Moses Lake Breastfeeding Coalition

Strives to protect, promote and support breastfeeding as vital to the health of our community.

Healthy communities breastfeed!

Please join us at our next Breastfeeding Coalition meeting!

We meet the third Tuesday of every month from 11:30 a.m. to 1:15 p.m. at Samaritan Hospital, 4th floor.

For more information contact
Maria Vargas
509-766-7960 ext. 19

A service of the Moses Lake Breastfeeding Coalition

Moses Lake Breastfeeding Resources

Breastfeeding Resources on the Internet

Dr. Jack Newman
www.nbci.ca
www.breastfeedinginc.ca

Kellymom Breastfeeding and Parenting
www.kellymom.com

La Leche League International
www.llli.org

Medela
www.medelabreastfeedingus.com

Stanford Breastfeeding Information and Videos
http://newborns.stanford.edu/Breastfeeding

LactMed
Medications & breastfeeding

Office of Women’s Health
English/Spanish
www.womenshealth.gov/breastfeeding

Happiest Baby on the Block
Parenting resource
https://happiestbaby.com

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Breastfeeding Classes

**Samaritan Hospital**
Offered as a stand alone class or as part of the 5 week Childbirth Education series. Please call 509-793-9690 for details.

**Moses Lake Community Health Center – WIC**
Free to the community. Please call 509-766-9815 for class dates and times.

Breastfeeding Support Group
Meets every Thursday from 10 a.m. to 12 noon at Samaritan Hospital, 4th floor. Pregnant women, breastfeeding mothers and children are welcome!

Breastfeeding Helpline
509-793-9753

Breastfeeding Resources

**Samaritan Hospital Lactation Office**
509-793-9753

**Clinics & Organizations**
**WIC**
509-766-9815

Maternity Support Services
509-765-0674

Crossroads Pregnancy Center
509-765-4425

**Midwives, Doulas & Lactation Providers**
Nicole Anderson
509-764-6400

Elizabeth Trautman
509-764-4600

Linda Morgan
509-994-4850

Britney Cranston
970-534-1301

**Nursing Bras**
Birth and Baby
Lind, WA
509-677-5177

**Herbs, Teas & Homeopathics**
Health Pantry
509-765-3671

Settler’s Country Market
509-766-9981

**Bodywork for Mother & Baby**
Family Lifestyle Chiropractic
509-766-8428

Healing Hands
Craniosacral Therapy
509-750-8852

Lavender Baby Infant Massage
509-361-3969

**Mothers’ Groups**
MOPS
509-765-8621

Baby Storytime
509-765-3489

**Tongue Tie/Lip Tie Specialist**
A Family Dental Center
Kennewick, WA
844-834-7906

Breast Pump Rentals & Supplies

**The Affordable Care Act** requires your insurance company to provide coverage of pumps and breastfeeding support. You will need a prescription from your doctor or midwife.

**Norco** 509-766-2494

**In-Home Medical** 509-764-0070

WIC provides breast pumps to eligible WIC clients, depending on situation/need.

Breastfeeding Peer Counselors

*Loving Support Makes Breastfeeding Work!*

Available 24/7 to breastfeeding WIC clients. Call to speak with an experienced breastfeeding mother.

**English** 509-989-6972

**Spanish** 509-750-8714