



2022 JOSEPHINE COUNTY

Breastfeeding Resource Guide

Compiled by the Josephine County Public Health WIC Program

In Josephine 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



Public Health

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

Asante Three Rivers Family Birth Center

Lita Garcia, IBCLC
Emily Shannon, IBCLC
Natasha Coon, IBCLC
500 SW Ramsey Avenue
Grants Pass, OR 97527
(541) 472-7220

Earthside Midwifery

Jackie Walker, IBCLC
831 NE 7th Street
Grants Pass, OR 97526
(805) 610-3943

Josephine County WIC

Christine Shepherd, IBCLC
(WIC only, by appointment only)
715 NW Dimmick Street
Grants Pass, OR 97526
(541) 474-5333

Mama Told Me - Birth & Family Education

Jess Daggett, CLC
Grants Pass, OR
(541) 513-2972

Nurtured Roots Midwifery

Sauna Kenealey, LDM, CPM, IBCLC
1899 Thompson Creek Road
Applegate, OR 97530
(541) 727-1907

Siskiyou Community Health Center

Mandy Galbraith, CLC
Josephine County
(541) 787-5664
mgalbraith@siskiyouhealthcenter.com

Southern Oregon Head Start

Diana Lewis
939 SE 8th Street
Grants Pass OR 97526
(541) 531-8428

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.

CLC - CERTIFIED LACTATION COUNSELOR

Provide education and guidance for families on basic breastfeeding issues.

CPM - CERTIFIED PROFESSIONAL MIDWIFE

Provides prenatal, birth, postpartum, and well-woman care, for an out-of-hospital birth experience.

LD - LICENSED DIRECT-ENTRY MIDWIFE

Provides prenatal, birth, and postpartum care at home and in birth center settings.



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.co.josephine.or.us/Page.asp?NavID=255

www.hccso.org/resources/parent

www.hccso.org/resources/baby

