

Breastfeeding is the perfect way for your body to continue to nourish and nurture your baby after birth. Mothers want to provide the very best for their children which is why most families have questions about how to best feed their babies. The resources in this brochure are a list of options for families to obtain more information about breastfeeding and parenting. It is the individual decision of each parent which assistance they choose or which services they obtain. WIC is not recommending any specific resources in this flier. This brochure is for informational purposes only.

**Marion County WIC**  
**Health & Human Services**  
**3180 Center St NE, Suite 1360**  
**Salem OR 97301**  
**503-588-5057**

**Text "Marion" to 20121**  
**<https://www.co.marion.or.us/HLT/PH/WIC>**



**Marion County**  
OREGON  
Health & Human Services



**Marion County WIC**



**Breastfeeding Resources**



## Breast Pump Resources

### Aeroflow Breast Pump - "Motherhood through Insurance"

1-884-867-9890

### La Leche League International (Contacts)

Sam, LLL, Willamette Valley

(541)-409-4391


LouAnne, LLL, McMinnville

(214)-339-0098

Heather, LLL, Silverton

(503)-409-1285

### Social Media Support Groups

Facebook 

Lady Lotus, Birth, Baby, and Breast Doula, LLC



## Websites



### Breastfeeding

[www.kellymom.com](http://www.kellymom.com)

[www.breastfeeding.com](http://www.breastfeeding.com)

[www.attachmentparenting.org](http://www.attachmentparenting.org)

### Breastfeeding & Related Organizations

[www.aap.org](http://www.aap.org)

[www.babyfriendlyusa.org](http://www.babyfriendlyusa.org)

[www.cdc.gov/healthypeople](http://www.cdc.gov/healthypeople)

[www.iblce.org](http://www.iblce.org)

[www.llli.org](http://www.llli.org)

[www.ilea.org](http://www.ilea.org)

[www.4women.gov/breastfeeding](http://www.4women.gov/breastfeeding)

<https://breastfeedingusa.org/>

### Physicians & Healthcare Providers

[www.bfmed.org](http://www.bfmed.org)

[www.pediatrics.org](http://www.pediatrics.org)

[www.drjacknewman.com](http://www.drjacknewman.com)

## Hospital Lactation Services

### Legacy Health

### Life With Baby Lactation & Breastfeeding

#### Support (Locations)

\*Include Link\*

#### **Salem, Oregon**

1535 State St.

Salem, OR, 97301-4255

#### **Silverton, Oregon**

335 Fairview St.

Silverton, OR, 97381

#### **Keizer, Oregon**

5685 Inland Shores North

Keizer, OR, 97303

### Salem Health - Family Birthing Center

#### Breastfeeding Support Group

\*Include Link\*

939 Oak St SE, Building D, First Floor Classroom 2,  
Salem, Oregon 97301

\*Monday's, Wednesdays, Fridays w/ exception of  
holidays\*

(503) 814-3637

### Marion County WIC Breastfeeding Support

Virtual Milkology Classes every third Thursday each  
month from 11:45am-12:45pm

WIC Lactation Services - Breastfeeding Educators  
Call: 503-588-5057

or

Text "Marion" to 20121