

Feeding 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 side 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
- You feel full before feeding and softer after nursing.

Contact your care provider and/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 feeding related pain.
- You 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 (or have been advised to use formula) because of breastfeeding problems.

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

Helpful Websites

KellyMom
www.kellymom.com

La Leche League
www.llli.org

InfantRisk Center – Dr. Hale
Medications and Breastfeeding
www.infantrisk.com
(806) 352-2519

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

Breastfeeding Basics
www.breastfeedingbasics.com

Suggested Reading

The Womanly Art of Breastfeeding
By La Leche League International

Nursing Mother, Working Mother
By Gale Pryor

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 Lactation Resource Guide



South Sound Lactation Network

www.southsoundbreastfeeding.org



Prepare During Pregnancy

Lactation Classes

Foveo Birth Services (408) 835-6368
Initiating Lactation (360) 706-8771
MultiCare Capital Medical. (360) 706-6508
Olympia Lactation (360) 227-1769

Breastfeeding Support Groups

Breast/Chest Feeding Drop-In Group*
Thursdays 10am-12pm
[Zoom.us/j/217854382](https://zoom.us/j/217854382)
(360) 453-7757

Initiating Lactation Support Group
Weekly Meetings
www.inlactation.com - register online
(360) 706-8771

La Leche League of Grays Harbor
Phone Support
(360) 589-1336

La Leche League of Thurston County
Phone Support
(360) 975-4826


La Leche League*
Online Meetings
www.llli.org

Madigan Lactation Support Group
Madigan – Sakakini Conference Room
Tuesdays 1pm-3pm
(253) 968-3044 - call to register

Perinatal Services of Washington*

Emotional Health Warm Line
(888) 404-7763

Family Health Hotline*

 (800) 322-2586 for the *Breastfeeding Welcome Here* symbol in our local community and around the world.

Making & Feeding Milk

Outpatient Lactation Consultants

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

Initiating Lactation+
Sarah Cassidy, RN, IBCLC
Kenzie Olson, IBCLC, NBC-HWC
www.inlactation.com
(360) 706-8771

Kaiser Permanente Lactation
(360) 923-7000

MultiCare Virtual Lactation
(253) 403-1681

Olympia Lactation+
Carrie Distefano, IBCLC
Stefanie Anderson, IBCLC
www.olympialactation.com
(360) 227-1769

Olympia Pediatrics+
Nila Williamson, RD, IBCLC
(360) 413-8470

Valley View Medical Center+
Kristeen Seratt, DNP-FNP, IBCLC
(360) 330-9595

Hospital Lactation Services

Mason General Hospital
(360) 427-9558

Madigan Lactation Services
(253) 968-2774

MultiCare Capital Medical Center
(360) 706-6508

Providence St Peter Phone Support
(360) 403-5370

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

Pump & Scale Rental

MultiCare Capital Medical Center
(360) 706-6508

Nurturing Expressions
www.nurturingexpressions.com
(206) 763-2733

Providence Saint Peter Hospital
(360) 493-5197

Nursing Bras & Supplies

Lullabies Gift Shop
(360) 493-5197

Family Support Center Supply Closet
(360) 754-9297

Milk Bank

Northwest Mothers Milk Bank