In Douglas County and Southern Oregon, we are fortunate to be home to a wide community of healthcare professionals and programs that support breastfeeding.
How Much Milk Does My Baby Need?

**DAY ONE**
- Size of a Cherry
  - 5 - 7 ML
  - 1 - 1.5 TSP

**DAY THREE**
- Size of a Walnut
  - 22 - 27 ML
  - .75 - 1 OZ

**ONE WEEK**
- Size of an Apricot
  - 45 - 60 ML
  - 1.5 - 2 OZ

**TWO WEEKS**
- Size of an Egg
  - 80 - 150 ML
  - 2.5 - 5 OZ
Aviva Health
Marie Stoddard, RN, CLE, CLC
Rachel Riehl, CFLE, CIMI, CLC
Koryssa Davis, CLC
Maria Salazar, CLC
150 Kenneth Ford Drive
Roseburg, OR 97471
(541) 672-9596

CHI Mercy Health: Family BirthPlace
Amanda Baird, RN, IBCLC
2700 NW Stewart Parkway
Roseburg, OR 97471
(541) 677-2451

Dorena Guido, RN, IBCLC, LMT
190 NE Somerset Court
Roseburg, OR 97470
(541) 580-3366
dorena_guido@outlook.com

Excellence in Women's Healthcare
Jenna Brassart, IBCLC
2564 NW Edenbower Blvd Ste 134
Roseburg, OR 97471
(541) 492-2350

UCAN: Healthy Families
Toni Brase, CLC
251 NE Garden Valley Blvd Ste N
Roseburg, OR 97470
(541) 440-3642

UCAN: Healthy Start & Women, Infants, and Children (WIC)
Catrina Miller, CLE, CLC
Wendy Osincup, CHW, CLC
Brennan Cappa, CLC
251 NE Garden Valley Blvd Ste N
Roseburg, OR 97470
(541) 440-3516

UCAN: Nurse Home Visiting Program
Ashley Pittam, RN, IBCLC, CLE, CIMI
Elise Hansen, RN, CLC
Marilee Seidler, RN, CLC
Charie Wolford, RN, CLC
251 NE Garden Valley Blvd Ste N
Roseburg, OR 97470
(541) 440-3622

Regional Hospital Services
Asante Three Rivers Medical Center
Family Birth Center
500 SW Ramsey Avenue
Grants Pass, OR 97527
(541) 472-7220

Bay Area Hospital
Family Birth Center
1775 Thompson Road
Coos Bay, OR 97420
(541) 269-8111

McKenzie-Willamette Medical Center
Women’s Health and Birth Center
1460 G Street
Springfield, OR 97477
(541) 726-4471

PeaceHealth Sacred Heart Medical Center at RiverBend
Lactation Services
3333 RiverBend Drive
Springfield, OR 97477
(541) 222-3922

IBCLC - INTERNATIONAL BOARD CERTIFIED LACTATION CONSULTANT
Educate families and professionals about lactation. Provide counseling, intervention and clinical management.

CLE - CERTIFIED LACTATION EDUCATOR
CLC - CERTIFIED LACTATION COUNSELOR
Provide education and guidance for families on basic breastfeeding issues.

CFLE - CERTIFIED FAMILY LIFE EDUCATOR
Support family members to develop knowledge and skills that strengthen their well-being and their relationships.

CHW - COMMUNITY HEALTH WORKER
Provide support to adopt healthy behaviors. Basic prenatal breastfeeding education and postpartum support.

LMT - LICENSED MASSAGE THERAPIST
Provide infant massage therapy related to breastfeeding and birth trauma.

CIMI - CERTIFIED INFANT MASSAGE INSTRUCTOR

RN - REGISTERED NURSE
When it comes to navigating the breastfeeding journey, there are lots of hands to guide you during this special time with your baby.

Lactation care can include education for families, individual counseling, postpartum support for new moms and - when needed - clinical care.

You can learn more about infant feeding and other important topics here:

www.facebook.com/BreastfeedingUmpqua
www.hccso.org/resources/parent
www.hccso.org/resources/baby