

Where can I get **Breastfeeding Help** in Central Oregon?

Deschutes County WIC program:

Bend and La Pine, M-F.....541-322-7400
Redmond, M-W, F.....541-317-3149
Breastfeeding line, call or text.....541-408-0705
Spanish line: call or text.....541-410-3254



Medical Facilities:

St. Charles, Bend.....541-706-4924
St. Charles, Redmond.....541-516-3819
St Charles, Madras.....541-460-4110
COPA, Bend/Redmond.....541-389-6313 (request lactation appointment)

No-Cost Breastfeeding Support Groups:

La Leche League Last Monday of each month 9-10:30am OR 5-6:30pm
62080 Dean Swift rd. East Bend Library, use left entrance; 206-349-0657
Mommy&Me -Bend Thursdays 1-3pm, Central Oregon Locavore, 1841 NE 3rd st.
-Redmond Tuesdays 12-2p St. Charles Center for Women’s Health, 340 NW 5th St. #101

Private Practice IBCLCs:

Willow Lactation (Marilyn Watkins RN/IBCLC)541-350-6463
home visits <http://www.willowlactation.com/>
Nourish (Brooke Borgognoni IBCLC)..... 541-954-5941
office visits-can bill OHP. <http://www.bendbreastfeeding.com/>

Breastfeeding Classes:

WIC, St. Charles, Willow Lactation, and Nourish offer prenatal breastfeeding classes. Contact each program directly for scheduling details.

Central Oregon Breastfeeding Coalition:

Get involved with community breastfeeding support. Find out how to volunteer at fun community events, or offer your talents to help us grow our support community.

Find us on Facebook: [facebook.com/COBFCoalition](https://www.facebook.com/COBFCoalition)

Phone and Online Resources:

Postpartum Support International (PSI) Warmline541-728-3427

Caring support and links to community resources

Nursing Mothers Counsel.....503-282-3338

Helps mothers and their babies enjoy a relaxed and happy feeding relationship

Infant Risk.....806-352-2519

Is your medication safe for your breastfed baby? Monday-Friday 8am-5pm CST

Evidence Based websites: great info for breastfeeding families. Your first stop online when looking for answers to all your breastfeeding questions:

<http://kellymom.com/>

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

Video tutorial on hand expressing your breastmilk:

<http://newborns.stanford.edu/Breastfeeding/HandExpression.html>

Oregon-specific info on your legally protected rights when returning to work:

<http://www.breastfeedingor.org/legislation/worksite-rest-breaks-oregon-2005-2007/>

<https://public.health.oregon.gov/HealthyPeopleFamilies/Babies/Breastfeeding/Pages/Laws.aspx>

Resources for Tongue and Lip Ties:

We have a good amount local support and knowledge about restricted oral structures. Please contact an IBCLC or attend one of the many breastfeeding support groups available in our area if you suspect your baby might have a tight tongue or upper lip. **Resources for oral restriction:**

<http://www.drghaheri.com/blog/>

<https://www.facebook.com/TongueTieBabies/>

<http://www.mobimotherhood.org/tongue-and-lip-ties.html>

Low Milk Supply:

Suspecting that you aren't making enough milk is extremely common, but usually can be worked out. At your first sign of concern reach out for lactation assistance. To protect your milk supply, avoid giving supplementary bottles until you have spoken with a lactation professional unless advised to do so by your doctor. **Resources for low milk supply:**

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

<http://kellymom.com/hot-topics/low-supply/>

<http://www.emmapickettbreastfeedingsupport.com/twitter-and-blog/low-milk-supply-101>

Pumps and Insurance: Thanks to the Affordable Care Act, all insurance plans currently cover pumps, even OHP. Contact your doctor to order if you think you will need one.

Milk Donation: St. Charles collects donations for the Northwest Mothers Milk Bank.

Visit www.donatemilk.org for more information on becoming a donor.