

**Free Breast feeding Help: 1.877.452.5324  
or 1.800.994.WOMAN (1.800.994.9662)**

### **Internet Resources**

(all start "www." unless shown otherwise)

American College of Nurse-Midwives [gotmom.org](http://gotmom.org)

Breastfeeding Info: [breastfeedingtaskforla.org](http://breastfeedingtaskforla.org)

Breastfeeding News: [breastfeeding.com](http://breastfeeding.com)

Dr. Palmer: [brianpalmerdds.com/bfing\\_import.htm](http://brianpalmerdds.com/bfing_import.htm)

Dr. Sears: [askdrsears.com](http://askdrsears.com)

Infant Feeding: [infactcanada.ca/FactSheets.htm](http://infactcanada.ca/FactSheets.htm)

Kellymom: [kellymom.com/bf/index.html](http://kellymom.com/bf/index.html)

La Leche League: [lecheleague.org](http://lecheleague.org)

Seattle-King Cty: [metrokc.gov/health/breastfeeding](http://metrokc.gov/health/breastfeeding)

Women's Health: [4woman.gov/breastfeeding](http://4woman.gov/breastfeeding)

American Academy of Pediatrics

[aap.org/healthtopics/breastfeeding.cfm](http://aap.org/healthtopics/breastfeeding.cfm)

Breast or bottle?

[lightlink.com/hilinda/Diane/breastorbottle.html](http://lightlink.com/hilinda/Diane/breastorbottle.html)

Dr. Jack Newman, Online Breastfeeding Resource

[drjacknewman.com](http://drjacknewman.com) & [bflrc.com/newman/articles.htm](http://bflrc.com/newman/articles.htm)

Dr. Thomas Hale

<http://neonatal.ttuhscc.edu/lact/index.html>

March of Dimes:

[marchofdimes.com/pnhec/298\\_1061.asp](http://marchofdimes.com/pnhec/298_1061.asp)

National Alliance for Breastfeeding Advocacy:

[naba-breastfeeding.org/index.shtml](http://naba-breastfeeding.org/index.shtml)

## **Whidbey Island Breastfeeding Resources**



### **Good health begins with breastfeeding**

*Breastfeeding protects against stomach upsets, ear infections, allergies, asthma, respiratory illnesses, meningitis, diabetes, Crohn's disease, heart disease and SIDS (Sudden Infant Death Syndrome). Breastfeeding also increases bone density and develops higher IQs. Breastfeeding moms reduce their chances of breast cancer, ovarian cancer and osteoporosis.*

## **Island County Public Health**

Maternity Support Services, WIC Program, resources, referrals, *breast pumps for WIC clients*, breastfeeding classes, breastfeeding support and Welcome New Baby program with public health nurses.

North & Central Whidbey: **360.240.5554**

South Whidbey: **360.221.8880**

[www.islandcounty.net/health/breastfeeding.htm](http://www.islandcounty.net/health/breastfeeding.htm)

## **Pregnancy Aid, Langley**

Free breastfeeding support and drop in hours  
Tuesdays 12p – 4p. Mother’s Circle 10a-12 Tuesdays.

**360.221.4767**

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## **Whidbey Family Birthplace**

Phone support with a registered nurse who can answer you breastfeeding questions.

**North Whidbey: 360.678.7656 ext 1300**

**South Whidbey: 360.321.7656 ext 1300**

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*for military families only:*

## **NAS Whidbey WIC & MSS**

On the Seaplane Base, at the Fleet Support Center  
Breastfeeding support, classes, pumps and supplies.

**360.257.8049 or 360.257.8050**

## **Navy-Marine Corps Relief Society**

Free education & home visits with a Navy Relief nurse.

**360.257.2724**

## **National Women’s Health Information Ctr Breastfeeding Helpline** in English and Spanish **1.800.994.WOMAN (1.800.994.9662)**

## **Care NorthWest**

information on the effect of drugs, chemicals and other agents on breast milk. Available for residents of Washington, Alaska, Idaho & Oregon.

**1-888-616-8484**

## **La Leche League of Oak Harbor**

Local chapter helps mothers through support, information, encouragement, and education.

Meets second Tuesday monthly, 6:45pm, at

Oak Harbor Lutheran Church, 1253 NW 2nd Ave

Free phone consultations available.

**360.679.3562 or 877-4-LALECHE (5324)**

## **Breastpumps: for current sources**

Call your local Public Health office or WIC clinic

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## **Guidelines for Storing Breastmilk**

Room temp at 60° for 24 hrs; 66°-72° 10 hrs;79° 4-6 hrs  
Refrigerator; fresh milk (32°-39° F or 0°-4° C) up to 8 days  
Refrigerator; thawed milk (32°-39° F or 0°-4° C) 24 hours  
Freezer compartment inside refrigerator 2 weeks  
Freezer above, below or next to refrigerator 3-6 months  
Deep freezer less than 0° F 6-12 months

Insulated cooler / ice packs (60° F or 15° C) 24 hours

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**For other resources call 211 or visit**

**www.parenthelp123.org**