

# KING COUNTY COMMUNITY RESOURCES FOR

# Breastfeeding



**WWW.BREAST-FRIENDS.ORG**

An Expanded List of Breastfeeding Resources in King County  
(Including private & clinical services)

## COMMUNITY BASED RESOURCES

Breastfeeding Coalition of WA..... [www.withinreachwa.org/bcw](http://www.withinreachwa.org/bcw)  
•Working & breastfeeding      •Breastfeeding discrimination

WithinReach (formerly Healthy Mothers, Healthy Babies of WA)  
Interpreters available.....[www.withinreachwa.org](http://www.withinreachwa.org).....800-322-2588

La Leche League.....[www.lalecheleague.org](http://www.lalecheleague.org).....206-522-1336

## HOSPITAL BASED RESOURCES

•clinic appointments open to the community

- Auburn ..... 253-333-2698  
Children's Lactation Services ..... 206-987-1621
- Children's OT/PT Dept. .... 206-987-1267  
Enumclaw ..... 360-802-3251
- Evergreen ..... 425-899-3494  
Group Health Central ..... 206-326-3376  
Group Health Eastside ..... 425-883-5495  
Harborview WIC ..... 206-731-2493
- Highline ..... 206-244-9970 x5624
- Overlake/Bellevue & Issaquah ..... 425-688-5516
- St. Francis ..... 253-426-6756
- Swedish/First Hill ..... 206-386-MOMS(6667)  
University of WA ..... 206-598-4628
- Valley ..... 425-228-3440 x2526

## PUBLIC HEALTH CENTERS

[www.metrokc.gov/health/breastfeeding](http://www.metrokc.gov/health/breastfeeding)

(Provide clinic and home visits. Interpreters available.)

- Auburn ..... 253-833-6971 or 206-205-6850
- Columbia ..... 206-296-4650
- Downtown ..... 206-296-4755
- Eastgate ..... 800-244-4512 or 206-296-9728
- Federal Way ..... 253-838-4977 or 206-296-8410
- Kent-Alder Square ..... 206-296-4500
- North ..... 206-296-4912 or 206-296-4765
- Northshore ..... 206-296-9787
- Renton ..... 206-296-4700
- White Center ..... 206-296-4646

(also contact your local community clinic)

## BREASTPUMP RENTAL STATIONS

To find the rental station nearest you:

Hollister, Inc. .... [www.hollister.com](http://www.hollister.com).....(800) 323-4060

Medela, Inc. .... [www.medela.com](http://www.medela.com).....(800) TELL.YOU

## DRUG INTERACTIONS AND BREASTFEEDING

CARE Northwest ..... 206-616-8484 or 888-616-8484

## WE SUPPORT YOU!

**The Seattle King County Breastfeeding Coalition**

**The South King County Breastfeeding Coalition**

**Public Health - Seattle & King County**

## Donor Human Milk Resources

*“The availability of donor milk is a strong statement of support for breastfeeding and the importance of human milk by a health care system.”*

**Human Milk Banking Association of North America  
Established 1985**

Human milk banks were formed to provide this needed milk safely to premature infants and other infants, children and adults with special needs. Human milk is processed according to guidelines established by the Human Milk Banking Association of North America (HMBANA) written in cooperation with the Centers for Disease Control (CDC), the American Academy of Pediatrics (AAP) and the Food and Drug Administration (FDA).

Donors are healthy nursing moms who meet strict standards, including:

- Excellent health
- No current medication (with few exceptions)
- Milk in excess of her own baby's needs, able to donate at least 100 ounces
- No detection of HIV-1 and 2, Hepatitis B and C, HTLV-1 and 2, and syphilis through blood tests
- Negative TB skin test
- Following explicit instructions in the hygienic collection and handling of milk

All milk is pasteurized and frozen to kill CMV, HIV, and TB, while preserving the unique immune properties. A post-pasteurization bacterial culture is performed and must comply with standards of no growth.

Donated milk is available with a doctor's prescription only. For that reason, the processing fee charged to recipients may be covered by insurance. Financial aid may be available for families who qualify.

*No child with a demonstrated medical need is denied milk because of inability to pay the processing fees.*

**To order banked human milk for patients or to become a human milk donor, contact:**

Mothers' Milk Bank  
San Jose, California  
(408) 998-4550  
[www.milkbanksj.org](http://www.milkbanksj.org)

Mothers' Milk Bank  
Denver, Colorado  
(303) 869-1888  
[www.health1.org/milkbank.asp](http://www.health1.org/milkbank.asp)