

BREASTFEEDING-RELATED RESOURCE GUIDE

COMMUNITY RESOURCES

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

NURSING BRAS & SUPPLIES

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

ADOPTIVE BREASTFEEDING & INDUCED LACTATION

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

MEDICATION INFO & PHARMACIES

InfantRisk 806-352-2519 www.infantrisk.com (med info)
LactMed toxnet.nlm.nih.gov/newtoxnet/lactmed.htm (med info)
Poison Control 800-876-4766
Lloyd Center Compounding Pharmacy 503-281-4161 www.lcrr.com
Pharmaca Integrative Pharmacy 503-226-6211
Community Compounding Pharmacy 503-244-5304
www.communitycnpd.com
Pacific NW 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.nwmmmb.org
Local Mother-to-Mother, informed consent options:
Eats on Feets www.eatsonfeets.org
Human Milk 4 Human Babies www.facebook.com/hm4hb/

NURSING MULTIPLES

Multiples of America www.multiplesofamerica.org
Full House Moms and Dads 503-610-8598 www.fullhousemoms.com

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 & Nipple Surgeries www.BFAR.org
Mother Food www.mother-food.com

POSTPARTUM DEPRESSION & COUNSELING

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

NUTRITIONISTS

Anna Bohnengel, MS, RDN, LDN/Megan Landrum, RDN, LDN
Alavita Perinatal Nutrition Associates www.alavitanutrition.com
Haley Smith, MSeN, Innate Rhythm 269-921-4506 www.innaterhythm.com
Katharine Jeffcoat, RDN, LD, CLT, Portland Pediatric & Family Nutrition
971-319-1288 portlandpediatricnutrition.com

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

TONGUE TIE TREATMENT

IN PORTLAND, OR:

- Dr. Bobby Ghaheri/Dr. Roya Mansouri, The Oregon Clinic ENT
503-488-2600 www.oregonclinic.com
- Dr. Hertler, PDX ENT 503-222-3638 www.pdxent.com
- Dr. Staci Whitman, NOPO Kids Dentistry 971-978-0009
nopokids.com
- Dr. Douglas Lincoln, Metropolitan Pediatrics 503-261-1171
www.metropediatrics.com/happy-valley-office

IN VANCOUVER, WA:

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

IN SEATTLE, WA:

- Dr. Maryann O'Hara 206-523-9000 www.seattlebfcclinic.com

IN EUGENE, OR:

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

MIDWIFERY & OBSTETRICS

Lara Williams, MD, Every Woman's Health 503-284-5220
www.oregonclinic.com/our-team/lara-williams
Women's Health Care Associates Midwifery Birth Center 503-734-3800
midwiferybirthcenter.com
Homespun Midwifery 971-350-9422 www.homespunmidwives.com
Vivante Midwifery 503-652-8076 vivantemidwifery.com
Alisha Madrone, CNM, FNP 503-777-0444 www.flourishpdx.com

PEDIATRICIANS & FAMILY PRACTICE

Douglas Lincoln, MD, MPH www.metropediatrics.com
Kerry Schaefer, MD 971-231-4536 www.healthylivingfamilymedicine.com
Janel Guyette, MD 503-234-7366 www.pacificmedicalgroup.com
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 McNeill, MD, NW Primary Care 503-659-4988 www.nwpc.com
Kathleen Pratt, MD, One Family Medicine 503-345-0039
www.onefamilymedicine.com
Deep Roots Family Medicine 971-207-3680 www.deeprootsmedicine.com
Dr. Joel's Clinic 503-342-2180 www.drjoelsclinic.com
Paul Thomas, MD, FAAP/Mallory Johnson, CPNP, Integrative Pediatrics
503-643-2100 www.integrativepediatricsonline.com
Dahra Perkins, MD, ABFM, ABIHM, Elevate Health 503-227-0350
www.elevatehealthpdx.com

DERMATOLOGY

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

NATUROPATHS

Karen DeWitt, ND/Leslie Hamlett, ND, Canyon Medical Center
503-252-8125 www.canyonmedcenter.com

Dr. Kelly Owens, ND, Hawthorne Wellness Center 360-687-0800
hawthornewellness.com

Catherine Schaefer, ND, CNM, WHA Midwifery Birth Center
503-263-2058 midwiferybirthcenter.com

A Woman's Time 503-222-2322 www.awomanstime.com

Dr. Anne Hill, Alder Family Medicine 503-282-1070
www.alderfamilymedicine.com

LeighAnn Chapman, ND/Jenny Maurer, ND 503-233-8113
www.sellwoodfamilymedicine.com

Jennifer Reid, ND 503-492-9427 www.carriagehousemedicine.com

Samantha LeVine, ND 503-281-6767 www.docerenaturopathicwellness.com

Liz Wallace, ND, LAc, A Healing Practice 503-238-6262 ahealingpractice.net

Dr. Jennifer Karon, Whole Family Wellness Center 503-244-0500
www.wfcenter.com

Dr. Jennifer Curtiss, MD, Nature's Path Family Wellness 503-777-0444
www.naturespathfamilywellness.com

Alexandra Demetro, ND, LM, Birth, Babies and Beyond 360-687-2597
www.birthbabiesbeyond.com

Dr. Elizabeth Busetto, Rose Natural Health 503-954-3676
www.rosenaturalhealth.com

Dr. Juniper Martin, NP, 971-328-0071 drjuniper.com

BREAST SURGEONS

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

Vancouver Clinic Breast Care Center 360-882-2778
tvc.org/services/breast-care-center

Nathalie Johnson, MD, Margie Glissmeyer, 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

Cory Donovan, MD, Legacy Surgical Oncology 503-413-5525
www.legacyhealth.org

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, Portland Natural Birth 503-880-5201
www.portlandnaturalbirth.com

Suzanne Trebnick, PT, OCS, COMT, BenchMark PT 503-254-3424
bmrp.com/clinic/benchmark-physical-therapy-burnside-portland-or

Laura Luitje, PT, DPT, LMT, West Portland Physical Therapy
503-227-7774 www.wpprtc.com

PHYSICAL THERAPY

Helga Lang (503) 239-6199 www.helgalangpt.com (therapeutic ultrasound, PT)

New Leaf Physical & Massage Therapy 503-318-7954 www.newleafpdx.com
(lymph drainage)

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

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

The Tummy Team 360-952-CORE www.thetummyteam.com

Emily Lighthipe, DPT, Tabor Pediatric Physical Therapy 503-522-1359
www.taborpediatricpt.com

MASSAGE

Jolene Wilson 503-221-4123 thedragonree.com

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

Kristy Geffen 503-312-5878 harmonizebodywork.wordpress.com/kristy

Kim Holman, LMT (Salem) 503-409-2772 www.8handshealing.com

DOULAS

Gracie Koester www.birthrootdoula.com

Wendy Sharp www.portlanddoulalove.com

Birthing Stone 503-718-7574 www.birthingstone.com

Katie Keller/Malerie Plaucher, Puddletown Doula Services
www.puddletowndoulas.com

CHIROPRACTICS & CRANIOSACRAL THERAPY

Teresa Robertson 503-784-4775 www.ahealingapproach.com

Dr. Korin Rasmussen 503-803-4631 www.doctorkorin.com

Portland Family Health 503-777-0444 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

Carol Gray (CST) 503-830-8995 www.carolgray.com

Dr. Arah McLaughlin, Core Elements Chiropractic 503-252-3952
www.cechiro.com

Beck Higginson, DC, Luna Wellness 503-289-1390 www.lunachiropractic.com

Dr. Megan DeJana, Active Wellness Chiropractic 503-789-1014
www.awchiropractor.com

Dr. Shannon Anhorn, DC/Dr. Savannah Martinez, DC, Cloud Chiropractic
Clinic 503-660-8154 www.cloudchiropracticclinic.com

Dr. Megan Ziskovsky, DC, FIPCA/Alissa Fields, DC, Center for
Chiropractic 503-282-8582 www.center4chiropractic.com

Miriam Rose, MD, LMT 503-819-1215 www.facebook.com/DrMiriamRoseMD

Dr. Caroline Peterson, DC, PhD, MPH, Portland Natural Health
503-445-7767 www.drcarolinepeterson.com

Sara J. Mays DC CACCP, Good Life Chiropractic 503-277-9473
www.goodlifeor.com

Sarah Hayes, Acupuncture Northwest 503-493-9389 acupuncturenwpx.com

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

Dr. Satya Sardonicus, DC, CACCP, Chrysalis Studio PDX 503-395-4517
www.chrysalispdx.com

Dr. Seth Watterson, DC, Therapeutic Associates North Portland Physical
Therapy 503-287-0245 www.therapeuticassociates.com

Dr. Nahinu James, DC, Zen Space Healing Center 503-281-0681
zenspacepdx.com

ACUPUNCTURE

Beth Yohalem-Ilsley, 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)

Corinne LeBlanc, Portland Pediatric Acupuncture 971-337-7387
www.acuforkids.com

Felicia Ferruzza, LAc, Herbalist, Alberta Healing Arts Center 503-206-5309
www.albertahealingarts.com

BOWEN THERAPY

Jenna Scott 503-449-6934

Darlene Sumner 503-780-6180

Meigra Simon 503-203-5040 www.meigrasimon.com

MISC THERAPIES

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

Therapy Solutions for Kids, OT/SPD/various therapies 503-224-1998
www.therapysolutionsforkids.com

Barbara Erskine, MS, SLP-CCC, COM 360-573-7313
www.erskinetherapy.com

Amy Kay, MOT, OTR/L, CLT-LANA 503-489-8325 www.wholeyoullc.com

Stephen Cavanaugh, DO (Seattle) 206-325-7435 www.seattledo.com

Sarah Reppenhausen, Gather and Grow Pediatric Occupational Therapy
503-683-7700 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

Danielle Baker, MA, CCC-SLP, Portland Speech Clinic 503-568-1781
portland.speech.clinic

Julia Shannon, GCFP, OTR/L, An Integrated Life 503-707-6549
www.anintegratedlife.org

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

Jeanne Farber, OT (Vancouver) 360-600-3640 jeannefarberot.com