

COVID-19 & Breastfeeding

According to the World Health Organization, women with COVID-19 can breastfeed if they wish to do so and should practice the following:

- **Wear a mask while breastfeeding**
- **Wash hands before & after touching baby**
- **Routinely clean and disinfect surfaces**

Virtual Lactation Consultation

Virtual consultations are available with a scale delivery for use during the consultation and most insurance plans are accepted.

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

Olympia Lactation
www.olympialactation.com
(360) 918- 2392

Infant Scale Rental

For those wanting to weigh their infant without making an office visit or to support a telehealth appointment, delivery and pick up is available.

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Nurturing Expressions
www.nurturingexpression.com
(253) 948-0784



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Virtual Breastfeeding Classes

Initiating Lactation

Complimentary pre-recorded classes.

www.inlactation.com

(360) 292-5146

Olympia Lactation

Live classes on Zoom every other month.

www.olympialactation.com

(360) 918- 2392

Online Support Groups

Olympia Breastfeeding & Chest Feeding

Drop-In Group

Zoom Meeting ID 217-854-382

By Phone +1 253 2158782 US

lindas@fscss.org

Thursdays 10am-12pm

Olympia Lactation Support Group

Visit Olympia Lactation on Facebook

Fridays 10am-11am

La Leche League Online - English

Visit LLL WA of on Facebook

First Fridays 10:30am

La Leche League Online - Español

Visit LLL of WA Español on Facebook

Supplies by Appointment

Following CDC and OSHA guidelines for safety

Initiating Lactation

www.inlactation.com

(360) 292-5146

Judy's Intimate Apparel

www.judysintimateapparel.com

(360) 357-8807

Nurturing Expressions

www.nurturingexpression.com

(253) 948-0784

Parent Support Warm Line

Available to pregnant or new parents and their loved ones needing support and information about mental health. You are not alone.

(888) 404-7763

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