



LUNA
LACTATION
& WELLNESS

360-830-MILK

www.lunalactation.com

Personalized lactation support, pumps and supplies

BREASTFEEDING-RELATED RESOURCE GUIDE

COMMUNITY RESOURCES

La Leche League www.llli.org
Nursing Mother's Council 503-750-0656 www.nursingmotherscounsel.org
Clark County WIC Nutrition Program
360-397-4370 (breastfeeding peer counselors)
www.clark.wa.gov/public-health/breastfeeding
Oregon WIC offices 971-673-0040
www.oregon.gov/oha/PH/HEALTHYPEOPLEFAMILIES/WIC
Spilt Milk Nannies 425-406-0561 www.spiltmilknannies.com

NURSING BRAS & SUPPLIES

Milagros Boutique 5429 NE 30th Ave, Portland
(503) 493-4141 milagrosboutique.com
Elizabeth Lee Designs www.elizabethlee.com
(sizes 34A - 46H and a wide range of bra extenders)
Decent Exposures 1-800-524-4949 www.decentexposures.com
(all sizes, plus custom bras)
Birth and Baby www.birthandbaby.com
(Lots of hard to find nursing bra sizes!)
Breast is Best 1-888-398-7987 www.breastisbest.com
(sizes 32A – 50KK)
Just Like A Woman 6333 SW Macadam Ave Ste 102, Portland
503-246-7000 www.justlikeawoman.com
(sizes from 28AAA-56J)
Motherwear Catalog 1-800-950-2500
(sizes 32A – 50J)
Breakout Bras www.breakoutbras.com

ADOPTIVE BREASTFEEDING/INDUCED LACTATION

Newman-Goldfarb Protocol for Induced Lactation www.asklenore.com

MEDICATION INFO/PHARMACIES

InfantRisk 806-352-2519 www.infantrisk.com
(medication questions during pregnancy/lactation)
LactMed toxnet.nlm.nih.gov/newtoxnet/lactmed.htm
(research-based info about drug levels in breastmilk)
Poison Control 1-800-876-4766
Lloyd Center Compounding Pharmacy 503-281-4161 www.lcrr.com
Pharmaca Pharmacy 503-226-6211
Community Compounding Pharmacy 503-244-5304
www.communitycmpd.com
Pacific Northwest Specialty Pharmacy 360-448-7890 www.pnsprx.com

MILK BANKS/DONATION

Human Milk Banking Association of North America www.hmbana.org
Northwest Mother's Milk Bank www.nwmmb.org
Local Mother-to-Mother, informed consent options:
Eats on Feets www.eatsonfeets.org
Human Milk 4 Human Babies hm4hb.net

NURSING MULTIPLES

Multiples of America www.multiplesofamerica.org
Full House Moms and Dads www.fullhousemoms.com
The Triplet Connection www.tripletconnection.org

MILK SUPPLY ISSUES

MOBI (Mothers Overcoming Breastfeeding Issues)
www.mobimotherhood.org
(great info on low supply, etc.)
Making More Milk www.makingmoremilk.com
(book/web site for supply issues)
Breastfeeding After Breast Reduction www.BFAR.org
MotherFood www.mother-food.com
(book and blog)

POSTPARTUM DEPRESSION & COUNSELING

Depression after Delivery 800-944-4773
Postpartum Support International 805-967-7636 www.postpartum.net
Baby Blues Connection 800-557-8375 www.babybluesconnection.org
Pacific Postpartum Support Society www.postpartum.org
Life Circle Counseling www.lifecirclecc.com
Heartworks www.heartworkspx.com
Mychelle Moritz ATR-BC, LPC 971-344-7527
Adria Goodness 503-224-3438
Kathleen Kendall Tackett www.uppitysciencechick.com
(research on postpartum mood disorders)
Sam Stevens, MS, LMFT 503-957-9797 www.samstevensmft.com
Laurie Cox, LCSW 503-287-2295 www.mootherootscounseling.com
Gaby Donnell, LCSW 503-819-6354 www.mootherootscounseling.com
Megan Furnish 971-238-3703 www.meganfurnishlscw.com/contact

WEBSITES FOR BREASTFEEDING TOPICS

Academy of Breastfeeding Medicine www.bfmed.org (clinical protocols)
American Academy of Pediatrics www.aap.org
Ask Lenore www.asklenore.com
La Leche League International www.llli.org
INFACT www.infactcanada.ca
Kelly Mom www.kellymom.com (lots of info here)
WHO (World Health Organization)
www.who.int/en & www.wpro.who.int/topics/breastfeeding/en
Common Sense Breastfeeding www.normalfed.com/Starting.html
Breastfeeding support for military moms
www.breastfeedingincombatboots.com/Home.html
Safe Co-Sleeping Resources
www.platypusmedia.com (publication Sleeping with Your Baby)
LGBT-friendly birth related providers list
www.breastfeedingnetwork.net/LGBT_Resources.html
Ameda Breastfeeding Holds
www.ameda.com/milk-101-article/latching-breastfeeding-holds
Laid Back Breastfeeding/Biological Nurturing
www.biologicalnurturing.com
Jack Newman, MD www.breastfeedingonline.org

CHIROPRACTICS/CRANIOSACRAL THERAPY

Teresa Robertson 503-784-4775 www.ahealingapproach.com
Dr. Korin Rasmussen 503-803-4631 www.doctorkorin.com
Amy Watson 503-282-1118 www.wholemamawholechild.com
Dr. Karis Cooper 360-693-3030 bcchiropracticclinic.com/Home.html
Elise Hewitt 503-224-2100 www.dreliseshewitt.com
Carol Gray (CST) 503-830-8995 www.carolgray.com
Dr. Arah McLaughlin 503-252-3952 www.coreelementschiropractic.com
Kate Brown, DC 503-610-3242 www.optimumhealthportland.com
Beck Higginson, DC www.lunachiropractic.com
Dr. Megan DeJana 503-789-1014 www.awchiropractor.com
Dr. Shannon Anhorn 503-660-8154 www.cloudchiropracticclinic.com
Dr. Megan Ziskovsky, DC FIPCA 503-282-8582 www.center4chiropractic.com
Miriam Rose, MD, LMT 503-278-2366 Rosemir7@gmail.com
Dr. Alissa Fields, DC 503-282-8582 www.center4chiropractic.com/index.html
Dr. Jess Desbrow, Dr. Emily Watters, Alisha Madrone 503-777-0444
www.portlandfamilyhealth.com
Dr. Caroline Peterson, Portland Natural Health 503-445-7767
www.drcarolinepeterson.com
Dr. Sara Mays, West Hills Chiropractic 503-644-5100
www.westhillschiropractic.com/meet-dr-sara-mays/
Sarah Hays, Acupuncture Northwest 503-493-9389 acupuncturenwpx.com

MASSAGE

Leah Hansen, LMT 503-730-3577 www.leahhansen.com
(Breast massage/lymphatic drainage)
Kristy Geffen 503-312-5878 www.harmonizebodywork.com
Kim Holman, LMT (Salem) 503-391-2979 www.NewUnlimitedHealth.com

PHYSICAL THERAPY

Helga Lang (503) 239-6199 www.helgalangpt.com
(therapeutic ultrasound, PT)
New Leaf Physical Therapy 503-318-7954 www.newleafpdx.com
(lymph drainage)
Kelsie McCaffrey, PT, DPT, PCS (pediatric specialist),
West Portland Physical Therapy 503-227-7774 www.wpptc.com
Margaret McReynolds, PT, M.Ed, NBC-HWC (also CST), OHSU
www.ohsu.edu/providers/margaret-mcreynolds/17326A824EC845CFB3FB3E152E3C6BFA

PELVIC FLOOR WORK

Ami Opal, ND 503-477-7594 www.doctorami.com
Tami Kent 503-232-0547 www.wildfeminine.com
The Tummy Team 503-952-2673 www.thetummyteam.com
The Oregon Hemorrhoid Clinic 503-786-7272 www.hemorrhoidhelp.com
Kelley Burke, Holistic Pelvic Care 503-880-5201
www.portlandnaturalchildbirth.com
Suzanne Trebnick, PT, OCS, COMT, BenchMark Physical Therapy
503-254-3424
bmrp.com/clinic/benchmark-physical-therapy-burnside-portland-or
Portland Natural Childbirth 503-880-5201 www.portlandnaturalbirth.com
Laura Luitje, PT, DPT, LMT, West Portland Physical Therapy
503-227-7774 www.wpptc.com

BOWEN THERAPY

Jenna Scott 503-449-6934
Darlene Sumner 503-780-6180
Meigra Simon 503-203-5040 www.meigrasimon.com

TONGUE TIE TREATMENT

IN PORTLAND, OR:

Dr. Bobby Ghaheri 503-488-2600 www.ENToregon.com
Dr. Hertler, PDX ENT 503-222-3638 www.pdxent.com
Dr. Douglas Lincoln, Metropolitan Pediatrics 503-261-1171
www.metropediatrics.com/clinics/happy-valley-office
World of Smiles Pediatric Dentistry West PDX 503-626-9700,
North PDX 503-626-9711 www.visitworldofsmiles.com

IN VANCOUVER, WA:

Must Love Kids Pediatric Dentistry, Prashant Gagneja, BDS, MD
360-450-2999 www.mustlovekids.com

IN SEATTLE, WA:

Dr. Mary Ann O'Hara 206-523-9000

IN EUGENE, OR:

Ben Sutter, For Beautiful Smiles 541-515-7279
www.forbeautifulsmiles.com

PEDIATRICIANS/FAMILY PRACTICE

Kerry Pulliam, MD 971-231-4536 www.healthylivingfamilymedicine.com
Janel Guyette, MD 503-234-7366 www.mtfing.net
Sellwood Medical Clinic 503-595-9300 www.sellwoodmd.com
Littles Pediatrics 503-970-2056 www.littlespediatrics.com
Jennifer Wallace, MD 888-480-1115 www.jwallacemd.com
Sharon McNeil, MD, NW Primary Care 503-659-4988
Kathleen Pratt, MD, One Family Medicine 503-345-0039
www.onefamilymedicine.com
Portland Pediatrics and Family Nutrition, Katharine Jeffcoat 971-319-1288
portlandpediatricnutrition.com
Deep Roots Family Medicine 971-207-3680 www.deerootsmedicine.com
Dr. Joel's Clinic 503-342-2180 www.drjoelsclinic.com
Dr. Paul Thomas, MD, FAAP, Mallory Johnson, CPNP,
Integrative Pediatrics 503-643-2100
www.integrativepediatricsonline.com

ACUPUNCTURE

Beth Yohalem-Ilisley, LAc 503-267-1565 www.mississippihealthcenter.com
Chi Wilburn, LAc 503-669-8880 www.benevolencehealingarts.com
Kine Fischler, LAc 503-281-0030 www.willowtreeclinic.com
Carrie Crimin, Little Owl Medicine 503-312-4223 www.littleowlmedicine.com
(pediatric acupuncture)

NUTRITIONISTS

Anna Bohnengel/Megan Landrum, Alavita Perinatal Nutrition Associates,
www.alavitanutrition.com
Haley Smith, Innate Rhythm, www.innaterhythm.com, 269-921-4506

NATUROPATHS

Canyon Medical Center, Karen DeWitt ND, Rita Bettenburg ND, etc
503-252-8125 www.canyonmedcenter.com
Hawthorne Wellness Center, Dr. Kelly Owens ND 360-687-0800
hawthornewellness.com/index.php
A Gentle Beginning, Catherine Schaefer ND, CNM 503-263-2058
www.agentlebeginning.com
A Woman's Time 503-222-2322 www.awomanstime.com
Dr. Susan Allen, ND 503-232-1948 www.triangolofamilyclinic.net
Dr. Anne Hill, Alder Family Medicine 503-282-1070
www.alderfamilymedicine.com
LeighAnn Chapman, ND 503-233-8113 www.chapmannd.com
Jennifer Reid, ND 503-492-9427 www.carriagehousemedicine.com
Samantha Levine, ND 503-281-6767 www.docerenaturopathicwellness.com
Kristin Waits, FNP 503-227-0350 www.integrativeprimarycare.com/index.html
Alisha Madrone, CNM, FNP 503-777-0444 www.flourishpdx.com
Liz Wallace, ND, LAc 503-238-6262 www.ahealingpractice.net/index.html
Dr. Jennifer Karon-FLores, Whole Family Wellness Center 503-244-0500
www.wfwcenter.com
Dr. Jennifer Curtiss, MD, Nature's Path Family Wellness 503-777-0444
www.naturespathfamilywellness.com
Alexandra Demetro, ND, Battle Ground Apothecary 360-687-2597
www.bghealingarts.com/demetro.html
Dr. Caroline Peterson, Portland Natural Health 503-445-7767
www.drcarolinepeterson.com
Jenny Maurer, Sellwood Family Medicine 503-233-8113
www.sellwoodfamilymedicine.com

OBSTETRICS

Lara Williams, MD, Every Woman's Health 503-284-5220
www.oregonclinic.com/our-team/lara-williams
Women's Health Care Associates Midwifery Center 503-734-3800
www.whallc.com/portland-oregon-midwives-obgyns-gateway

DERMATOLOGY

Dr. Bernard Gausch, St. Vincent's Dermatology 503-297-3440

BREAST SURGEONS

Kearney Breast Center (SW Medical Center, Vancouver) 360-514-1234
Vancouver Clinic Breast Care Center 360-882-2778
Dane Moseson, MD 360-501-3500
Nathalie Johnson, MD, Margi Glissmeyer, PA, Legacy Medical Group
503 413-5525
Frances Ting, MD, SE Portland Surgical Clinic 503-256-1575

MISC THERAPIES

Advanced Pediatric Therapies 360-885-4684 or 503-245-5639
www.advancedpediatrictherapies.com
Wilma Jackson, MBA, OTR/L 360-253-6517 www.waelks.net/therapy.htm
OT/SPD/various therapies 503-224-1998 www.therapysolutionsforkids.com
Barbara Erskine, MS, SLP 360-573-7313
(Speech Language Pathologist/Orofacial Myologist)
Amy Kay MOT, OTR/L, CLT-LANA 971-319-6086 www.wholeyoullc.com
Stephen Cavanaugh, osteopathic physician www.seattledo.com
Sarah Reppenhagen, Gather and Grow Pediatric Occupational Therapy
503-683-7700 www.gatherandgrowpdx.com/
Allison Goodwin-Crane, Kaiser SLP
Linda D'Onofrio SLP, D'Onofrio Speech and Language 503-808-9919
www.donofrioslp.com
An Integrated Life, LLC, Julia Shannon, GCFP, OTR/L 503-707-6549
www.AnIntegratedLife.org

DOULAS

Gracie Koester www.birthrootdoula.com
Wendy Scharp www.portlanddoulalove.com
Cascadia Birth Services www.cascadiabirth.com
Birthing Stone 503-718-7574 www.birthingstone.com