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



Medical Facilities:

St. Charles, Bend	541-706-2900 x 5670
St. Charles, Redmond	541-516-3819
Warm Springs Clinic	541- 553-1196
Jefferson County Health Dept	541- 475-4456

No-Cost Breastfeeding Support Groups:

Nourish: 2nd Tuesdays of each month from 5-7pm at the **Bend** Birth Center, 61533 Parrell Rd **Mommy & Me: Bend** Thursdays 1-3pm, Central Oregon Locavore, 1841 NE 3rd st.

Redmond Tuesdays 12-2pm St. Charles Center for Women's Health, 340 NW 5th St. Suite # 101,

Milk & Cookies: (Open to WIC participants only), held at WIC offices in Bend: Mondays 10-12pm Redmond: 3rd & 4th Weds at 11am. Call or text: 541-410-3254 for more information

Private Practice:

Willow Lactation (Marilyn Watkins RN/IBCLC)541-350-6463

Prenatal Classes, home visits http://www.willowlactation.com/

Nourish (Brooke Borgognoni IBCLC...... 541 - 954-5941

Prenatal and postpartum classes, home visits 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. Attend regular meetings with other passionate community members and professionals, volunteer at fun community events, or offer your talents to help us grow our support community. Find us on Facebook: facebook.com/COBFCoalition

Para ayuda en español llamar o mandar texto al 541-410-3254.

Los grupos de apoyo en el WIC son bilingües.

Phone and Online Resources:

Postpartum Support International (PSI) Warmline541-728-3427

Caring support and links to community resources

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

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

http://kellymom.com/ http://www.llli.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 a private practice 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.

Online resources:

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 rarely an issue. At your first sign of concern please attend one of the many support groups offered. 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.

Online Resources:

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

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

http://www.lowmilksupply.org/