


# Brianna Foster

## Postpartum Doula

Certified postpartum doula and CLC with 7 years of experience providing evidence-based breastfeeding support, newborn care education, and emotional wellness guidance to new families. Served 200+ postpartum clients annually through a private doula practice, maintaining a 97% client satisfaction rate and 4.9-star average review. Specialized in supporting LGBTQ+ families, adoptive parents pursuing induced lactation, and families recovering from traumatic births.

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## Experience

### Lead Postpartum Doula & Lactation Counselor

Jan 2020 - Present

Rose City Postpartum Care

Portland, OR

Lead postpartum doula and lactation counselor for a premier Portland doula agency serving 200+ clients annually.

- Provide overnight and daytime postpartum care to 200+ clients annually, achieving 97% satisfaction rate and 4.9-star average across 180+ verified reviews
- Deliver hands-on breastfeeding support including latch assessment, positioning coaching, and nipple shield fitting, resolving feeding difficulties for 91% of clients without referral
- Support LGBTQ+ families and adoptive parents through induced lactation protocols, coordinating with IBCLCs and prescribing physicians as needed
- Educate parents on safe sleep, newborn care, and postpartum mood disorders; conducted 48 screening conversations resulting in 11 mental health referrals
- Mentor 4 apprentice doulas through DONA International certification pathway, all of whom passed on first attempt

### Postpartum Care Specialist

Apr 2017 - Dec 2019

Oregon Health & Science University

Portland, OR

Provided in-hospital postpartum support across a 40-bed mother-baby unit.

- Assisted with breastfeeding initiation for 15+ new mothers per shift across a 40-bed mother-baby unit
- Reduced lactation-related 72-hour readmission referrals by 28% by implementing proactive in-room feeding assessments before discharge
- Led weekly 'New Parent Breastfeeding Basics' group class attended by an average of 22 families per session
- Collaborated with RN staff to document feeding assessments using the LATCH scoring tool in Cerner EHR

## Skills

Postpartum Family Support

Breastfeeding Assessment & Coaching

Newborn Care Education

Induced Lactation Protocols

LGBTQ+ Family Support

Postpartum Mood Disorder Screening

Safe Sleep Counseling

LATCH Scoring

## Education

Associate of Applied Science

May 2016

Portland Community College

Portland, OR

Health Sciences

## Languages

English

Native

Spanish

Basic

 **Certificates**

**Certified Lactation  
Counselor (CLC)**

2018

Academy of Lactation  
Policy and Practice (ALPP)

Professional lactation  
counseling credential

**DONA International  
Certified Postpartum  
Doula (CD/PCD)**

2017

DONA International

Gold-standard postpartum  
doula certification

**Newborn Care  
Specialist (NCS)**

2019

Newborn Care Specialist  
Association

Advanced newborn care  
credential