

# *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 12/31/2024 (original certification 2009)

*Licensed Neonatal Oral-Motor Assessment Professional*, NOMAS®, (licensed 2013- present). Beckman Oral Motor and PIOMI (Premature Infant Oral Motor Intervention) certified

*Accredited La Leche League Leader*, La Leche League International 2004, retired at present

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

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

## **Experience**

**Luna Lactation and Wellness**, Portland, OR, 2009-present

Owner, clinician, professional speaker, and teacher in private practice.

- Clinical care: Provides comprehensive, lactation, neonatal feeding, and clinical herbal care. Specializes in complex lactation/infant feeding cases, neonatal oral motor issues/ankyloglossia, and inclusive perinatal wellness care.
- Professional speaking and teaching: Widely lectures and provides training for other health professionals. Creator of the Herbal Database for Lactation & Postpartum and an intensive herbal course entitled, “Herbal Support in Lactation and Infant Care for the Health Professional”.
- Research, publications: Conducts primary IRB-approved research on a variety of topics, including ankyloglossia. Has published several peer-reviewed papers (see below).

**Birthingway College of Midwifery**, Portland, OR, 2011-2017

Faculty member of the associate 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.

**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 campaigns focused on breastfeeding, maternal/child health.

**La Leche League International**, California and Washington, 2004-2016

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, business owner. Provided community resources, education on natural parenting topics and attachment parenting.

**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, 2012-present  
National Institute of Medical Herbalism, member 2020-present

## **Conferences and Speaking Engagements**

See LactSpeak or email Melissa for a list of present and past speaking engagements and topics:  
<http://lactspeak.com/melissacole/speaker/profile/>

## **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., & Mace, J. C. (2018). Revision Lingual Frenotomy Improves Patient-Reported Breastfeeding Outcomes: A Prospective Cohort Study. *Journal of human lactation: official journal of International Lactation Consultant Association*, 1(890334418775624), 0890334418775624.
- 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
- Ghaheri, B. A., Cole, M., & Mace, J. C. (2018). Revision Lingual Frenotomy Improves Patient-Reported breastfeeding Outcomes: A Prospective Cohort Study. *Journal of human lactation: official journal of International Lactation Consultant Association*, 1(890334418775624), 0890334418775624.