

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

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

Breastfeeding Basics
www.breastfeedingbasics.com

Breastfeeding Websource
www.breastfeeding.com

Dona International (Doula Referral Service)
www.dona.org

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

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

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

WithinReach & Breastfeeding Coalition of WA
www.withinreachwa.org

Information For Employers and Employees

<http://www.womenshealth.gov/breastfeeding/programs/business-case/>

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

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

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

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

Thurston County Support Hot-Line 1-800-599-7650

<http://www.llusa.org/web/ThurstonCountyWA.html>

Email: lalecheleagueolympia@gmail.com

Health Departments & WIC Clinics

Grays Harbor County

Health Department

(360) 532-8631

Lewis County

Health Department ~ WIC*

(360) 740-1255

- Brenda (360) 740-1314

Mason County

Community Action Council WIC*

(360) 426-9726 ~ ext. 101

- Elida (360) 426-9726 ~ ext. 104

Mason County Public Health*

(360) 427-9670 ~ ext. 400

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

Thurston County

Community Action Council WIC*

- Julie (360) 438-1100 ext. 1137

Olympia Sea Mar WIC Program*

(360) 754-2936

- Martha (360) 528-3270

Online Community Resources

PIERCE COUNTY

Pierce County Breastfeeding Alliance

www.tpchd.org

THURSTON COUNTY

South Sound Breastfeeding Network

www.southsoundbreasfeeding.org

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

For information about breastfeeding promotion, legislation, and support for working mothers and employers visit the Breastfeeding Coalition of Washington, www.breastfeedingwa.org