

Naval Hospital Oak Harbor

Breastfeeding Resource Guide

Provides Free:

- Warm Line for phone education
- Lactation consults
- Breastfeeding Education Class
- Facebook Page

For more information call:
257-9899



Navy-Marine Corps Relief Society

Free Visiting Nurse Service

- ✓ Education and home visits
- ✓ Baby weights in your home with hospital grade scale!
- ✓ Breastfeeding assistance

For assistance please call:
257-2728

*****Breastfed Babies = Happier Babies*****

- ❖ Breast milk requires no mixing, no sterilizing
- ❖ Breast cancer risk is significantly reduced for the mom who breastfeeds and the longer she breastfeeds the lower the risk.
- ❖ Breastfeeding reduces the risk of uterine cancer for the breastfeeding mom.
- ❖ Breastfed babies have fewer ear infections
- ❖ Breastfed babies have fewer trips to the hospital.

La Leche League of Whidbey Island

Meet every 3rd Thursday of the month at 10:30 a.m.
Location: Pregnancy Aid in Langley
Call: 360-321-2325

La Leche League of Skagit/Snohomish

1st Monday of the month at 6:00 p.m.
Location: 320 Pacific Place, Mt. Vernon
3rd Wednesday of the month at 10:00 a.m.
Location: Co-Op building room 309 in Mt. Vernon
Call: 360-903-1169, 360-826-4844, 360-420-9254

Whidbey General Hospital - (Coupeville)

Free 24- hour phone counseling

(360) 678-5151, ext. 1300
or
(360) 321-5151, ext. 1300



NHOH Breastfeeding Support Group

Breastfeeding Support Group with tips from the Lactation nurses and network with other nursing mothers

Maternity Support Services and WIC Program Peer Counselors MSS 257-8050 WIC 257-8049

Whidbey NAS Seaplane Base - Family Service Center

- Breastfeeding mothers are eligible to participate in WIC longer than non-breastfeeding mothers
- Mothers who exclusively breastfeed their infants receive an enhanced food package
- Breastfeeding mothers can receive breast pumps, breast shells, or nursing supplements to help support the initiation and continuation of breastfeeding

Mother's Milk Storage Guide

Breast Milk	Deep Freeze	Refrigerator Style Freezer	Refrigerator	Room Temp
	(0°F or less)	(Approx. 0°F)	(32-39°F)	(66-72°F)
Fresh	6+ Months	3-4 Months	8 Days	10 Hours
Thawed	Do Not Refreeze	Do Not Refreeze	24 Hours	1 Hour

Information provided by La Leche League International