

SEATTLE INDIAN HEALTH BOARD

Family Services

Family Services

Seattle Indian Health Board provides care and services to pregnant, postpartum, and breastfeeding relatives and their children. We share our knowledge and provide culturally attuned support to parents and caregivers as they begin their journeys to raise the next generation of healthy children.

Services include:

- Pregnancy, postpartum, and breastfeeding support
- Women, Infants, and Children (WIC) nutrition and lactation services
- Free breast pumps for eligible WIC participants
- Doula referrals
- Housing, transportation, and other community referrals
- Access to prenatal care, baby supplies, classes, and social services

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The Women, Infants, and Children (WIC) program provides nutrition education, healthy food benefits, and referrals for pregnant and postpartum individuals, infants, and children up to age 5. Families may qualify based on income guidelines.





Saturday Pediatric Clinic & Family Saturday

On the 3rd Saturday of each month, Family Saturday offers free family-friendly activities and resources from 10:00 AM to 2:00 PM, in partnership with SIHB health and wellness programs.

Pediatric medical and dental appointments for children ages 0–17.

Available on the 1st and 3rd Saturdays of each month.

KidVantage

Family Services partners with KidVantage to support relatives with essentials for kids from birth through age 12, including shoes, diapers, blankets, clothing, and much more. KidVantage also provides for expectant and postpartum mothers: maternity wear, personal care goods, and mother-infant support items. Clothing, baby gear, toys, and books are sourced mostly from community donations, collection drives, and events. KidVantage buys crucial items, including those it guarantees to provide: baby food, car seats, pack 'n' play beds, and diapers. Relatives interested in using KidVantage should contact Family Services at 206-324-9360 ext. 2644 for more information.





First Gifts Program

The First Gifts Program supports American Indian and Alaska Native families by providing care packages at key moments during pregnancy and early childhood. Families will receive thoughtful items during their third trimester, just before delivery, at the 5-day newborn checkup, and again at the child's first birthday. Each package brings together essentials that help parents prepare for birth, heal after their delivery, and nurture their baby, all while honoring their culture and community.

First Gifts Program

In addition to essential supplies, the First Gifts Program offers larger items like car seats, bassinets, and strollers, as well as gift cards for transportation and groceries to address what's around us that shapes our health. The goal of the program is to reduce obstacles to care, promote safe and healthy beginnings, and provide culturally attuned care, all while surrounding families with support during one of the most important times in their lives.



Resource Corner

The Family Services team has established a Resource Corner to support the immediate needs of the relatives and families we serve. This space is designed to provide easy access to essential items that promote health, hygiene, and well-being.

Available resources currently include:

- Diapers in a range of sizes
- Baby wipes
- Feminine hygiene products
- Nutritious snacks

The Resource Corner is intended to reduce obstacles for families by offering these items at no cost and in a welcoming, accessible environment.

Family Services Contact Info

Schedule an Appointment
Call (206) 324–9360 ext. 2644 for more information and to schedule an appointment.

Family Services Hours of Operation

Monday	9AM — 5PM
Tuesday	9AM — 5PM
Wednesday	9AM — 5PM
Thursday	9AM — 5PM
Friday	9AM — 5PM
Saturday	Closed
Sunday	Closed

Saturday Programs

1st & 3rd Saturdays	8AM – 5PM Pediatric Medical & Dental Appointments (Ages 0-17)
3rd Saturday	10AM – 2PM Family Saturday

SIHB

Family Services are partially funded by King County.

This institution is an equal opportunity provider. Washington WIC does not discriminate.