Below is a partial list of resources available in Whatcom and Skagit County. We try to keep this list as accurate as possible, however please be aware that information listed may change over time.

**Whatcom County Breastfeeding Resources**

**Bellingham Center for Healthy Motherhood**  
Clinic and home visits. Accepts all insurance coverage for clinic visits. Private pay for home visits may be reimbursed by insurance.  
(360) 526-2185, www.centerforhealthymotherhood.com

**PeaceHealth Medical Group Lactation Service**  
Clinic visits. Accepts all insurance coverage for clinic visits.  
(360) 738-6361, www.peacehealth.org

**Breasts R Best**  
Home visits. Private pay for home visits may be reimbursed by insurance.  
(360) 474-7092, www.breastsrbest.com

**La Leche League**  
Visit website for current contact information: www.lllofwa.org/

**Baby Weigh Days w/ Lactation Consultant**  
Wednesdays, 1-3pm at Bellingham Center for Healthy Motherhood, 905 Squalicum Way #104

**WIC Breastfeeding Class**  
Whatcom County Health Department, (360) 778-6102  
2nd Wednesday each month, 1-2:30pm, 1500 N. State St., Bellingham

**Mama Café: Drop in class**  
Tuesdays: 9am-12pm, Bellingham Center for Healthy Motherhood, 905 Squalicum Way #104

**Skagit County Breastfeeding Resources**

**Board Certified Lactation Consultants**  
- Island Lactation Service (360) 293-9027  
- Skagit Valley Hospital (360) 428-2229  
- Walgreen’s Option Care (1-800) 755-0484

**Skagit County Health Department** (Mount Vernon)  
(360) 416-1500, skagitcounty.net/Departments/Health

**Skagit Breastfeeding Coalition**  
skagitbreastfeeding.wordpress.com  
Drop in group on 4th Wednesday each month, 8am at The Calico Cupboard in Mount Vernon.
La Leche League of Skagit County
lllofwawwa.org/la-leche-league-skagit-county, or email SkagitSnohomishLLL@gmail.com
Drop in groups:
- 3rd Wednesday each month, 10am, Skagit Food Co-op, Room 309
- 1st Monday each month, 6pm, Skagit Head Start, Community Room

Skagit Valley Hospital Baby Line
(360) 428-BABY / (360) 438-2229

PeaceHealth United General Medical Center
(360) 856-7293
peacehealth.org/united-general-medical-center

Skagit Community Action
(360) 416-7585
communityactionskagit.org

Online breastfeeding resources
- La Leche League International
- Washington State WIC
- Stanford University Breastfeeding Support
- Breastfeeding Coalition of WA
- National Breastfeeding Helpline
- Kelly Mom

Breast Pump Resources
- Pacific Mother Support
  Phone: (800) 578-2260
  www.pacificmsi.com
- Nurturing Expressions
  www.nurturingexpressions.com
- Norco
  www.norco-inc.com
- Apria Health Care (Bellingham)
  (360) 738-8300 or www.apria.com

An important note about your baby’s dental health
Adding fluoride to public water systems is a safe way to prevent tooth decay, however most of Northwest Washington does not have fluoridated drinking water. The American Dental Association, the American Academy of Pediatrics, the Institute of Medicine, the Centers for Disease Control and Prevention, and others have endorsed fluoridation as a safe, effective way to reduce decay. Check with your pediatrician or pediatric dentist to find out if any additional fluoride supplements are necessary for your child.