

## **BREASTFEEDING-RELATED RESOURCE GUIDE**

### **COMMUNITY RESOURCES**

Nursing Mother's Council 503-750-0656 [www.nursingmotherscounsel.org](http://www.nursingmotherscounsel.org)  
Oregon WIC offices 971-673-0040  
[www.oregon.gov/oha/PH/HEALTHYPEOPLEFAMILIES/WIC](http://www.oregon.gov/oha/PH/HEALTHYPEOPLEFAMILIES/WIC)  
Clark County WIC Nutrition Program  
360-397-4370 [www.clark.wa.gov/public-health/breastfeeding](http://www.clark.wa.gov/public-health/breastfeeding)

### **NURSING BRAS & SUPPLIES**

Milagros Boutique 503-493-4141 [milagrosboutique.com](http://milagrosboutique.com)  
Decent Exposures 800-524-4949 [www.decentexposures.com](http://www.decentexposures.com)  
Birth and Baby [www.birthandbaby.com](http://www.birthandbaby.com)  
Just Like A Woman 503-246-7000 [www.justlikeawoman.com](http://www.justlikeawoman.com)  
Breakout Bras [www.breakoutbras.com](http://www.breakoutbras.com)  
The Pencil Test 971-266-8611 [www.facebook.com/ThePencilTest](http://www.facebook.com/ThePencilTest)

### **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) (med info)  
LactMed [toxnet.nlm.nih.gov/newtoxnet/lactmed.htm](http://toxnet.nlm.nih.gov/newtoxnet/lactmed.htm) (med info)  
Poison Control 800-876-4766  
Lloyd Center Compounding Pharmacy 503-281-4161 [www.lcrr.com](http://www.lcrr.com)  
Pharmaca Integrative Pharmacy 503-226-6211  
Community Compounding Pharmacy 503-244-5304  
[www.communitycpharm.com](http://www.communitycpharm.com)  
Pacific NW 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 [www.facebook.com/hm4hb/](http://www.facebook.com/hm4hb/)

### **NURSING MULTIPLES**

Multiples of America [www.multiplesofamerica.org](http://www.multiplesofamerica.org)  
Full House Moms and Dads 503-610-8598 [www.fullhousemoms.com](http://www.fullhousemoms.com)

### **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 & Nipple Surgeries [www.BFAR.org](http://www.BFAR.org)  
Mother Food [www.mother-food.com](http://www.mother-food.com)

### **POSTPARTUM DEPRESSION & COUNSELING**

Postpartum Support International 800-944-4773 [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)  
Mychelle Moritz, ATR-BC, LPC 971-344-7527  
Adria Goodness 971-220-8338 [lifecyclehealthandeducation.com](http://lifecyclehealthandeducation.com)  
Kathleen Kendall-Tackett [www.uppitysciencechick.com](http://www.uppitysciencechick.com)  
Sam Stevens, MS, LMFT 503-957-9797 [www.samstevensmft.com](http://www.samstevensmft.com)  
Laurie Cox, LCSW 503-287-2295 [www.motherootscounseling.com](http://www.motherootscounseling.com)  
Gaby Donnell, LCSW 503-819-6354 [www.motherootscounseling.com](http://www.motherootscounseling.com)  
Megan Furnish 971-238-3703 [www.meganfurnishlcsw.com/contact](http://www.meganfurnishlcsw.com/contact)  
Well Mama Oregon 800-896-0410 [www.wellmamaoregon.org](http://www.wellmamaoregon.org)

### **DERMATOLOGY**

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

### **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)  
WHO (World Health Organization)  
[www.who.int/westernpacific/health-topics/breastfeeding](http://www.who.int/westernpacific/health-topics/breastfeeding)  
Platypus Media (breastfeeding & co-sleeping publications)  
[www.platypusmedia.com](http://www.platypusmedia.com)  
Safe Co-Sleeping Guidelines [cosleeping.nd.edu](http://cosleeping.nd.edu)  
LGBT-friendly birth related providers list  
[www.breastfeedingnetwork.net](http://www.breastfeedingnetwork.net)  
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.com](http://www.breastfeedingonline.com)

### **TONGUE TIE TREATMENT**

#### **IN PORTLAND, OR:**

- Dr. Bobby Ghaheri, The Oregon Clinic ENT 503-488-2600  
[www.oregonclinic.com/locations/ear-nose-throat-east-gateway](http://www.oregonclinic.com/locations/ear-nose-throat-east-gateway)
- 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/happy-valley-office](http://www.metropediatrics.com/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:**

- Monisha Gagneja, BDS, Must Love Kids Pediatric Dentistry  
360-450-2999 [www.mustlovekids.com](http://www.mustlovekids.com)

#### **IN SEATTLE, WA:**

- Dr. Maryann O'Hara 206-523-9000 [www.seattlebfcclinic.com](http://www.seattlebfcclinic.com)

#### **IN EUGENE, OR:**

- Ben Sutter, For Beautiful Smiles 541-515-7279  
[www.forbeautifulsmiles.com](http://www.forbeautifulsmiles.com)

### **MIDWIFERY & 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 Birth Center 503-734-3800  
[midwiferybirthcenter.com](http://midwiferybirthcenter.com)  
Homespun Midwifery 971-350-9422 [www.homespunmidwives.com](http://www.homespunmidwives.com)  
Vivante Midwifery 503-652-8076 [vivantemidwifery.com](http://vivantemidwifery.com)  
Alisha Madrone, CNM, FNP 503-777-0444 [www.flourishpdx.com](http://www.flourishpdx.com)

### **PEDIATRICIANS & FAMILY PRACTICE**

Douglas Lincoln, MD, MPH [www.metropediatrics.com](http://www.metropediatrics.com)  
Kerry Schaefer, MD 971-231-4536 [www.healthylivingfamilymedicine.com](http://www.healthylivingfamilymedicine.com)  
Janel Guyette, MD 503-234-7366 [www.pacificmedicalgroup.com](http://www.pacificmedicalgroup.com)  
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 McNeill, MD, NW Primary Care 503-659-4988 [www.nwpc.com](http://www.nwpc.com)  
Kathleen Pratt, MD, One Family Medicine 503-345-0039  
[www.onefamilymedicine.com](http://www.onefamilymedicine.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)  
Paul Thomas, MD, FAAP/Mallory Johnson, CPNP, Integrative Pediatrics  
503-643-2100 [www.integrativepediatricsonline.com](http://www.integrativepediatricsonline.com)  
Dahra Perkins, MD, ABFM, ABIHM, Elevate Health 503-227-0350  
[www.elevatehealthpdx.com](http://www.elevatehealthpdx.com)

## NATUROPATHS

Karen DeWitt, ND/Leah Hamlett, ND, Canyon Medical Center  
503-252-8125 [www.canyonmedcenter.com](http://www.canyonmedcenter.com)

Dr. Kelly Owens, ND, Hawthorne Wellness Center 360-687-0800  
[hawthornewellness.com](http://hawthornewellness.com)

Catherine Schaefer, ND, CNM, WHA Midwifery Birth Center  
503-263-2058 [midwiferybirthcenter.com](http://midwiferybirthcenter.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/Jenny Maurer, ND 503-233-8113  
[www.sellwoodfamilymedicine.com](http://www.sellwoodfamilymedicine.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)

Liz Wallace, ND, LAc, A Healing Practice 503-238-6262 [ahealingpractice.net](http://ahealingpractice.net)

Dr. Jennifer Karon, 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, LM, Birth, Babies and Beyond 360-687-2597  
[www.birthbabiesbeyond.com](http://www.birthbabiesbeyond.com)

Dr. Elizabeth Busetto, Rose Natural Health 503-954-3676  
[www.rosenaturalhealth.com](http://www.rosenaturalhealth.com)

## BREAST SURGEONS

Kearney Breast Center (SW Medical Center, Vancouver) 360-514-1234  
[www.peacehealth.org/southwest/kearney-breast-center](http://www.peacehealth.org/southwest/kearney-breast-center)

Vancouver Clinic Breast Care Center 360-882-2778  
[tvc.org/services/breast-care-center](http://tvc.org/services/breast-care-center)

Nathalie Johnson, MD, Margie Glismeyer, PA, Legacy Medical Group  
503 413-5525

Frances Ting, MD, SE Portland Surgical Clinic 503-256-1575  
[www.adventisthealth.org/doctors/frances-t-ting-md](http://www.adventisthealth.org/doctors/frances-t-ting-md)

## 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, Portland Natural Birth 503-880-5201  
[www.portlandnaturalbirth.com](http://www.portlandnaturalbirth.com)

Suzanne Trebnick, PT, OCS, COMT, BenchMark PT 503-254-3424  
[bmrp.com/clinic/benchmark-physical-therapy-burnside-portland-or](http://bmrp.com/clinic/benchmark-physical-therapy-burnside-portland-or)

Laura Luitje, PT, DPT, LMT, West Portland Physical Therapy  
503-227-7774 [www.wppte.com](http://www.wppte.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)

## PHYSICAL THERAPY

Helga Lang (503) 239-6199 [www.helgalangpt.com](http://www.helgalangpt.com) (therapeutic ultrasound, PT)

New Leaf Physical & Massage Therapy 503-318-7954 [www.newleafpdx.com](http://www.newleafpdx.com)  
(lymph drainage)

Kelsie McCaffrey, PT, DPT, PCS (pediatric specialist), Play Time Pediatrics  
503-878-7898 [www.playtimept.com](http://www.playtimept.com)

Margaret McReynolds, PT, M.Ed, NBC-HWC (also CST), OHSU  
[www.ohsu.edu/providers](http://www.ohsu.edu/providers)

The Tummy Team 360-952-CORE [www.thetummyteam.com](http://www.thetummyteam.com)

Emily Lighthipe, DPT, Tabor Pediatric Physical Therapy 503-522-1359  
[www.taborpediatricpt.com](http://www.taborpediatricpt.com)

## MASSAGE

Jolene Wilson 503-221-4123 [thedragontree.com](http://thedragontree.com)

Leah Hansen, LMT 503-730-3577 [www.leahhansen.com](http://www.leahhansen.com)  
(Breast massage/lymphatic drainage)

Kristy Geffen 503-312-5878 [harmonizebodywork.wordpress.com/kristy](http://harmonizebodywork.wordpress.com/kristy)

Kim Holman, LMT (Salem) 503-409-2772 [www.8handsh Healing.com](http://www.8handsh Healing.com)

## CHIROPRACTICS & CRANIOSACRAL THERAPY

Teresa Robertson 503-784-4775 [www.ahealingapproach.com](http://www.ahealingapproach.com)

Dr. Korin Rasmussen 503-803-4631 [www.doctorkorin.com](http://www.doctorkorin.com)

Portland Family Health 503-777-0444 [portlandfamilyhealth.com](http://portlandfamilyhealth.com)

- Dr. Amelie Watson, DC
- Dr. Kate Brown
- Dr. Jess Barr Desbrow, DC
- Dr. Emily Watters

Dr. Karis Cooper, DC, Cooper Chiropractic Center for Health & Wellness  
360-693-3030 [www.cooper-chiro.com](http://www.cooper-chiro.com)

Carol Gray (CST) 503-830-8995 [www.carolgray.com](http://www.carolgray.com)

Dr. Arah McLaughlin, Core Elements Chiropractic 503-252-3952  
[www.cechiro.com](http://www.cechiro.com)

Beck Higginson, DC, Luna Wellness 503-289-1390 [www.lunachiropractic.com](http://www.lunachiropractic.com)

Dr. Megan DeJana, Active Wellness Chiropractic 503-789-1014  
[www.awchiropractor.com](http://www.awchiropractor.com)

Dr. Shannon Anhorn, DC, Cloud Chiropractic Clinic 503-660-8154  
[www.cloudchiropracticclinic.com](http://www.cloudchiropracticclinic.com)

Dr. Megan Ziskovsky, DC, FIPCA/Alissa Fields, DC, Center for  
Chiropractic & Pain Rehabilitation 503-282-8582  
[www.center4chiropractic.com](http://www.center4chiropractic.com)

Miriam Rose, MD, LMT 503-819-1215 [www.facebook.com/DrMiriamRoseMD](http://www.facebook.com/DrMiriamRoseMD)

Dr. Caroline Peterson, DC, PhD, MPH, Portland Natural Health  
503-445-7767 [www.drcarolinepeterson.com](http://www.drcarolinepeterson.com)

Sara J. Mays DC CACCP, Good Life Chiropractic 503-277-9473  
[www.goodlifeor.com](http://www.goodlifeor.com)

Sarah Hayes, Acupuncture Northwest 503-493-9389 [acupuncturenwpxd.com](http://acupuncturenwpxd.com)

Jacquelyn Cora Pannullo, MS, LMT (infant CST, home visits) 503-756-6170  
[www.bodysoullove.com](http://www.bodysoullove.com)

## ACUPUNCTURE

Beth Yohalem-Isley, 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)

Felicia Ferruzza, LAc, Herbalist, Alberta Healing Arts Center 503-206-5309  
[www.albertahealingarts.com](http://www.albertahealingarts.com)

## NUTRITIONISTS

Anna Bohnengel, MS, RDN, LDN/Megan Landrum, RDN, LDN  
Alavita Perinatal Nutrition Associates [www.alavitanutrition.com](http://www.alavitanutrition.com)

Haley Smith, MScN, Innate Rhythm 269-921-4506 [www.innaterhythm.com](http://www.innaterhythm.com)

Katharine Jeffcoat, RDN, LD, CLT, Portland Pediatric & Family Nutrition  
971-319-1288 [portlandpediatricnutrition.com](http://portlandpediatricnutrition.com)

## MISC THERAPIES

Advanced Pediatric Therapies 360-885-4684 (Vancouver clinic) or  
503-245-5639 (Portland clinic) [www.advancedpediatrictherapies.com](http://www.advancedpediatrictherapies.com)

Therapy Solutions for Kids, OT/SPD/various therapies 503-224-1998  
[www.therapysolutionsforkids.com](http://www.therapysolutionsforkids.com)

Barbara Erskine, MS, SLP-CCC, COM 360-573-7313  
[www.erskinetherapy.com](http://www.erskinetherapy.com)

Amy Kay, MOT, OTR/L, CLT-LANA 503-489-8325 [www.wholeyoullc.com](http://www.wholeyoullc.com)

Stephen Cavanaugh, DO (Seattle) 206-325-7435 [www.seattledo.com](http://www.seattledo.com)

Sarah Reppenbogen, Gather and Grow Pediatric Occupational Therapy  
503-683-7700 [www.gatherandgrowpdx.com/](http://www.gatherandgrowpdx.com/)

Allison Goodwin-Crane, Kaiser SLP

Linda D'Onofrio, MS, CCC-SLP, D'Onofrio Speech and Language  
503-808-9919 [www.donofrioslp.com](http://www.donofrioslp.com)

Julia Shannon, GCFP, OTR/L, An Integrated Life 503-707-6549  
[www.anintegratedlife.org](http://www.anintegratedlife.org)

Wendy Neal, DO, ND, Quest Center for Integrative Health  
(osteopathic manipulations) 503-238-5203 [quest-center.org](http://quest-center.org)

## DOULAS

Gracie Koester [www.birthrootdoula.com](http://www.birthrootdoula.com)

Wendy Scharp [www.portlanddoulalove.com](http://www.portlanddoulalove.com)

Birthing Stone 503-718-7574 [www.birthingstone.com](http://www.birthingstone.com)

Katie Keller/Malerie Plaughter, Puddletown Doula Services  
[www.puddletowndoulas.com](http://www.puddletowndoulas.com)