



2025 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



Guide to Newborn Stomach Capacity

Day 1



Small frequent feeds of colostrum. 5-7ml

Day 3



Milk production increases, which encourages baby to feed more frequently. 22-27ml

Week 1



Frequent feedings now have baby taking 45-60ml at a feed.

1 Month



Frequent feedings help establish the milk supply. Baby is now drinking 80-150ml a feed.

Asante Three Rivers Family Birth Center

Lita Garcia, RN, IBCLC
Emily Shannon, RN, IBCLC
Natasha Coon, RN, IBCLC
Grants Pass, OR 97527
(541) 472-7223

Earthside Midwifery

Jackie Walker, LDM, CPM, IBCLC
Grants Pass, OR 97526
(805) 610-3943

Josephine County WIC

Christine Shepherd, IBCLC
Kayana McCraw, CLC
(WIC only, by appointment only)
Grants Pass, OR 97526
(541) 474-5333

Jess Dagget, THW Doula, CLC

Grants Pass, OR
(541) 513-2972
www.mamatoldme.org

Siskiyou Community Health Center

Mandy Galbraith, CLC
Grants Pass, OR
(541) 787-5664

Milk & Honey Lactation and Education

Heather, Megan & Sarah RN, IBCLC
Rachel, Carrie & Lizeth IBCLC
Central Point, OR 97502
(541) 778-6321

National Women's Health and Breastfeeding Helpline

1-800-994-9662
Call between 9 a.m. and 6 p.m. ET,
Monday through Friday, to talk with
a health information specialist in
English or Spanish.

Regional Hospital Services

Asante Three Rivers Medical Center

Family Birth Center
500 SW Ramsey Avenue
Grants Pass, OR 97527
(541) 472-7220

Asante Rogue Regional Medical Center

2825 E. Barnett Rd
Medford, OR 97504
(541) 789-7000

Providence Medford Medical Center

1111 Crater Lake Ave
Medford, OR 97504
(541) 732-5000

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.

LDM - LICENSED DIRECT-ENTRY MIDWIFE

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

RN - REGISTERED NURSE

Graduated from a state-approved school of nursing and is licensed by a state board of nursing to provide patient care.

THW DOULA - TRADITIONAL HEALTH WORKER DOULA

Provides non-medical support to pregnant people and their families during pregnancy, childbirth, and after the baby is born.



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:

<https://www.aap.org/en/patient-care/healthy-active-living-for-families/infant-food-and-feeding>

<https://www.oregon.gov/oha/ph/healthypeoplefamilies/babies/breastfeeding/pages/support.aspx>

<https://hccso.org/resources>

