

Melissa Cole, MS, IBCLC, RLC

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Education and Certification

Master of Science in Therapeutic Herbalism, Maryland University of Integrative Health, 2017

Bachelor of Science, Maternal and Child Health: Lactation Consulting, Union Institute and University, 2014

International Board Certified Lactation Consultant, International Board of Lactation Consultant Examiners, L-15109 valid through 10/31/19 (original certification 2009)

Licensed Neonatal Oral-Motor Assessment Professional, NOMAS®, (original certification 2013, currently licensed through 2017)

Accredited La Leche League Leader, La Leche League International 2004

Lactation/Maternal/Child Health Studies, various educational programs/study locations involving thousands of clinical and continuing education hours, 2001-present (spreadsheet of CMEs/CEUs available upon request)

Holistic Health Studies, various educational programs/study locations, 1995-present

Foreign Cultural Studies, Urasenke Gakkuen School, Kyoto, Japan 2002

EFL/ESL Teaching Certification, New World Teachers, San Francisco, CA 1996

General Undergrad Studies, Los Positas Community College, Livermore, CA 1994

Experience

Birthingway College of Midwifery, Portland, OR, 2011-present

Faculty member of the associate's degree in lactation program. Adjunct professor for advanced clinical skills and professional standards classes. Birthingway is a MEAC accredited school that focuses on ensuring clinical competency for students.

Luna Lactation and Wellness, Vancouver, WA 2009-present

Owner and neonatal feeding therapist and clinical herbalist in private practice. Provides comprehensive, clinical lactation/feeding support and education for families and professionals. Specializes in ankyloglossia, low milk supply, oral motor issues, holistic care and complex lactation cases. Publishes on clinical lactation and health related topics. Lectures and teaches internationally. Active researcher, co-investigator of IRB approved, ankyloglossia-related study published in 2016.

Clark County Public Health/WIC, Clark County, WA 2006-2010

Breastfeeding Peer Counselor/Admin Asst. for WIC/Public Health Department of Clark County, WA. Provided lactation support, education and outreach to families of Clark County. Was also administrative assistant to the program; developed, coordinated and facilitated the admin needs of the program. Helped coordinate community advocacy and awareness campaigns focused on breastfeeding and maternal/child health.

La Leche League International, California and Washington, 2004-present

Accredited La Leche League Leader and Area Council member. Facilitates group meetings, actively assists mothers with breastfeeding support, helps others become accredited Leaders. Active with area council, handles all aspects of group business and continuing education needs.

Precious Image Creations, Oregon/Washington, 2008-2010

Company Representative. Worked to promote the practice and benefits of skin-to-skin kangaroo mother care to health care professional and parents while presenting the company's product line.

Natural Family Life, California and Washington, 2003-2007

Instructor and business owner. Provided community resources and education for natural parenting topics including babywearing, diapering, breastfeeding, attachment parenting classes and more.

TEFL/TESL/Japanese Language Instruction, Berkeley, CA 1996-2004

Instructor and Owner. Developed and implemented curricula, taught private/group language classes, provided post- doctorate thesis editing and TOEFL exam prep, facilitated instructor training.

Professional Affiliations

International Association of Tongue-Tie Professionals, 2010-present
American Herbalist Guild, 2010-present
International Lactation Consultant Association, 2008-present
United States Lactation Consultant Association, 2008-present
Oregon/Washington Lactation Association, 2007-present
La Leche League International, 2001-present
Nursing Mothers Counsel, professional affiliate member, 2009-present
Birth Support Network, member, 2009-present
Baby Blues Connection, professional member and Outreach Committee member, 2012-present

Publications

Cole, M. (2014). Placenta Medicine as a Galactagogue: Tradition or Trend? *Clinical Lactation*, 5(4), 116-122.
doi: 10.1891/2158-0782.5.4.116

Cole, M. (2012). Lactation after Perinatal, Neonatal, or Infant Loss. *Clinical Lactation*, 3(3), 94-100.

Cole, M., & Ghaheri, B. (2012, 11/19/12). The basics of tongue and lip tie: related issues, assessment and treatment, from <http://theleakyboob.com/2012/11/the-basics-of-tongue-and-lip-tie-related-issues-assessment-and-treatment/#comment-48837>

Cole, M., & Ghaheri, B. (2012). General Information about Frenulum Procedures for the Infant.

Ghaheri, B. A., Cole, M., Fausel, S. C., Chuop, M., & Mace, J. C. (2016). Breastfeeding improvement following tongue and lip-tie release: A prospective cohort study. *The Laryngoscope*, n/a-n/a. doi: 10.1002/lary.26306

Upcoming Speaking Engagements

More info on Melissa Cole's speaking engagements and topics:

<http://lactspeak.com/melissacole/speaker/profile/>

La Leche League of Florida and the Bahamas
Oct 2016

Previous Speaking Engagements

[2015 Central Illinois Breastfeeding Fall Conference](#)

10-22-2015 Illinois

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

[Breastfeeding Coalition Ventura County](#)

10-08-2015 Ventura, CA

<http://breastfeedventura.org/events/>

[Nutrition First "Advances in Lactation Support"](#)

09-17-2015 Yakima and Seattle, WA

<http://www.nutritionfirstwa.org/events/>

[Tongue-Tie Update and Study Day](#)

09-03-2015 Kings College Hospital, London

<https://www.kch.nhs.uk/>

GOLD Lactation Conference 2015

04-20-2015 online

<https://www.goldlactation.com/>

Douglas College Perinatal Program: Breastfeeding Education Day

03-07-2015 Vancouver, BC

[Oral restrictions of the labial and lingual frenulum:](#)

[Comprehensive assessment, treatment and care plan](#)

[strategies](#) 02-06-2015 San Diego, California, US

[Infant & Maternal CST Conference](#)

September 9, 2014 - September 13, 2014

Portland, Oregon, United States

[Nutrition First](#)

September 16, 2014 - September 17, 2014

Seattle, Washington, United States

[Advances in Lactation Support](#)

September 18, 2014 Yakima, Washington, United States

[2014 South Carolina Breastfeeding Coalition](#)

[Conference](#)

October 17, 2014 Pawleys Island, South Carolina, United States

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[Ligue la Leche of Montreal Symposium](#)

November 20, 2014 Montreal, Canada

[Oregon Midwifery Council Portland Spring](#)

[Conference](#)

April 18, 2014 Portland, Oregon, United States

[International Affiliation of Tongue-tie Professionals](#)

June 20, 2013 - June 23, 2013 Orlando, Florida, United States

June 20, 2013 - June 23, 2013 Orlando, Florida, United States

[Lactation Intensive for Birth Professionals](#)

June 15, 2013 - June 16, 2013

Portland, Oregon, United States

[GOLD Lactation Online Conference 2014](#)

April 14, 2014 - May 31, 2014

[GOLD Lactation Online Conference 2013](#)

April 25, 2013 Canada

[Lactation Intensive for Birth Professionals](#)

January 19, 2013 - January 20, 2013

Portland, Oregon, United States

[Infant Craniosacral Therapy Conference](#)

September 13, 2012 - September 16, 2012

Portland, United States

LLL of Washington

October 17, 2008 - October 19, 2008 Washington, United States

Misc. Presentations

New Thoughts on Infant Post-Frenotomy Care, Poster presentation, IATP conference, Orlando, FL, June 2013

Infant Gut Health: Common Concerns and Useful Support Strategies - Portland, OR, Infant Craniosacral Therapy Conference, Sept.13-16, 2012

Lactation Updates for Birth Professionals - Portland, OR, 2011-present (repeatedly offered to HCPs), IBLCE and OMC approved course, CERPS approved

Breastfeeding: A Brief Intro - Washington State University, Biology of Women, Oct 2010

Breastfeeding: Body, Mind and Soul - Ongoing presentation to families/professionals 2009-present

Peer Counselors: A Review Panel - WALWICA Conference presentation, Seattle 2008

Prep to Breastfeeding - WIC of Clark County, ongoing class 2006-2010

You're Nursing How Many? Breastfeeding during Pregnancy and Tandem Nursing -

La Leche League of Washington Area Conference, Redmond, WA Oct. 17-19, 2008

Benefits of Babywearing- Vancouver, WA, ongoing class 2005-2007