

# 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

**Nurturing Expressions** ([www.nurturingexpressions.com](http://www.nurturingexpressions.com)) Drop-in Breastfeeding Support Group Fridays 11:00am – 12:30pm at 19950 7<sup>th</sup> Ave, Suite 102, Poulsbo, WA 98370.

Fee: \$35 (Military: \$15 Apple Health: Free).

*Contact:* Rebecca Kushe, MS, IBCLC, CN (360) 930-0218.

## Lactation Clinics

**Virginia Mason Franciscan Health** offers out-patient lactation services in Pierce County (253-382-8580) by board-certified lactation consultants as well as assistance with breast pump rentals and purchases. Call for location of lactation services.

**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.

**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>

**Rebecca Kusche, MS, IBCLC, CN** offers private pay In-Home and E-Consults. *Contact:* (406) 550-2607.

## 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](mailto: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](mailto: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](http://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](http://www.kitsapdfc.com)

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

**Kitsap Kid’s Dentistry** *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 Children’s Dentistry** *Contact:* Dr. Shelly Self (360) 779-7115. [www.poulsbochildrensdentist.com](http://www.poulsbochildrensdentist.com)

**Bainbridge Kids Dentistry** *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:

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

## **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.

