

# LOCAL BREASTFEEDING SUPPORT RESOURCES

## Lactation Consultants and Clinics

### **Luna Lactation**

Personalized lactation support  
Home or office visits available  
360-830-MILK(6455)  
[www.lunalactation.com](http://www.lunalactation.com)

### **With Child** (in Punkydoodlesbugs)

13307 NE HWY 99 suite 105  
Vancouver, WA 98662  
360-253-2229  
(state medical coupons accepted for LC support)  
*Bras, BF supplies also available*  
[www.pdbugs.com](http://www.pdbugs.com)

### **Beyond Birth**

877-230-2229  
<http://www.beyondbirthservices.com>  
(Breast pumps and supplies also available)

### Local Hospital Lactation Support

**Breastfeeding Helpline at SWWMC**  
514-4027

**Breastfeeding Support Group at SWWMC**  
514-2229

**Legacy Salmon Creek Hospital Lactation**  
360-487-4050

<http://www.legacyhealth.org/body.cfm?id=857>

**Portland Adventist Breastfeeding Center**  
503-251-6262

<http://www.adventisthealthnw.com/birthplace/lactation.asp>

### **Providence Lactation**

503-215-6255  
[http://www.providence.org/oregon/Health\\_Resource\\_Centers/Pregnancy\\_Center/BreastfeedingServices.htm](http://www.providence.org/oregon/Health_Resource_Centers/Pregnancy_Center/BreastfeedingServices.htm)

## Support Groups and Community Resources

### **La Leche League of Vancouver**

(360) 514-6773  
[vancouverlll@gmail.com](mailto:vancouverlll@gmail.com)  
[www.LLLvancouver.com](http://www.LLLvancouver.com)

### **Mothers Share Support Group**

514-2229

### **Maternity Support Services**

(for moms with medical coupons)  
Clark County Health Department  
397-8440 397-8255  
<http://www.clark.wa.gov/health/child/maternity.html>

### **Nursing Mother's Council**

750-0656  
<http://www.nursingmotherscounsel.org/>

## **WIC (Women, Infants, and Children)**

Clark County Health Department  
397-8459  
397-8040 (Breastfeeding line)  
<http://www.co.clark.wa.us/health/wic/index.html>  
Oregon WIC offices  
<http://www.oregon.gov/DHS/ph/wic/countyinfo.shtml>  
1-800-SAFENET

## NURSING BRAS & SUPPLIES

### **Milagros Boutique**

5429 NE 30th Ave  
Portland, OR 97211  
(503) 493-4141  
<http://milagrosboutique.com/>

### **A-Bra Boutique** (sizes 30B – 52HH)

2548 SE 122<sup>nd</sup> Ave. Portland, OR  
503-760-3589

### **Elizabeth Lee Designs**

(sizes 34A - 46H and a wide selection of bra extenders)  
[www.elizabethlee.com](http://www.elizabethlee.com)

### **Decent Exposures** (all sizes, plus custom bras)

1-800-524-4949  
[www.decentexposures.com](http://www.decentexposures.com)

### **Birth and Baby**

Lots of hard to find nursing bra sizes!  
[www.birthandbaby.com](http://www.birthandbaby.com)

### **Breast is Best**

(50 styles to choose from – sizes 32A – 50KK)  
1-888-398-7987  
[www.breastisbest.com](http://www.breastisbest.com)

### **Just Like A Woman** (sizes from 28AAA-56J)

6333 S.W. Macadam Ave. Suite 102  
Portland, OR 97207  
(503) 246-7000  
[www.justlikeawoman.com](http://www.justlikeawoman.com)

### **MEDELA** (extended size range 36 – 46 F, G, H)

1-800-435-8316 or 1-815-363-1166 [www.medela.com](http://www.medela.com)

### **Motherwear Catalog** (sizes 32A – 50J)

1-800-950-2500

### **Pacific Mothers Support, Inc. (P.M.S.I.)**

1-800-578-2260  
Bras, Breast pumps and supplies also available

### **Northwest Medical Supply**

Portland, OR 1-800-367-6963

## **RESOURCES ON THE INTERNET AND BY TELEPHONE**

### **Adoptive Breastfeeding/Induced Lactation**

Four Friends

[www.fourfriends.com](http://www.fourfriends.com)

Newman-Goldfarb Protocol for Induced Lactation

[www.asklenore.com](http://www.asklenore.com)

### **Medication/Drug Information**

Medications and Mothers' Milk (Tom Hale)

[www.neonatal.ttuhs.edu/lact/](http://www.neonatal.ttuhs.edu/lact/)

Lactmed

<http://toxnet.nlm.nih.gov/cgi-bin/sis/htmlgen?LACT>

Poison Control 1-800-876-4766

### **Milk Banks**

Human Milk Banking Association of North America

[www.hmbana.org](http://www.hmbana.org)

Adventist Medical Center

Family Birth Place, 10123 SE Market St., Ptld. Donor depot open Mon-Fri by appt 9:00am - 4:00pm.

503-251-MAMA

[www.nwmm.org](http://www.nwmm.org)

### **Nursing Multiples**

National Organization of Mothers of Twins Clubs (NOMOTC)

877-540-2200 or 615-595-0936

[www.nomotc.org](http://www.nomotc.org)

Twins Magazine

[www.twinsmagazine.com](http://www.twinsmagazine.com)

The Triplet Connection

[www.tripletconnection.org](http://www.tripletconnection.org)

### **Post-Partum Depression**

Depression After Delivery

800-944-4773

Postpartum Support International

805-967-7636

Baby Blues Connection

503-797-2843 or 360-735-5571

<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)

Cynthia Good Mojab

LifeCircle Counseling and Consulting, LLC

PO Box 5803

Aloha, OR 97006

## **Web Sites for Miscellaneous Breastfeeding Topics**

Academy of Breastfeeding Medicine (protocols) [www.bfmed.org](http://www.bfmed.org)

American Academy of Pediatrics

[www.aap.org](http://www.aap.org)

Ask Lenore

[www.asklenore.com](http://www.asklenore.com)

Breastfeeding After Breast Reduction

[www.BFAR.org](http://www.BFAR.org)

La Leche League International

[www.lalecheleague.org](http://www.lalecheleague.org)

INFACT

<http://www.infactcanada.ca/>

Jack Newman, M.D.

[www.breastfeedingonline.org](http://www.breastfeedingonline.org)

Kelly Mom (lots of info here)

[www.kellymom.com](http://www.kellymom.com)

ProMOM

101 Reasons to Breastfeed

[www.promom.org](http://www.promom.org)

SIDS, Co-sleeping research

<http://www.nd.edu/~jmckenn1/lab/>

WHO (World Health Organization)

<http://www.who.int/en/>

[http://www.wpro.who.int/health\\_topics/infant\\_and\\_young\\_child\\_feeding/general\\_info.htm](http://www.wpro.who.int/health_topics/infant_and_young_child_feeding/general_info.htm)

MOBI (Mothers Overcoming Breastfeeding Issues)

\* great info on low supply, etc.

<http://www.mobimotherhood.org/>

Making More Milk

\*book and web site for supply issues

<http://www.makingmoremilk.com/>

Common Sense Breastfeeding

<http://www.normalfed.com/Starting.html>

Breastfeeding support for military moms

<http://www.breastfeedingincombatboots.com/Home.html>

Ameda latch on video clip

[http://www.ameda.com/breastfeeding/started/latch\\_on.aspx](http://www.ameda.com/breastfeeding/started/latch_on.aspx)

## Various local providers and practitioners

### Providers: Tongue Tie

#### **Portland**

Dr. James Cuyler, Pediatric ENT(503) 224-1371  
Dr. Andrew Pedersen 503-239-6673  
Dr. Hertler , PDX ENT (503) 222-3638  
<http://www.pdxent.com>  
Dr. Ed Hoffman Smith, ND,  
Portland Natural Childbirth Clinic (503) 255-9400  
Dr. Leigh Ann Dew (503) 257-3204  
Dr. Sharline Mathin  
Dr. David Skan  
Dr. Alison Mitchell  
Pediatric ENT clinic at Doernbecher's Hospital:  
Dr. Henry Milczuk  
Candace Bowman (Nurse Practitioner)  
503-494-5350  
Catherine Schaefer, CNM, ND  
"A Gentle Beginning" 503-263-2058

#### **Vancouver**

Ear, Nose and Throat Clinic of the Northwest  
360-256-4425 <http://www.entclinic.com/>  
Dr. Phil L. Anderson  
Dr. Todd H. Bernstein  
Dr. Mike Jensen 360-253-9542 Mill Plain Dental  
Dr. David Verschuereen p. 360-695-4300 f.360-695-4344

#### **Seattle**

Dr. Mary Ann O'Hara  
Seattle Breastfeeding Medicine  
Wedgwood Center for Natural Medicine  
7337 35th Ave NE Seattle, WA 98115  
P. 206-523-9000 F: 206-523-5566

### Chiropractic/CranioSacral

Dr. Karis Cooper 360-693-3030  
<http://bcchiropracticclinic.com/Home.html>  
Elise Hewitt – 503.224.2100  
[www.drelisehewitt.com/](http://www.drelisehewitt.com/)  
Amy Watson - 503.282.1118  
<http://mamababychiro.com/>  
Carol Gray (craniosacral)503-236-2999  
[www.carolgray.com](http://www.carolgray.com)  
Dr. Arah McLaughlin 503-252-3952  
<http://www.coreelementschiropractic.com/>

## Pediatricians/Naturopaths

Natural Childbirth Clinic  
Dr. Ed Hoffman, ND  
503.252.8125  
[www.naturalchildbirthclinic.com](http://www.naturalchildbirthclinic.com)  
Dr. Kelly Owens, ND  
(360) 687-0800  
[www.naturedr.com](http://www.naturedr.com)  
Natural Family Medicine  
Dr.Lori Brown  
360-882-1339  
[www.naturalfamilymedicine.com/](http://www.naturalfamilymedicine.com/)  
Nanette Dalhquist MD, FAAP, IBCLC – Hillsboro  
Pediatric Clinic, p.503-640-2757 f.503-640-9753  
<http://www.hpc.yourmd.com/>  
A Gentle Beginning, Catherine Schaefer ND, CNM  
(503) 263-2058 <http://agentlebeginning.com/>  
A Woman's Time – NDs  
p.(503) 222-2322 f. (503) 222-0276  
<http://awomanstime.com/>  
Dr. Susan Allen, ND (thyroid)  
p.503-232-1948 f.503-231-5438  
[http://www.triangolofamilyclinic.net/dr\\_susan\\_allen.php](http://www.triangolofamilyclinic.net/dr_susan_allen.php)  
Dr. Cyndi Gulick at SW Family Physicians 503-620-5556

### Providers: Breast Care, Specialists

#### Portland Area

Dr. Bernard Gausch – St. Vincent's Dermatology  
ph 503-297-3440 fax 503-297-4584

#### Vancouver

Kearney Breast Center (SWMC)  
360-514-6161 o 360-256-2000  
Vancouver Clinic Breast Care Center  
360-882-2778  
Dr. Dane Moseson, breast surgeon, 360-487-1000  
Wilma Jackson, MBA, OTR/L (360) 253-6517  
<http://www.waelks.net/therapy.htm>

### Misc. Providers

Nurture PDX  
Collective of holistic practitioners for mothers & babies  
(Lactation, midwives, NDs, acupuncture, etc)  
[www.nurturepdx.com](http://www.nurturepdx.com)

Birth Support Network  
PDX Network of childbirth educators, care providers,  
doulas, etc [www.birthsupportnetwork.org/](http://www.birthsupportnetwork.org/)

Ariana Mullins, Breast massage (503)756-1537  
<http://layapdx.com/?p=3>