E-Consults. *Contact:* (406) 550-2607. [rebeccak@lactationlink.com](mailto:rebeccak@lactationlink.com)  
<https://lactationlink.com>

## 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:

- Harrison Medical Center WIC located in Belfair *Contact:* (360) 275-8340.
- Port Gamble S'klallam Tribal WIC *Contact:* (360) 297-9661.
- Suquamish WIC *Contact:* (360) 394-8473.



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](http://www.kitsappublichealth.org/CommunityHealth/pch_lactation.php)

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**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

**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 home or [kkdunyes@gmail.com](mailto:kkdunyes@gmail.com).
- Port Orchard – Sharalyn (360) 620-1917 and/or Cammy (360) 871-1686.
- Poulsbo - Ashia (360) 779-4033, Becky (360) 394-1787 and/or Kari (253)880-2100.

## **Pump Sales and Rentals**

**McKesson Breast Pump Solutions** (available on-line) can assist in obtaining a breast pump through your insurance plan. *Contact:* 1-855-567-8669 and/or 1-844-727-6667.

**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:* Tracy Corey, RN, IBCLC, CMF, (360) 930-0218. [www.nurturingexpressions.com](http://www.nurturingexpressions.com)

## **Tongue Tie Assessment and Treatment**

Referral by lactation consultant or healthcare provider preferred.

**Kitsap Kid's Dentistry** 1358 NE McWilliams Rd, Bremerton, WA 98311. *Contact:* Dr. Megan Miller at (360) 698-3242.

[www.kitsapkidsdentistry.com](http://www.kitsapkidsdentistry.com) , [laura@kitsapkidsdentistry.com](mailto:laura@kitsapkidsdentistry.com) , [info@kitsapkidsdentistry.com](mailto:info@kitsapkidsdentistry.com)

**Poulsbo Family Dentistry** 19255 Powder Hill Place NE #200, Poulsbo, WA 98370. *Contact:* Dr. Shelly Self (360) 779-7115.

[www.poulsbofamilydentistry.com](http://www.poulsbofamilydentistry.com) , [info@poulsbofamilydentistry.com](mailto:info@poulsbofamilydentistry.com)

**Bainbridge Kids Dentistry** 360 Tormey Lane, Suite 198, Bainbridge Island, WA 983110. *Contact:* Dr. Kaitlin Neste (206) 899-1737

[www.bainbridgekidsdentistry.com](http://www.bainbridgekidsdentistry.com)

## **Craniosacral Body Work Resources**

Lactation related body work for mom and baby:

- Bainbridge Island Craniosacral Therapists – Mara Lindbergh (206) 947-2000; Mari Ellingson (206) 842-6688.
- Bremerton chiropractor Meg Simans (360) 373-2225.
- Port Orchard chiropractor Joelle Pittigrew (360) 895-0129.

## **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.

