



2021 DOUGLAS COUNTY

Breastfeeding Resource Guide

Compiled by the Umpqua Valley Breastfeeding Coalition

In Douglas County and Southern Oregon, we are fortunate to be home to a wide community of healthcare professionals and programs that support breastfeeding.



HEALTH CARE
COALITION
OF SOUTHERN OREGON

umpqua valley

Breastfeeding Coalition

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

