

Support Services for Breastfeeding Women

Helpful Phone Numbers and Services:

Family Health Hotline, 1-800-322-2588

(a program of WithinReach)

www.withinreachwa.org

A statewide toll-free hotline for health information. Breastfeeding information includes answers to commonly asked questions, breastpump rental information and referrals to local lactation consultants. The Family Health Hotline also helps callers connect to the Women, Infants and Children Food and Nutrition (WIC) program and assists low-income families with obtaining medical insurance. Services are free and interpreters are available for non-English speaking callers.

La Leche League, 1-800-LA-LECHE

www.lalecheleague.org

An international, nonprofit, nonsectarian organization dedicated to providing education, information, support and encouragement to women who want to breastfeed. Call or visit the website for information on monthly meeting times in your area.

WIC, 1-800-322-2588

The WIC supplemental food program offers eligible families nutrition education, supplemental foods, breastfeeding counseling and encourages regular well-child health care. Call to see if you qualify.

CARE Northwest, 1-888-616-8484

Provides up-to-date information on the potential risks associated with exposures to drugs and other chemicals during pregnancy and lactation.



National Women's Health Information Center, www.4woman.gov/breastfeeding

A variety of information including a Breastfeeding Helpline (1-800-994-9662); information on how to make breastfeeding easier at home and work; coping with breastfeeding challenges, policy statements; breastfeeding legislation and more. Much of this information is available in a variety of languages.

MOTHER'S INFORMATION

The National Business Group on Health, www.businessgrouphealth.org

Represents over 200 employers, health care companies, benefits consultants and vendors. This non-profit organization is devoted to finding innovative and forward-thinking solutions to health care and related benefit issues. The National Business Group on Health has an online resource to raise awareness of health and cost benefits of breastfeeding employers and business leaders with relevant information to support and encourage breastfeeding among their workforce. Specific information about lactation programs and their costs is available in an eight page issue brief entitled, *Breastfeeding Support at the Workplace*.

World Breastfeeding Alliance (WABA), www.waba.org.my

Information on global standards for appropriate labor/employer practices concerning breastfeeding. This site also contains a multitude of other Internet listings related to breastfeeding.

Promotion of Mothers Milk, www.promom.org

Comprehensive list of breastfeeding links, information for employers about implementing a breastfeeding support program for their company,

information about breastfeeding activism and legal issues.

Motherwear Inc., www.motherwear.com

Publishes and distributes free literature on breastfeeding and positive parenting.

Work and Pump, www.workandpump.com

Breastfeeding information for working mothers including back to work basics, message boards, common concerns, etc.

Books

“Nursing Mother, Working Mother: The essential Guide for Breastfeeding and Staying Close to Your Baby After You Return to Work” Prior, G., 1995.

“The Nursing Mother’s Companion.” Huggins, K., 1995.

“The Ultimate Book of Breastfeeding Answers.” Newman, J. and Pittman, T., 2006.

“The Womanly Art of Breastfeeding.” La Leche League International, 2004.

“Working Without Weaning.” Berggren, K., 2006.

A Few Companies in Washington State with Lactation Programs:

The following is a sample of the many employers with supportive lactation programs or policies in Washington State.

Agilent Technologies

2401 Mission Avenue East
Liberty Lake, WA 99019
509-921-4242 • www.agilent.com

Columbia Valley Community Health Services

600 Orando Avenue, Suite 1
Wenatchee, WA 98801
509-664-4586 • www.cvhc.org

DaVita, Inc.

1423 Pacific Avenue
Tacoma, WA 98402
253-382-1761 • www.davita.com

Pay Plus Benefits

1110 North Center Parkway, Suite B
Kennewick, WA 99336
509-735-1143 • www.payplusbenefits.com

Russell Investment Group

909 A Street
Tacoma, WA 98402
253-439-5757 • www.russell.com

University of Washington

Benefits & Work/Life Department
Box #355660
Seattle, WA 98105
206-685-1711 • www.washington.edu/admin/hr/benefits



11000 Lake City Way NE, Suite 301 • Seattle, Wa 98125