

Breastfeeding and Returning to Work or School

Office on Women's Health,
U.S. Department of Health & Human Services
<https://www.womenshealth.gov/supporting-nursing-moms-work/>

Fact Sheet 73 Break Time for Nursing Mothers
<https://www.dol.gov/agencies/whd/fact-sheets/73-flsa-break-time-nursing-mothers>

WA State Office of the Attorney General
<https://www.atg.wa.gov/pregnancy-and-breastfeeding-accommodations>

Medications & Breastfeeding, Including Vaccine Information

E-Lactancia– Compatibility with Breastfeeding
<http://www.e-lactancia.org/>

LactMed Drugs and Lactation Database
<https://www.ncbi.nlm.nih.gov/books/NBK501922/>

Thomas Hale– Medications and Mothers' Milk
<https://www.infantrisk.com/category/breastfeeding>

CDC Vaccinations, Medications, & Drugs
<https://www.cdc.gov/breastfeeding/breastfeeding-special-circumstances/vaccinations-medications-drugs/index.html>

Massachusetts General Hospital Center for Women's Maternal Health
<https://womensmentalhealth.org/posts/cannabis-and-breastfeeding/>

Other Helpful Links

General Lactation & Breastfeeding

<https://www.womenshealth.gov/breastfeeding>

<https://www.readysbabyonline.com/>

<https://kellymom.com/>

COVID 19 Resources & Info

Clark County Public Health
(local resources, information, & data)
<https://clark.wa.gov/public-health>

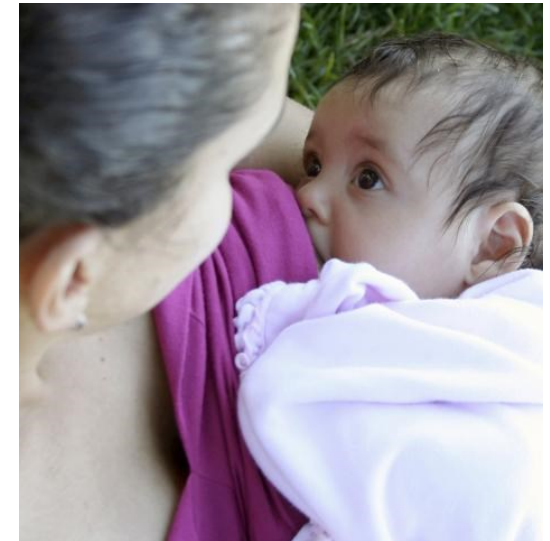
Coronavirus Disease (COVID-19) & Breastfeeding
<https://www.cdc.gov/breastfeeding/breastfeeding-special-circumstances/maternal-or-infant-illnesses/covid-19-and-breastfeeding.html>

US Lactation Consultants Association
(extensive list of links)
<https://uslca.org/recent-news/covid19-breastfeeding/>

Visit our website
<https://SWWaHealthyfamilies.org>
Like us on Facebook



Clark County Breastfeeding Resource Guide



SW Washington Healthy Families

SW Washington Healthy Families (SWHF) works collaboratively to connect, educate, and promote breastfeeding practices in all SW Washington communities

Childbirth Education & Breastfeeding Classes

La Leche League of Vancouver

360.213.5109

3205 NE 78th St. #100

Vancouver, WA 98665

<http://www.lllwa.org/groups/la-leche-league-of-vancouver>

Milk Time Lactation

360.721.0252

12214 SE Mill Plain Blvd

Vancouver, WA 98684

<https://milktimelactation.com>

Legacy Salmon Creek Medical Center

2211 NE 139th St

Vancouver, WA 98686

Breastfeeding Help Line 360.487.4050

Classes & support groups 360.487.3500, 3 then 1

<https://www.legacyhealth.org/services-and-resources>

PeaceHealth Southwest Medical Center

400 NE Mother Jones Place (87th Ave & Mill Plain Blvd)

Vancouver 98664

Breastfeeding Help Line 360.514.4027

Classes & support groups 360.514.2229

<https://www.peacehealth.org/breastfeeding>

Sea Mar Community Health Centers

2018 Grand Blvd.

Vancouver 98661

Free services for WIC/MSS clients; interpreters available

WIC	Vancouver	360.397.8459
	Battle Ground	360.687.7126
	East Vancouver	360.726.6740
	Washougal	360.835.7802 (x 4811)

Lactation Counseling & Support

Birth Nerds Doula & Lactation

Megan Douglas

360.524.3757

15504 NE 24th St

Vancouver, WA 98684

<https://square.site/book/FWM56SCNKJWX2/birth-nerds-doula-and-lactation>

Doula My Soul Lactation Services

Bryna Sampey

360.545.3356

506 NE Everett St

Camas, WA 98607

<https://www.doulamysoul.com/>

Luna Lactation and Wellness

360.830.MILK (6455)

1906 NW 25th Ave, #10

Portland, OR 97210

<https://www.lunalactation.com/>

Nurse Family Partnership (NFP)

Clark County Public Health

564.397.8440

Also see first column for information for:

Legacy Salmon Creek Medical Center

Milk Time Lactation

PeaceHealth Southwest Medical Center

Sea Mar—WIC Community Health Centers

Breast Pumps & Supplies

Aeroflow Breast Pumps (through insurance)

844.867.9890

Syngery Breast Pumps (through insurance)

971.209.2141

Nursing Mothers Counsel of Oregon

503.718.7084

Legacy Salmon Creek Medical Center & PeaceHealth Southwest Medical Center

Assist patients with insurance-covered pumps

Also see first column for information for:

Milk Time Lactation

Sea Mar—WIC Community Health Centers

Luna Lactation and Wellness

Perinatal Mental Health

Baby Blues Connections

Warm line 800.557.8375

Perinatal Support Washington

Warm line 1.888.404.7763 available 24 /7in English and Spanish.

<https://perinatal-support.org/>

Postpartum Support International

Warm line 800.944.4773

<https://www.postpartum.net/>