

Breastfeeding is going well during the newborn period after day four if...

- Your baby nurses 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 dirty diapers per day.
- Your baby appears satisfied after nursing
- Your breasts feel full before feeding and softer after nursing.

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

- You don't feel your milk increase by day three or four after birth.
- Your baby is very sleepy and doesn't wake to nurse or is too fussy to latch.
- Diaper count is less than above or uric acid crystals (red dust in the urine) are present.
- You have breast or nipple pain.
- Your breasts are uncomfortably full and don't feel softer after nursing.
- You or your baby has a fever.
- You have flu like symptoms.
- You are considering using formula because of breastfeeding problems.

Cover Art - *Examine the Food Chain*
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www.nikkimcclure.com

Helpful Websites

Visit our Website for Direct Links
www.southsoundbreastfeeding.org

Attaching Your Baby at the Breast (Latching)
<https://globalhealthmedia.org/portfolio-items/attaching-your-baby-at-the-breast/?portfolioCats=191%2C94%2C13%2C23%2C65>

Expressing First Milk (Hand Expression of Colostrum)
<https://globalhealthmedia.org/portfolio-items/how-to-express-your-first-milk/>

Stanford Breastfeeding Videos
<https://med.stanford.edu/newborns/professional-education/breastfeeding.html>

World Health Media Breastfeeding Videos
<https://globalhealthmedia.org/videos/>

KellyMom – Breastfeeding Blog
www.kellymom.com

La Leche League – Support Resources
www.llli.org

Medications and Breastfeeding
LactMed – National Institute of Health
<https://www.ncbi.nlm.nih.gov/books/NBK501922/>



Washington State Protects Your Right to Breastfeed in Public

2001: Breastfeeding in public is not considered indecent exposure thanks to 9A.88.010 and the right to pump in a clean designated space at work is encouraged by RCW 43.70.640.

2009: Breastfeeding mothers are protected under state anti-discrimination laws. No one can tell you to leave or cover up while nursing thanks to RCW 49.60.030 and 49.60.215.

South Sound Breastfeeding Resource Guide



South Sound Breastfeeding Network

www.southsoundbreastfeeding.org



Prepare During Pregnancy

Breastfeeding Classes

Birthing Roots	(360) 789-9969+
Birth Embrace	(360) 890-0543
Foveo Birth Services	(408) 835-6368+
Initiating Lactation	(360) 292-5146+
Olympia Lactation	(360) 918-2392

Breastfeeding Support Groups

Breast/Chest Feeding Drop-In Group*
Family Support Center of South Sound
Thursdays 10am-12pm
(360) 754-9297

Providence Breastfeeding Support Group
Meets Tuesday and Saturday 2-4pm
(360) 493-7313

La Leche League of Thurston County
Fourth Monday of Each Month 6pm
(360) 975-4826

La Leche League of Lewis County
Second Tuesdays of Each Month 10 am
(360) 209-2046

La Leche League of Mason County
(360) 451-4162

La Leche League of Grays Harbor
Support group meet monthly
(360) 209-3439

Madigan Lactation Support Group
Madigan – Sakakini Conference Room
Tuesdays 1pm-3pm

Family Health Hotline*

(800) 322-2588

Breastfeeding & Making Milk

Breast Pump & Scale Rental

Initiating Lactation
(360) 292-5146

Providence Saint Peter Hospital
(360) 493-5197

MultiCare Tacoma General Hospital
(253) 403-3020

Private Lactation Consultants

Breastfeeding Medicine of the South Sound +
Melinda Harris Moulton, ARNP, IBCLC
www.breastfeedingmed.com
(585) 687-8873

Initiating Lactation +
Sarah Cassidy, BSN, IBCLC
www.inlactation.com
(360) 292-5146

Olympia Lactation +
Carrie Distefano, IBCLC
Kristeen Seratt, BSN, RN, IBCLC
Stefanie Anderson, IBCLC
www.olympialactation.com
(360) 918- 2392

Olympia Obstetrics & Gynecology +
Sarah Huntington, ARNP, IBCLC
www.olyobgyn.com
(360) 413-8413

Hospital Based Lactation Services

Capital Medical Center
(360) 956-3587

Madigan Lactation Services
(253) 968-3044

Mason General Hospital
(360) 427-9558

MultiCare Virtual Medicine
(253) 403-1681

Providence St Peter Phone Support
(360) 493-5270

Community Support Services

Thurston County

Olympia Sea Mar WIC*
(360) 754-2936

Sea Mar Maternal Support Services*
(360) 742-5010

Lewis County

Health Department WIC*
(360) 740-1255 or (360) 740-2709

Mason County

Community Action Council WIC*
(360) 426-9726 x3107

Grays Harbor County

Grays Harbor Sea Mar WIC*
(360) 482-4510

Aberdeen WIC*
(360) 532-8631

Sea Mar Maternal Support Services*
(360) 861-8710

Breast Milk Bank

Northwest Mothers Milk Bank
www.donatemilk.org
(503) 469-0955

Nursing Bras & Supplies

Judy's Intimate Apparel
Olympia (360) 357-8807

Lullabies Gift Shop
Olympia (360) 493-5197

Family Support Center of South Sound
Supply Closet
(360) 754-9297



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

*Se habla Español
+Takes Insurance
or has sliding scale