

## Naval Hospital Oak Harbor

Provides Free:

- Warm Line for phone education
- Lactation consults
- Breastfeeding Education Class
- 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:

**257-2724**

### La Leche League of Whidbey Island

Free phone counseling and lending library.  
Free meeting 2<sup>nd</sup> Tuesday monthly 6:45 p.m.  
Oak Harbor Lutheran Church  
1253 NW 2nd Ave, Oak Harbor

**679-3562**

### Maternity Support Services & WIC Program

**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

## Breastfeeding Resource Guide



**\*\*\*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**

**Whidbey General Hospital - (Coupeville)**  
**678-5151, ext. 1300 or**  
**321-5151, ext. 1300**

**Whidbey Island Breastfeeding Coalition**  
Meets 2<sup>nd</sup> Wednesday of the month.  
Activities: Breastfeeding Resource Guide for Whidbey and Camano Island, World Breastfeeding week events.  
For more information please call:  
**679-7351 / 257-8049**

Updated 11/30/11

## Mother's Milk Storage Guide

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

Information provided by La Leche League International