



360-830-MILK  
[www.lunalactation.com](http://www.lunalactation.com)

Personalized lactation support, pumps and supplies

## **BREASTFEEDING-RELATED RESOURCE GUIDE**

### **COMMUNITY RESOURCES**

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

### **NURSING BRAS & SUPPLIES**

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

### **ADOPTIVE BREASTFEEDING/INDUCED LACTATION**

**Newman-Goldfarb Protocol for Induced Lactation** [www.asklenore.com](http://www.asklenore.com)

### **MEDICATION INFO/PHARMACIES**

**InfantRisk** 806-352-2519 [www.infantrisk.com](http://www.infantrisk.com)  
(medication questions during pregnancy/lactation)  
**LactMed** [toxnet.nlm.nih.gov/newtoxnet/lactmed.htm](http://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.lcpx.com](http://www.lcpx.com)  
**Pharmaca Pharmacy** 503-226-6211  
**Community Compounding Pharmacy** 503-244-5304  
[www.communitycmpd.com](http://www.communitycmpd.com)  
**Pacific Northwest Specialty Pharmacy** 360-448-7890 [www.pnsprx.com](http://www.pnsprx.com)

### **MILK BANKS/DONATION**

**Human Milk Banking Association of North America** [www.hmbana.org](http://www.hmbana.org)  
**Northwest Mother's Milk Bank** [www.nwmmmb.org](http://www.nwmmmb.org)  
**Local Mother-to-Mother, informed consent options:**  
**Eats on Feets** [www.eatsonfeets.org](http://www.eatsonfeets.org)  
**Human Milk 4 Human Babies** [hm4hb.net](http://hm4hb.net)

### **NURSING MULTIPLES**

**Multiples of America** [www.multiplesofamerica.org](http://www.multiplesofamerica.org)  
**Full House Moms and Dads** [www.fullhousemoms.com](http://www.fullhousemoms.com)  
**The Triplet Connection** [www.tripletconnection.org](http://www.tripletconnection.org)

### **MILK SUPPLY ISSUES**

**MOBI (Mothers Overcoming Breastfeeding Issues)**  
[www.mobimotherhood.org](http://www.mobimotherhood.org)  
(great info on low supply, etc.)  
**Making More Milk** [www.makingmoremilk.com](http://www.makingmoremilk.com)  
(book/web site for supply issues)  
**Breastfeeding After Breast Reduction** [www.BFAR.org](http://www.BFAR.org)  
**MotherFood** [www.mother-food.com](http://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](http://www.postpartum.net)  
**Baby Blues Connection** 800-557-8375 [www.babybluesconnection.org](http://www.babybluesconnection.org)  
**Pacific Postpartum Support Society** [www.postpartum.org](http://www.postpartum.org)  
**Life Circle Counseling** [www.lifecirclecc.com](http://www.lifecirclecc.com)  
**Heartworks** [www.heartworkspx.com](http://www.heartworkspx.com)  
**Mychelle Moritz** ATR-BC, LPC 971-344-7527  
**Adria Goodness** 503-224-3438  
**Kathleen Kendall Tackett** [www.uppitysciencechick.com](http://www.uppitysciencechick.com)  
(research on postpartum mood disorders)  
**Sam Stevens, MS, LMFT** 503-957-9797 [www.samstevensmft.com](http://www.samstevensmft.com)  
**Laurie Cox, LCSW** 503-287-2295 [www.mootherootscounseling.com](http://www.mootherootscounseling.com)  
**Gaby Donnell, LCSW** 503-819-6354 [www.mootherootscounseling.com](http://www.mootherootscounseling.com)  
**Megan Furnish** 971-238-3703 [www.meganfurnishlscw.com/contact](http://www.meganfurnishlscw.com/contact)

### **WEBSITES FOR BREASTFEEDING TOPICS**

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

### **TONGUE TIE TREATMENT**

**IN PORTLAND, OR:**  
**Dr. Bobby Ghaheri** 503-488-2600 [www.ENToregon.com](http://www.ENToregon.com)  
**Dr. Hertler, PDX ENT** 503-222-3638 [www.pdxent.com](http://www.pdxent.com)  
**Dr. Douglas Lincoln, Metropolitan Pediatrics** 503-261-1171  
[www.metropediatrics.com/clinics/happy-valley-office](http://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](http://www.visitworldofsmiles.com)  
**IN VANCOUVER, WA:**  
**Must Love Kids Pediatric Dentistry, Prashant Gagneja, BDS, MD**  
360-450-2999 [www.mustlovekids.com](http://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](http://www.forbeautifulsmiles.com)

### **OBSTETRICS**

**Lara Williams, MD, Every Woman's Health** 503-284-5220  
[www.oregonclinic.com/our-team/lara-williams](http://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](http://www.whallc.com/portland-oregon-midwives-obgyns-gateway)

### **NUTRITIONISTS**

**Anna Bohnengel/Megan Landrum, Alavita Perinatal Nutrition Associates,**  
[www.alavitanutrition.com](http://www.alavitanutrition.com)  
**Haley Smith, Innate Rhythm,** [www.innaterhythm.com](http://www.innaterhythm.com), 269-921-4506

## PEDIATRICIANS/FAMILY PRACTICE

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

## NATUROPATHS

Canyon Medical Center, Karen DeWitt ND, Rita Bettenburg ND, etc  
503-252-8125 [www.canyonmedcenter.com](http://www.canyonmedcenter.com)  
Hawthorne Wellness Center, Dr. Kelly Owens ND 360-687-0800  
[hawthornewellness.com/index.php](http://hawthornewellness.com/index.php)  
A Gentle Beginning, Catherine Schaefer ND, CNM 503-263-2058  
[www.agentlebeginning.com](http://www.agentlebeginning.com)  
A Woman's Time 503-222-2322 [www.awomanstime.com](http://www.awomanstime.com)  
Dr. Susan Allen, ND 503-232-1948 [www.triangolofamilyclinic.net](http://www.triangolofamilyclinic.net)  
Dr. Anne Hill, Alder Family Medicine 503-282-1070  
[www.alderfamilymedicine.com](http://www.alderfamilymedicine.com)  
LeighAnn Chapman, ND 503-233-8113 [www.chapmannnd.com](http://www.chapmannnd.com)  
Jennifer Reid, ND 503-492-9427 [www.carriagehousemedicine.com](http://www.carriagehousemedicine.com)  
Samantha Levine, ND 503-281-6767 [www.docerenaturopathicwellness.com](http://www.docerenaturopathicwellness.com)  
Kristin Waits, FNP 503-227-0350 [www.integrativeprimarycare.com/index.html](http://www.integrativeprimarycare.com/index.html)  
Alisha Madrone, CNM, FNP 503-777-0444 [www.flourishpdx.com](http://www.flourishpdx.com)  
Liz Wallace, ND, LAc 503-238-6262 [www.ahalingpractice.net/index.html](http://www.ahalingpractice.net/index.html)  
Dr. Jennifer Karon-FLores, Whole Family Wellness Center 503-244-0500  
[www.wfwcenter.com](http://www.wfwcenter.com)  
Dr. Jennifer Curtiss, MD, Nature's Path Family Wellness 503-777-0444  
[www.naturespathfamilywellness.com](http://www.naturespathfamilywellness.com)  
Alexandra Demetro, ND, Battle Ground Apothecary 360-687-2597  
[www.bghealingarts.com/demetrol.html](http://www.bghealingarts.com/demetrol.html)  
Dr. Caroline Peterson, Portland Natural Health 503-445-7767  
[www.drcarolinepeterson.com](http://www.drcarolinepeterson.com)  
Jenny Maurer, Sellwood Family Medicine 503-233-8113  
[www.sellwoodfamilymedicine.com](http://www.sellwoodfamilymedicine.com)  
Dr. Elizabeth Busetto, Rose Natural Health 503-954-3676  
[www.rosenaturalhealth.com](http://www.rosenaturalhealth.com)

## 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

## PELVIC FLOOR WORK

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

## MASSAGE

Leah Hansen, LMT 503-730-3577 [www.leahhansen.com](http://www.leahhansen.com)  
(Breast massage/lymphatic drainage)  
Kristy Geffen 503-312-5878 [www.harmonizebodywork.com](http://www.harmonizebodywork.com)  
Kim Holman, LMT (Salem) 503-409-2772 [www.8handshealing.com](http://www.8handshealing.com)

## CHIROPRACTICS/CRANIOSACRAL THERAPY

Teresa Robertson 503-784-4775 [www.ahalingapproach.com](http://www.ahalingapproach.com)  
Dr. Korin Rasmussen 503-803-4631 [www.doctorkorin.com](http://www.doctorkorin.com)  
Amy Watson 503-282-1118 [www.wholemamawholechild.com](http://www.wholemamawholechild.com)  
Dr. Karis Cooper 360-693-3030 [bcchiropracticclinic.com/Home.html](http://bcchiropracticclinic.com/Home.html)  
Carol Gray (CST) 503-830-8995 [www.carolgray.com](http://www.carolgray.com)  
Dr. Arah McLaughlin 503-252-3952 [www.coreelementschiropractic.com](http://www.coreelementschiropractic.com)  
Kate Brown, DC 503-610-3242 [www.optimumhealthportland.com](http://www.optimumhealthportland.com)  
Beck Higginson, DC [www.lunachiropractic.com](http://www.lunachiropractic.com)  
Dr. Megan DeJana 503-789-1014 [www.awchiropractor.com](http://www.awchiropractor.com)  
Dr. Shannon Anhorn 503-660-8154 [www.cloudchiropracticclinic.com](http://www.cloudchiropracticclinic.com)  
Dr. Megan Ziskovsky, DC FIPCA 503-282-8582 [www.center4chiropractic.com](http://www.center4chiropractic.com)  
Miriam Rose, MD, LMT 503-278-2366 [Rosemir7@gmail.com](mailto:Rosemir7@gmail.com)  
Dr. Alissa Fields, DC 503-282-8582 [www.center4chiropractic.com/index.html](http://www.center4chiropractic.com/index.html)  
Dr. Jess Desbrow, Dr. Emily Watters, Alisha Madrone 503-777-0444  
[www.portlandfamilyhealth.com](http://www.portlandfamilyhealth.com)  
Dr. Caroline Peterson, Portland Natural Health 503-445-7767  
[www.drcarolinepeterson.com](http://www.drcarolinepeterson.com)  
Sara J. Mays DC CACCP, Good Life Chiropractic LLC 503-277-9473  
[www.goodlifeor.com](http://www.goodlifeor.com)  
Sarah Hays, Acupuncture Northwest 503-493-9389 [acupuncturenwpx.com](http://acupuncturenwpx.com)

## PHYSICAL THERAPY

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

## ACUPUNCTURE

Beth Yohalem-Ilsley, LAc 503-267-1565 [www.mississippihealthcenter.com](http://www.mississippihealthcenter.com)  
Chi Wilburn, LAc 503-669-8880 [www.benevolencehealingarts.com](http://www.benevolencehealingarts.com)  
Kine Fischler, LAc 503-281-0030 [www.willowtreeclinic.com](http://www.willowtreeclinic.com)  
Carrie Crimin, Little Owl Medicine 503-312-4223 [www.littleowlmedicine.com](http://www.littleowlmedicine.com)  
(pediatric acupuncture)  
Corinne LeBlanc, Portland Pediatric Acupuncture 971-337-7387  
[www.acuforkids.com](http://www.acuforkids.com)

## BOWEN THERAPY

Jenna Scott 503-449-6934  
Darlene Sumner 503-780-6180  
Meigra Simon 503-203-5040 [www.meigrasimon.com](http://www.meigrasimon.com)

## MISC THERAPIES

Advanced Pediatric Therapies 360-885-4684 or 503-245-5639  
[www.advancedpediatrictherapies.com](http://www.advancedpediatrictherapies.com)  
Wilma Jackson, MBA, OTR/L 360-253-6517 [www.waelks.net/therapy.htm](http://www.waelks.net/therapy.htm)  
OT/SPD/various therapies 503-224-1998 [www.therapysolutionsforkids.com](http://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](http://www.wholeyoullc.com)  
Stephen Cavanaugh, osteopathic physician [www.seattledo.com](http://www.seattledo.com)  
Sarah Reppenhagen, Gather and Grow Pediatric Occupational Therapy  
503-683-7700 [www.gatherandgrowpdx.com/](http://www.gatherandgrowpdx.com/)  
Allison Goodwin-Crane, Kaiser SLP  
Linda D'Onofrio SLP, D'Onofrio Speech and Language 503-808-9919  
[www.donofrioslp.com](http://www.donofrioslp.com)  
An Integrated Life, LLC, Julia Shannon, GCFP, OTR/L 503-707-6549  
[www.AnIntegratedLife.org](http://www.AnIntegratedLife.org)

## DOULAS

Gracie Koester [www.birthrootdoula.com](http://www.birthrootdoula.com)  
Wendy Sharp [www.portlanddoulalove.com](http://www.portlanddoulalove.com)  
Cascadia Birth Services [www.cascadiabirth.com](http://www.cascadiabirth.com)  
Birthing Stone 503-718-7574 [www.birthingstone.com](http://www.birthingstone.com)