

WHIDBEY ISLAND BREASTFEEDING RESOURCES

Naval Hospital Oak Harbor 🇺🇸

Provides Free:

- 24-hour phone education
- Lactation consults
- Weekly support group at the base Chapel
Tues. 12:00-1:00 p.m.
- Breastfeeding Education Class
- For more information call:
257-9899

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

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

🇺🇸 *Military Only*



La Leche League of Whidbey Island

Free 24-hour phone counseling and lending library. Baby slings for sale

Free meeting 2nd Tuesday monthly 6:45 p.m.
Oak Harbor Lutheran Church
1253 NW 2nd Ave, Oak Harbor
367-3562

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

Source: La Leche League International

Whidbey General Hospital - (Coupeville)

Free 24- hour phone counseling
678-5151, ext. 1300 or
321-5151, ext. 1300

Whidbey Island Breastfeeding Coalition

Meets 2nd 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

NAS WHIDBEY MEDELLA RENTAL STATION SCCAA-
NAS WHIDBEY ISLAND

FAMILY SERVICE CENTER BLDG

SEAPLANE BASE 257-8049

MILITARY FAMILIES ONLY

MSS AND WIC SERVICES AVAILABLE

MEDELA BREAST PUMP PURCHASES AND/OR
RENTALS AVAILABLE: ACCESSORY KITS, BREAST
SHELLS & MEDELA PUMP IN STYLE ARE ALSO
AVAILABLE

- ✓ Breastfed babies have fewer respiratory infections.
- ✓ Breastfeeding reduces babies' risk of juvenile diabetes
- ✓ Breast milk requires no mixing, no sterilizing
- ✓ Breastfed babies have fewer allergies
- ✓ Adults who were breastfed have less diabetes.
- ✓ Adults who were breastfed have less Crohn's disease.
- ✓ Breastfed babies have less risk of learning disabilities.
- ✓ Adults who were breastfed have less asthma.
- ✓ Breast milk has 100 identified nutrients.
- ✓ Breastfed babies have less gas.
- ✓ Breastfeeding lowers the risk of eczema.
- ✓ Breastfed babies have less colic.
- ✓ Breastfed babies have fewer urinary tract infections.
- ✓ Breastfed babies spit up less.
- ✓ Breastfed babies are less likely to develop some childhood cancers including leukemia and lymphoma.
- ✓ Breastfed babies have less ulcerative colitis.
- ✓ Breastfed babies have less celiac disease.
- ✓ Breastfeeding lowers the risk of food allergies.
- ✓ Breastfed babies = happier babies

Internet Resources

Evidence-based breastfeeding information
Kellymom.com

A Woman's Guide to Breastfeeding American Academy of
Pediatrics

<http://www.aap.org/family/brstguid.htm>

Breastfeeding and the Use of Human Milk (AAP Policy
Statement)

<http://www.aap.org/policy/re9729.html>

Medications and Human Milk from AAP

<http://aappolicy.aappublications.org/cgi/content/full/pediatrics%3b108/3/776>

The American Academy of Family Physicians (AAFP)

Breastfeeding Position Paper

<http://www.aafp.org/x6633.xml>

Jay Gordon MD (Pediatrician, Breastfeeding promotion)

<http://www.drjaygordon.com/>

HHS Blueprint And Breastfeeding Policy Statements

<http://www.womenshealth.gov/breastfeeding/bluprntbk2.pdf>

La Leche League International

<http://www.lalecheleague.org/>

Breast Pump Comparison Table

http://www.breast-pumps.com/professional_grade_single_user_breast_pump_comparison_guide.htm

Medela Advice and Information and [Email the Lactation Consultant](#) with your questions

<http://www.medela.com/NewFiles/askalc.html>

Promom: Promoting Awareness and Acceptance of
Breastfeeding

<http://www.promom.org/>

INFACT Canada (Infant Feeding Action Coalition)

<http://www.infactcanada.ca/InfactHomePage.htm>

Kangaroo Care

<http://www.kangaroomothercare.com/>

Extended Breastfeeding and the Law

<http://www.lalecheleague.org/Law/LawExtended.html>

Attachment Parenting

<http://www.attachmentparenting.org/>

Breastfeeding.com (lots of info, photos, articles, and more)

<http://breastfeeding.com/>

Working Info to Share with Your Employer

http://www.hmhbwa.org/forprof/materials/BCW_packet.htm

Working and Nursing (One Mother's Story)

<http://www.kjsl.com/~cee/working.htm>

Dr. Harvey Karp, MD Pediatrician

Author of "How To Calm a Crying Baby". Calming and
sleeping techniques that really work!

Good Health Begins with Mother's Milk