



### **Breastfeeding/Chestfeeding Local Resources and Information**



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**Lactation Consultants-** is an individual who is a health professional specializing in the clinical management of breastfeeding. If you are having lactation situations arise that you are having trouble solving, consider reaching out to one of these sources.

**Cuddles and Cream** lactation services are located in Yakima, WA. Her name is Sherilyn Johnson, and her services are a paid service including a wide range of care. She offers complete lactation support services from the beginning of your journey to the end, parent and baby groups and classes, offers breastfeeding/chestfeeding supplies, and phototherapy. Her approach is more scientific, including weighted feeds and testing the fat content of your milk. She is a very kind source and knowledgeable. Call her at (509)-480-0544 for more information or to schedule a free consultation. Here is her website. <https://www.cuddlesandcream.com/>

**Nurturing Naturally** lactation services are located in Ellensburg, WA. The woman who leads it is named Gloria Wright, and she has helped women locally for 40 years. She is a free resource who will come to your home if you are located in Ellensburg, or you are more than welcome to come to her home from anywhere. She hosts mother and baby meetings every second Tuesday of each month. She does prefer partners don't come to these meetings because some of the guests aren't comfortable sharing as openly. If you want your partner to come, they are welcomed in individual sessions. She focuses on the nurturing aspect of breastfeeding/chestfeeding and how our bodies are designed to give our babies what they need in most cases. She can also help with most lactation and latch-related problems. To reach her, message her Facebook page at <https://www.facebook.com/nurturingnaturallyeburg> or call (509)-925-4387.

If you birth at **Memorial Hospital** in Yakima, then the lactation consultant services are included while you are there. If your in Yakima and birth somewhere else or are less than two weeks postpartum when you need help, there is a paid service at **Healthy Beginnings Clinic** in Memorial Hospital. They do accept insurance, but only some will cover these services. They evaluate issues in feeding the newborn, assess jaundice, and measures weight loss in the first two

weeks. They can make same-day appointments if you call and schedule before 10 am. Call (509)-575-8233 for scheduling an appointment and call (509)-574-5883 to speak with a lactation consultant.

**KVH hospital** in Ellensburg offers free lactation consultation services to anyone. The woman you want to get in contact with is named Rosika. Their goal is for everyone to have the information and support to feel confident feeding their new baby. To schedule a prenatal consultation, contact Lactation Services at (509)-962-7388.

A few informational websites that may help are the following:

<https://www.llli.org/get-help/> This is **La Leche League**. They have lots of resources and all sorts of information for any stage of your Breastfeeding/Chestfeeding resources. A local link for Yakima is on Facebook at <https://www.facebook.com/LLLYakima>. A local link for Washington state that also leads to the website is found on Facebook at <https://www.facebook.com/LLLofWA>.

<https://globalhealthmedia.org/videos/> This is **Global Health Media**, and it offers excellent information about feeding your baby at all stages, weaning, breastfeeding/chestfeeding when going back to work, how to hand express, and so much more.

<https://med.stanford.edu/newborns/professional-education/breastfeeding.html> **Stanford Medicine** has many great video resources for a proper latch, hand expressing, maximizing your milk production, etc. They also have a Lactation Advice Line at (650)-723-4118 and a Nursing Mother's Counsel at (650)-327-MILK (6455) in addition to the La Leche League information.

<https://www.nhs.uk/conditions/baby/breastfeeding-and-bottle-feeding/breastfeeding-problems/common-problems/> **NHS** is an excellent resource for helping you identify the breastfeeding/chestfeeding issues you may be having.

**Some great book resources for breastfeeding/chestfeeding are**

- *The Womanly Art of Breastfeeding: Completely Revised and Updated 8th Edition* by Diane Wiessinger, Diana West, et al. | Jul 13, 2010, available at Amazon for \$11.95. Here is a link <https://amzn.to/3hO0Dva>

- *The Nursing Mother's Companion*  
by Kathleen Huggins | Jul 15, 2017, available at Amazon for \$12.99. Here is the link <https://amzn.to/3hOp5N4>
- *The Ultimate Breastfeeding Book of Answers: The Most Comprehensive Problem-Solving Guide to Breastfeeding from the Foremost Expert in North America, Revised & Updated Edition Paperback – November 28, 2006*, by Jack Newman M.D., Teresa Pitman. Available at Amazon for \$39.65. Here is the link <https://amzn.to/3ztiVrL>

**Some additional book resources about nourishing your own body are**

- *The First Forty Days: The Essential Art of Nourishing the New Mother Hardcover – Illustrated, April 26, 2016*, by Heng Ou, Amely Greeven, and Marisa Belger. Available at Amazon for \$18.29 and in audio for \$10.46. Here is the link <https://amzn.to/3hShywN>
- *The Postnatal Depletion Cure: A Complete Guide to Rebuilding Your Health and Reclaiming Your Energy for Mothers of Newborns, Toddlers, and Young Children Hardcover – June 5, 2018*, by Dr. Oscar Serrallach. Available at Amazon for \$12.89 or audio version for \$20.76. Here is the link <https://amzn.to/39oRHYB>

**Some helpful Youtube videos can be found here as well.**

<https://youtu.be/nnRWXeeS2VI> For chestfeeding information after top surgery.  
<https://youtu.be/OEu7q0tKAMw> For general nursing tips and things to look for.  
<https://youtu.be/s0zLu7dAUC4> For nursing multiples  
<https://youtu.be/1Czr9VnTI6c> For pumping for NICU babies  
<https://youtu.be/AwLeSQ7mwdo> For breastfeeding premature babies.  
<https://youtu.be/UOkYUun1ENM> Premature continued 1  
<https://youtu.be/UTJrDIG4UnM> Premature continued 2  
<https://youtu.be/xWPbykBKEMA> How to get a good latch and different holds.

**Breastfeeding/Chestfeeding links for alternative gender identities.**

<https://www.facebook.com/groups/449750635045499> Birthing and Breastfeeding/Chestfeeding Trans People and Allies, Facebook group

<https://drive.google.com/drive/folders/14fERaEUdZL9DDQ-NqIB8SZKMXGkUz65m?usp=sharing> Free Lactation Resources, Kate York

<https://vimeo.com/ondemand/allthingslactation> All Things Lactation (On-demand webinar), Woven Bodies

<https://docs.google.com/document/d/1yMGXcCqjdjgBOB0YAIRAP8MbwQIYH5FAHds53jq6Ngrg/edit?usp=sharing> Protocols For Inducing Lactation, adapted by Moss the Doula

<https://ashlandbreastpumps.com/blog/trans-nonbinary-parent-breastfeeding/> Breastfeeding FAQ For Trans And Non-Binary Parents [article uses only “breastfeeding”]

<https://www.drugs.com/breastfeeding/testosterone.html> Testosterone use while Breast/chest/bodyfeeding. this article uses only “breastfeeding” Information on Testosterone use while Breastfeeding/Chestfeeding.

<https://www.them.us/story/trans-women-breastfeed> Yes, Trans Women Can Breastfeed—Here's How.

<https://www.milkjunkies.net/2013/05/trans-women-and-breastfeeding-personal.html?fbclid=IwAR0IxfWfp3F-N3cc1a-0aDKsfqUP0sCaCXKvkIt6SVhFsw5r1nz5uGZy6OE> Trans Women and Breastfeeding: A Personal Interview, Milk Junkies

[http://www.milkjunkies.net/2017/05/jennas-breastfeeding-journey-trans.html?fbclid=IwAR0WTDDFqKVlfaiLPPoA7slKrhJqgOTQdhpaXsyNaJm\\_8olncrohq9QQAP0](http://www.milkjunkies.net/2017/05/jennas-breastfeeding-journey-trans.html?fbclid=IwAR0WTDDFqKVlfaiLPPoA7slKrhJqgOTQdhpaXsyNaJm_8olncrohq9QQAP0) Jenna's Breastfeeding Journey: Trans Motherhood Story.

If you don't produce enough milk and would still like your baby to have human milk or produce too much milk and would like to donate, a local site on Facebook is found at <https://www.facebook.com/groups/hm4hbwashington> for donating or receiving milk. Usually, moms on **human milk for human babies** who donate would like their bags to be replaced, but that is usually the only cost. This site covers all of Washington state.

I wish you the best on your lactation journey and if you have further questions or more specific references needed after reaching out to some of these, feel free to email me at

[Sweetmiraclesdoulas@gmail.com](mailto:Sweetmiraclesdoulas@gmail.com) or text me at (509)-834-8562. I usually respond in 24-48 hours.