

Breastfeeding: Baby's Best Start!

Breastfeeding is a wonderful and healthy choice for you and your baby. Although breastfeeding is natural, many mothers and babies take a few weeks to learn how to work together to make breastfeeding easy and successful. With enough support, almost all mothers can fully breastfeed their babies.

You can tell if breastfeeding is going well in the newborn period if:

- Your baby feeds 8-12 times in 24 hours.
- Your baby sucks actively at least 10-20 minutes on the first breast and you hear swallowing.
- Your baby ends a feeding and appears satisfied after a feeding.
- Your baby has 6-8 wet diapers and at least 3 yellow bowel movements per day by day five.
- Your milk is dripping from opposite breast when infant suckles.
- Your breasts feel full before feeding and noticeably softer afterwards.

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

- You are considering stopping breastfeeding or giving formula because of problems with breastfeeding.
- Your baby is very sleepy and does not wake to feed.
- You have breast or nipple pain.
- Your breasts are uncomfortably full and do not soften after feedings.



South Sound Breastfeeding Network Mission Statement

To encourage and promote breastfeeding in the South Sound community by providing a positive support network and making accurate and consistent breastfeeding information available.

For more information about the **South Sound Breastfeeding Network** and for our meeting times and location, contact Gwen at (360) 786-5581 16967# or visit our web site at www.southsoundbreastfeeding.org

Special Thanks

to Providence St. Peter for printing this Resource Guide

HELPFUL WEB SITES

American Academy of Pediatrics
www.aap.org/healthtopics/breastfeeding.cfm

Breastfeeding Basics
www.breastfeedingbasics.com

Breastfeeding Webservice
www.breastfeeding.com

Department of Health & Human Services
www.4woman.gov/breastfeeding

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

Dr. Sears Parenting Website
www.askdrsears.com

International Lactation Consultants Association
www.ilca.org

Kellymom Breastfeeding Resource
www.kellymom.com

La Leche League
www.lalecheleague.org

MedlinePlus
www.nlm.nih.gov/medlineplus/breastfeeding.html

National Woman's Health Information Center
www.4woman.gov
Promotion of Mother's Milk, Inc.
www.promom.org

South Sound Breastfeeding Network
www.southsoundbreastfeeding.org

WithinReach & Breastfeeding Coalition of WA
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 Network



Resource Guide

A compilation of resources and services for breastfeeding moms in the South Sound area.

Babies were born to be breastfed!

- **Breastmilk** is the most **perfect** food for your child and has many qualities that cannot be reproduced in formula.
- **Breastfed babies** are **healthier** and have fewer incidences of illness, immune cancers, infection, allergies and childhood obesity.
- **Breastfed children** are **smarter**. Studies show children who were breastfed have I.Q. scores averaging 7 to 10 points higher than formula-fed infants.
- **Breastfeeding lowers** your **risk** of breast, uterine, and ovarian **cancer** and osteoporosis.
- **Breastfeeding** helps build a **special bond** between you and your baby, and helps your body **lose weight**.
- **Breastfeeding saves money**. Formula can cost up to \$1200 a year, plus increased doctor visits for sick children.
- **Breastfeeding is good** for the **environment**.

GENERAL RESOURCES

Breast Pumps and Breastfeeding Supplies

- Judy's Intimate Apparel
 - (360) 357-8807
- Hall's Pharmacy Centralia
 - (360) 736-0703 Ext. 6
- Pacific Mothers' Support, Inc.
 - Ships anywhere
 - (800) 578-2260
- Lullabies Gift Shop at Providence St. Peters Hospital
 - (360) 493-5197 or ○ (360) 493-4706

Breastfeeding Classes

- Capital Medical Center
 - (360) 754-5858 Ext. 2424
- Family Birth Center Madigan Hospital
 - (253) 968-2774

- Sarah Huntington, MPH, IBCLC, CD(DONA)
 - (360) 357-3801 ○ www.sarahdoula.com
 - In English and Spanish

Information and Referral

- CARE Northwest (Drug Interactions)
 - (888) 616-8484
- Family Health Hotline*
 - Free essential resources for family health.
 - Interpreters available.
 - (800) 322-2588
- Breastfeeding Helpline
 - (800) 994-9662
- La Leche League International
 - Helpline (\$1.99 per min.)
 - 1 (877) 452-5324

THURSTON COUNTY

Lactation Consultants in Private Practice

- Sarah Huntington, MPH, IBCLC, CD(DONA)
 - Sarah Huntington - (360) 357-3801
 - www.sarahdoula.com

Hospitals with Lactation Services & Community Based Resources

- Capital Medical Center
 - (360) 754-5858 Ext. 2424
- Group Health Cooperative
 - (360) 923-7500
- Providence St. Peter Hospital Women's & Children's Services
 - voicemail (360) 493-5270
 - cell (360) 486-6106

MASON COUNTY

Hospitals/Community Based Resources

- Mason General Hospital*
 - (360) 427-9558
- Mt. View Woman's Health Center
 - (360) 426-0955

Maternal Child Health Services

- Providence Sound Home Care MSS
 - (360) 459-8311

Public Health Centers

- Mason County Public Health* (360) 427-9670
 - Elizabeth, RN - Ext. 407
 - Amy, RN - Ext. 518
 - Linda, MSN, NSP, MSS - Ext. 588
- Community Action Council (360) 426-9726

LEWIS COUNTY

Hospitals/Community Based Resources

- Providence Centralia Women's Health Services
 - (360) 330-8629

Maternity Support Services/Nurses

- Providence Sound Home Care MSS
 - For women with medical coupons only
 - Julie, RN - (360) 740-6511
 - Graciella, MSW* - (360) 740-6528

Public Health Centers

- L. C. Health Department WIC Program
 - (360) 740-1255
 - Judy - (360) 740-1268
- Lewis County Health Department - First Steps
 - Donna M. - (360) 740-1236

GRAYS HARBOR COUNTY

Hospitals/Community Based Resources

- La Leche League
 - Lisa - (360) 533-6622
 - Cindy - (360) 987-2290
- Grays Harbor Community Hospital
 - (360) 537-5280
- Grays Harbor Co. Health Dept.
 - (360) 532-8631

• La Leche League

- Amber - (360) 491-5222
- Annie - (360) 867-0495
- Molly - (360) 236-8167
- Sharon, IBCLC - (360) 459-1178
- Wendy - (360) 426-1322

• Full Circle Parenting

- Linda Sisson, RC - (360) 867-1631
- Northwest Childbirth Education
 - (360) 754-8080

Maternity Support Nurses/Services

- Providence Sound Home Care MSS
 - For women with medical coupons only
 - Lyne, RN, IBCLC - (360) 493-5935

Postpartum Support

- Alissa McClellan (360) 867-0135
 - Post-partum Doula
- Birthing Roots (360) 866-8651
 - Stacey Connell ICCE, CD, CLE
- Full Circle Parenting (360) 867-1631
 - Linda Sisson, RC
- MotherLove Doula Services (360) 236-8880
 - Jade Souza & Lora Clem

• Postpartum Support International

- Thurston County (360) 349-2346
 - Free weekly support group
 - Tammy Putvin, RC

Public Health Centers

- Community Action Council WIC *
 - (360) 438-1100 Ext. 2
- Thurston County Health Dept. WIC Program*
 - (360) 754-2936

PIERCE COUNTY

Hospitals with Lactation Services & Community Based Resources

- Madigan Hospital Lactation Services and Support Group Information*
 - (253) 968-2774
- Pierce County Breastfeeding Alliance
 - (253) 798-3539
- Tacoma General Hospital*
 - (253) 403-1331

An International Board Certified Lactation Consultant (IBCLC) is a health care professional that is knowledgeable, skilled, experienced and specifically trained in lactation and breastfeeding management.

*Se Habla Español/Spanish services available