

## Breastfeeding is going well in the newborn period if...

- Your baby feeds 8-12 times in 24 hours.
- Your baby sucks actively for 10-20 minutes on the first breast and you hear swallowing.
- Your baby has 6-8 wet diapers and at least 3 yellow poops by day five.
- Your baby appears satisfied after feedings.
- Milk is dripping from the opposite breast when your baby nurses.
- Your breasts feel full before feeding and softer afterwards.

## Contact your health care provider or a lactation consultant if you have any concerns or if...

- You did not feel your milk come in by day 3 or 4.
- Your baby is very sleepy and does not wake to feed.
- You have breast and/or nipple pain.
- Your breasts are uncomfortably full and do not feel softer after feedings.
- Your baby has a fever or is too sleepy to feed.
- You feel like you have the flu or if you are running a fever.
- You are considering using formula because of problems with breastfeeding.

### Washington State Laws Protect a Woman's Right to Breastfeed

**2001:** Breastfeeding in public is not considered indecent exposure. (RCW 43.70, 9A.88.010).

**2009:** Breastfeeding mothers are protected under state anti-discrimination law, and can breastfeed their children in public places such as restaurants, pools, theaters, government buildings, museums, libraries, busses, or parks. No one, including business owners or employees can tell a mother to leave, go to the restroom, or cover the child. (RCW 49.60.030 and 49.60.215).

## Helpful Web Sites

American Academy of Breastfeeding  
[www.bfmed.org](http://www.bfmed.org)

American Academy of Pediatrics  
[www.aap.org/healthtopics/breastfeeding.cfm](http://www.aap.org/healthtopics/breastfeeding.cfm)

Breastfeeding Basics  
[www.breastfeedingbasics.com](http://www.breastfeedingbasics.com)

Breastfeeding Websource  
[www.breastfeeding.com](http://www.breastfeeding.com)

Dona International (Doula Referral Service)  
[www.dona.org](http://www.dona.org)

Dr. Hale's Breastfeeding Pharmacology  
<http://neonatal.tuhscc.edu/lact/>

International Lactation Consultants Association  
[www.ilca.org](http://www.ilca.org)

Kellymom Breastfeeding Resource  
[www.kellymom.com](http://www.kellymom.com)

La Leche League  
[www.lalecheleague.org](http://www.lalecheleague.org)

MedlinePlus  
[www.nlm.nih.gov/medlineplus/breastfeeding.html](http://www.nlm.nih.gov/medlineplus/breastfeeding.html)

National Woman's Health Information Center  
[www.4woman.gov](http://www.4woman.gov)

ProMoM  
<http://www.promom.org>

The Business Case for Breastfeeding  
<http://www.womenshealth.gov/breastfeeding/programs/>

WithinReach & Breastfeeding Coalition of WA  
[www.withinreachwa.org](http://www.withinreachwa.org)

## Suggested Reading

**The Breastfeeding Book**  
By Martha and William Sears

**Nursing Mother's Companion**  
By Kathleen Huggins

**Nursing Mother, Working Mother**  
By Gale Pryor

**Nursing Your Baby**  
By Karen Pryor and Gale Pryor

**So That's What They're For: Breastfeeding Basics**  
By Janet Tamaro

**The Womanly Art of Breastfeeding**  
By La Leche League International

# South Sound Breastfeeding Resource Guide



Look for the *Breastfeeding Welcome Here* symbol in our local community and around the world.

[www.southsoundbreastfeeding.org](http://www.southsoundbreastfeeding.org)

## Breastfeeding Classes

### Family Birth Center

Madigan Army Medical Center  
(253) 968-2774

### Full Circle Parenting

• Linda Sisson, RC  
(360) 705-1216

### Northwest Childbirth Education

(360) 754-8080

### Sarah Huntington MPH, IBCLC, CD(DONA)

(360) 357-3801

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

## Information & Referrals

### Breastfeeding Helpline

(800) 994-9662

### Family Health Hotline\*

Interpreters Available  
(800) 322-2588

### La Leche League International

Helpline \$1.99 per minute  
(877) 452-5324

### Postpartum Support International of WA

(888) 404-7763  
(360) 349-2346 Local Group  
Free Weekly Support Meeting  
Facilitator: Tammy Putvin, RC

### Texas Teratogen Pregnancy Risk Line\*

Drug Interaction Assistance  
(800) 733-4727

## Pumps, Bras & Supplies

### Hall's Pharmacy

Centralia (360) 736-0703 ext. 209

### Judy's Intimate Apparel

Olympia Location (360) 357-8807  
Tacoma Location (253) 474-4404  
[www.judysintimateapparel.com](http://www.judysintimateapparel.com)

### Lullabies Gift Shop

Providence St. Peter Hospital  
Olympia (360) 493-5197 or (360) 493-4706

### Pacific Mothers' Support, Inc.

Ships Anywhere  
(800) 578-2260

\* Se habla Español.

## La Leche League

### Grays Harbor County

- Lisa (360) 533-6622
- Cindy (360) 987-2290

### Thurston County

- Amber (360) 491-5222 [begamama@gmail.com](mailto:begamama@gmail.com)
- Christine (360) 918-8450 [cgulraj@gmail.com](mailto:cgulraj@gmail.com)
- Reyna (360) 910-8395 [batsora@gmail.com](mailto:batsora@gmail.com)
- Sharon (360) 459-1178 [sharonkagy@comcast.net](mailto:sharonkagy@comcast.net)

## Health Departments & WIC Clinics

### Grays Harbor County

#### Health Department

(360) 532-8631

### Lewis County

#### Health Department ~ WIC\*

(360) 740-1255

- Brenda (360) 740-1314

#### Health Department ~ First Steps

- Donna M. (360) 740-1236

### Mason County

#### Community Action Council WIC\*

(360) 426-9726 ~ ext. 101

#### Mason County Public Health\*

(360) 427-9670 ~ ext. 400

- Elizabeth, RN ~ ext. 407
- Linda, RN, MSN ~ ext. 588

### Thurston County:

#### Community Action Council WIC\*

- Elida (360) 438-1100 ext. 4

#### Olympia Sea Mar WIC Program\*

(360) 754-2936

- Martha (360) 528-3270

## Online Community Resources

### PIERCE COUNTY

Pierce County Breastfeeding Alliance  
[www.tpchd.org](http://www.tpchd.org)

### THURSTON COUNTY

South Sound Breastfeeding Network  
[www.southsoundbreastfeeding.org](http://www.southsoundbreastfeeding.org)

## Lactation Consultants

Sarah Huntington, MPH, IBCLC, CD(DONA)  
Certified Lactation Consultant  
(360) 357-3801

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

## Hospital Breastfeeding Services

### THURSTON COUNTY

Capital Medical Center  
(360) 754-5858 ~ Ext. 2424

Group Health Cooperative  
(360) 923-7500

Providence St. Peter Hospital  
Women's & Children's Services

(360) 493-5270 Voicemail

(360) 486-6106 Cell

### PIERCE COUNTY

Madigan Army Medical Center  
Lactation Services & Support Group\*

(253) 968-2774

Mary Bridge Children's Hospital\*

(800) 552-1419

### MASON COUNTY

Mason General Hospital\*

(360) 427-9558

### LEWIS COUNTY


Providence Centralia Women's Health Services

(360) 330-8629

### GRAYS HARBOR COUNTY

Grays Harbor Community Hospital

(360) 537-5280



If you are breastfeeding and someone complains to you, politely explain that the law protects the right of the mother to stay where she is to breastfeed. This law does not apply to employees at their place of work.

To learn more about this law or to file a discrimination complaint within six months of the incident, contact the WA Human Rights Commission by calling 800.233.3247 or visiting [www.hum.wa.gov](http://www.hum.wa.gov)

For information about breastfeeding promotion, legislation, and support for working mothers and employers visit the Breastfeeding Coalition of Washington, [www.breastfeedingwa.org](http://www.breastfeedingwa.org)