Online Resources

Medication Safety

Lact Med
Medication information during breastfeeding
https://tinyurl.com/2s4ds5m2

Breastfeeding Education

First Droplets
Latch and breastfeeding teaching videos
www.firstdroplets.com

Stanford University Medicine
Maximizing milk production
https://tinyurl.com/4zs2zdsj

Breast Massage
Very gentle technique to ease engorgement and help with milk removal:
https://tinyurl.com/yf4an7bx

Breastfeeding Support

La Leche League International
Evidence-based information and peer support.
www.llli.org

La Leche League of Washington
Local support and resources.
https://lllwa.org/

KellyMom
Information on breastfeeding and parenting.
www.kellymom.com

Breast Milk Donation

To learn more about providing or receiving donated breast milk, contact Northwest Mothers Milk Bank: www.donatemilk.org or call 503-469-0955 or 800-204-4444.

Breastfeeding Awareness Coalition of Wenatchee

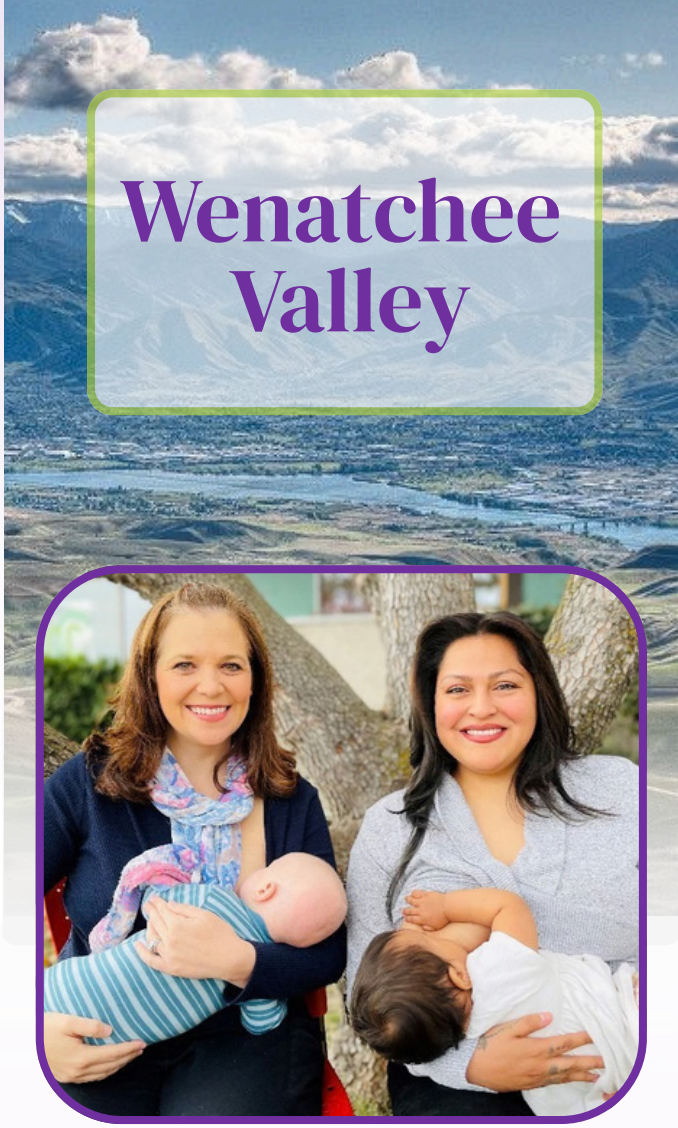
Our goal is to promote and support breastfeeding as a vital part of the health and development of our areas' children and families.

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



Wenatchee Valley

Breastfeeding resources

Breastfeeding Awareness Coalition of Wenatchee

Breastfeeding Class

Confluence Health- Central Campus

Successful Breastfeeding Class

This free, 2-hour class covering latch, positioning, common challenges, pumping, breast milk storage, and returning to work. Partners and support persons are encouraged to attend.

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

Home Visiting Services

Nurse-Family Partnership

Free nurse home visits for eligible moms, supporting pregnancy, parenting, and child development through the child's second birthday.

Phone: (509) 886-6400

https://www.cdhd.wa.gov/nurse-family-partnership

Parents as Teachers – Catholic Charities

Free home visits supporting parent-child bonding, healthy development, and parenting skills from birth to age 3.

Contact: patreferral@catholiccharitiescw.org

https://catholiccharitiescw.org/services/parents-as-teachers

WIC Services

Nutrition benefits, breastfeeding support, and referrals for eligible families with children under five.

CVCH **www.cvch.org wic@cvch.org**

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

Chelan office **509-682-2120**

Chelan-Douglas Health District

https://www.cdhd.wa.gov/wic-women-infants-children

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

Breastfeeding Support

Confluence Health Lactation Services

The Mother-Baby Unit at Confluence Central Campus offers lactation support during your hospital stay after delivery. We are also available to answer your feeding questions by phone, and seven days a week by appointment.

Call (509) 433-3331

The Wenatchee OB/GYN Clinic, Brewster Clinic, and Omak Campus offer prenatal breastfeeding education, postpartum mom and baby lactation consultation, and Maternity Support Service case management.

Call (509) 433-3203

Melissa Roe, RN/IBCLC

Prenatal and postpartum lactation consultations for latch, milk supply, and feeding challenges. Home, office, and virtual visits available.

Call or text: **(509) 906-4111**

www.melissaroelactation.com

Lakeside Baby- Jen Lane, IBCLC

Prenatal and postpartum breastfeeding support, car seat safety checks, and newborn care education. Home, office, and virtual visits available.

Call or text **(509) 630-1160**

www.LakesideBaby.com

Wenatchee Midwife Service and Childbirth Center

Prenatal, birth, postpartum, and newborn care, including breastfeeding education, feeding assessments, and postpartum home visits. Look for us on Facebook!

Call **(509)-663-2770**

www.wenatcheemidwife.com

Support Groups

Wenatchee Mother-Baby Support Group

Come find support through all the ups and downs of having a new baby! This group is a wonderful way to make friends, share experiences, and connect with other new parents.

When: Every Monday, 1:00–2:30 p.m.

Where: Pybus Public Market, Board Room (off the main Event Center)

Facilitated by the Confluence Health Lactation Department, this group is free, casual, and welcoming. No registration required. Just come as you are and enjoy connecting with other moms!

Find us on Facebook!

Breast Pumps & Supplies

NORCO Medical Supply (509) 663-2137
Breast Pumps & supplies

Target & Walmart
Carry breast pumps and accessories available to purchase

WIC
Breast pumps may be available based on indivdual needs. Contact your local WIC office.

Insurance Coverage
Most insurance plans cover breast pumps and lactation support. Contact your insurer for coverage details.

Breastfeeding App

"Birth & Beyond" by GlobalHealthMedia

https://globalhealthmedia.org/our-projects/our-mobile-applications/

Free educational videos on breastfeeding and newborn care, available in multiple languages