

## Online Resources

**Dr. Jack Newman on Breastfeeding:  
Teaching Videos and Tip Sheets**

<https://ibconline.ca>

**Kellymom Breastfeeding  
and Parenting**

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

**La Leche League International**

[www.llli.org](http://www.llli.org)

<http://lllofwa.org>

**Latch and Breastfeeding Teaching  
Videos- “First Droplets”**

[www.firstdroplets.com](http://www.firstdroplets.com)

**Lact Med – Medication information  
during breastfeeding**

[www.toxnet.nlm.nih.gov](http://www.toxnet.nlm.nih.gov)

**Stanford University Medicine**

[Maximizing Milk Production | Newborn  
Nursery | Stanford Medicine](#)

**Breast Massage**

Very gentle technique  
to ease engorgement and help with milk  
removal: [http://bfmedneo.com/our-services/  
breast-massage/](http://bfmedneo.com/our-services/breast-massage/)

## Breast Milk Donation

To learn more about providing or receiving  
donated breast milk, contact Northwest  
Mothers Milk Bank: [www.donatemilk.org](http://www.donatemilk.org) or  
call

503-469-0955 or 800-204-4444.



**Our goal is to promote and support  
breastfeeding as a vital part  
of the health and development of our  
areas' children and families.**

**You are invited to join the  
Breastfeeding Awareness Coalition**

*This group is open to anyone who  
supports the mission and common goal  
of breastfeeding promotion.*

**Call Carrie at**

**509-662-1511**

**ext. 31242**



## Breastfeeding Resources

## Breastfeeding Class

Confluence Health Hospital -  
Central Campus

### Successful Breastfeeding Class

This breastfeeding class is a free 2-hour class that will cover the basic principles of breastfeeding. The first hour of the class will cover the basics and introduce techniques for latch and position. We will discuss common breastfeeding challenges and how to prevent or overcome them. We will also discuss working while breastfeeding, recommendations for handling and storing breast milk and breast pumps.

Classes are available for anyone preparing to breastfeed their infant. We encourage you to bring baby's father or another support person.

**Cost: Free!**

To register for a class, or  
more information- call 509-433-3002

## Breastfeeding App

**"Birth & Beyond"** by Global Health Media:

This is a free app that gives educational videos and teaching in multiple languages!

Teaching topics: Labor, birth, postpartum, breastfeeding your baby, caring for the small baby, feeding your young child, and family planning.

## Breastfeeding Resources

Confluence Health Lactation Services  
Lactation Office.....509-433-3331.

\*The Lactation Department is open every day to help you! Call our message line and a certified Lactation Consultant will return your call. Outpatient consultations are also available every day in the Mother-Baby Unit by appointment.

### Columbia Valley Community Health Clinic

WIC, Nutritionists, Breastfeeding Peer Counselors,  
Midwives, Pediatricians.

Wenatchee office..... 509-664-3771

Chelan office..... 509-682-2120

[www.cvch.org](http://www.cvch.org); [wic@cvch.org](mailto:wic@cvch.org)

### Chelan-Douglas Health District

WIC, Nutritionists and Breastfeeding Support,  
Referrals to Nurse Family Partnership.

East Wenatchee office..... 509-886-6408

<http://www.cdhd.wa.gov/>

### Wenatchee Midwife Service and Childbirth Center

509-663-2770 Look for us on Facebook!

[www.wenatcheemidwife.com](http://www.wenatcheemidwife.com)

### Melissa Roe, RN/IBCLC

Lactation Consultant providing home visits for  
prenatal and postpartum care.

Call or text: (509) 906-4111 or

[www.melissaroelactation.com](http://www.melissaroelactation.com)

### Lisa Whatley, RN/IBCLC

Twisp/ Chelan/ North Country home visits available  
(private pay), Medela Symphony pump rental.

206-200-0281 or [lisa@cascadecare.com](mailto:lisa@cascadecare.com)

### Lakeside Baby

Jen Lane, IBCLC - Chelan offering prenatal and  
postpartum breastfeeding support, car seat safety  
checks, and newborn care education. Home, office and  
virtual visits. Call or text

(509) 630-1160 or [visit www.LakesideBaby.com](http://www.LakesideBaby.com)

## Support Groups

### Wenatchee Mother-Baby Support Group

This group meets every Monday at Pybus Public  
Market in the Board Room (off the big Event Center)  
from 1:00 pm-2:30 pm.

Come and find support for all the ups and downs that  
come with having a new baby! This group is a great  
way to make friends and meet other new parents.

The Wenatchee Mother-Baby Support Group is  
facilitated by the Confluence Health Lactation  
Department. **Find us on Facebook!**

This group is free and casual- no registration is  
required. Come be encouraged by other moms!

## Breast Pumps & Supplies

**The Affordable Care Act** mandates that  
your insurance company provides coverage of pumps  
and breastfeeding support.

*Check with your insurance provider for details. Your  
insurance may also cover Lactation visits.*

**WIC** may provide a breast pump to its clients,  
depending on need. Contact your WIC office for more  
information.

**NORCO Medical Supply:** (509) 663-2137

**Target and Walmart** have a good selection of breast  
pumps and accessories.

**Medela Symphony pump rental**

[lisa@cascadecare.com](mailto:lisa@cascadecare.com)