

## 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.

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## Helpful Websites

KellyMom  
[www.kellymom.com](http://www.kellymom.com)

La Leche League  
[www.llli.org](http://www.llli.org)

InfantRisk Center – Dr. Hale  
Medications and Breastfeeding  
[www.infantrisk.com](http://www.infantrisk.com)  
(806) 352-2519

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

Breastfeeding Basics  
[www.breastfeedingbasics.com](http://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

[southsoundlactationnetwork.org](http://southsoundlactationnetwork.org)



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

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## Prepare During Pregnancy

### Lactation Classes

Foveo Birth Services (408) 835-6368  
Initiating Lactation (360) 706-8771  
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](http://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](http://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) 322-2588

\*Se habla Español +Accepts Insurance

## Making & Feeding Milk

### Outpatient Lactation Consultants

Babies Suck Lactation+  
[www.babiessucklactation.com](http://www.babiessucklactation.com)  
(360-499-6791)

Breastfeeding Medicine of South Sound+  
[www.breastfeedingmed.com](http://www.breastfeedingmed.com)  
(585) 687-8873

Initiating Lactation+  
[www.inlactation.com](http://www.inlactation.com)  
(360) 706-8771

Kaiser Permanente Lactation+  
(360) 923-7000

MultiCare Virtual Lactation+  
(253) 403-1681

Northwest Pediatric Center+  
<https://nwped.com/what-we-do/lactation-services/>  
(360) 736-6778

Olympia Lactation+  
[www.olympialactation.com](http://www.olympialactation.com)  
(360) 227-1769

Olympia Pediatrics+  
(360) 413-8470

Valley View Medical Center+  
(360) 330-9595

Young Spines+  
[www.youngspines.com](http://www.youngspines.com)  
(360) 819-9700

### 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) 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

### Pump & Scale Rental

MultiCare Capital Medical Center  
(360) 706-6508

Nurturing Expressions  
[www.nurturingexpressions.com](http://www.nurturingexpressions.com)  
(206) 763-2733

Gift Shop @ Providence Saint Peter Hospital\*  
(360) 493-7308

### Nursing Bras & Supplies

Family Support Center Supply Closet  
(360) 754-9297

### Milk Bank

Northwest Mothers Milk Bank  
[www.donatemilk.org](http://www.donatemilk.org)  
(503) 469-0955 1/19/2024

\*milk donation drop of location (call ahead)