

Emerald Coast Alliance for Breastfeeding Support

Breastfeeding Services Directory



Hospital Lactation Services:

Baptist Hospital

Hospital Information: 850-434-4011

For breastfeeding support contact: 850-434-4567 or 850-434-4875

- Breastfeeding classes
- Breastfeeding rounds
- Extended Care Nursery lactation support
- Medela pump rentals– through gift shop
- Support classes– lactation counseling & baby weights

Sacred Heart Hospital

Hospital Information: 850-416-7000

For breastfeeding support contact: 850-416-8088 or 850-416-6378

- Breastfeeding classes
- Breastfeeding rounds
- Intensive Care Nursery lactation support
- Outpatient lactation counseling & baby weights
- Post discharge follow-up phone calls
- Medela pump rentals and sales – through gift shop
- Support class for moms

West Florida Hospital

Hospital Information: 850-494-4000

For breastfeeding support contact: Mother Baby Care Center staff at 850-494-4368

Naval Hospital -Pensacola

Hospital Information: 850-505-6601

For breastfeeding support contact: The Mother-Baby Staff at 850-505-6058

Santa Rosa Medical Center

Hospital Information: 850-626-7762

For breastfeeding support contact: The Baby Suite staff at 850-554-0256

Eglin Hospital

Hospital Information:

For breastfeeding support contact: Nursing staff at 850-883-8001

- Breastfeeding classes
- Breastfeeding rounds
- Outpatient lactation counseling
- Post discharge follow-up phone calls

North Okaloosa Medical Center

Hospital Information: 850-689-8100

For breastfeeding support contact: Especially for Women staff at 850-689-8340

FWB Medical Center

Hospital Information: 850-862-1111

For breastfeeding support, call and ask for lactation support.

Sacred Heart on the Emerald Coast

Hospital Information: 850-278-3000

For breastfeeding support contact: 850-278-3995

- Breastfeeding classes

- Breastfeeding rounds
- Outpatient lactation counseling & baby weights
- Post discharge follow-up phone calls
- Breastfeeding Support Group

Bay Medical Center

Hospital Information: 850-769-1511

For breastfeeding support contact: 850-747-6456,

- Breastfeeding classes
- Breastfeeding rounds
- Outpatient lactation counseling

Gulf Coast Medical Center

Hospital Information: 850-769-8341

For breastfeeding support contact: 850-747-7700

- Breastfeeding classes
- Breastfeeding rounds
- Intensive Care Nursery lactation support
- Outpatient lactation counseling

Breastfeeding Classes:

Hospitals:

Baptist: Contact Prenatal Education at 850-434-4567 (monthly Tuesday and Thursday class)

Sacred Heart: Contact the Nesting Place at 850-416-6378 (2 hour class twice monthly, evenings, & Sat. mornings)

Naval Hospital: Contact Central Appointments at 850-505-7171 (3 hour class twice monthly, days and evenings.)

Eglin Hospital: Contact us at 850-883-8001.

Sacred Heart on the Emerald Coast: Contact us at 850-278-3600 (2 hour class 2nd Tuesday of month - evenings.)

Bay Medical: Contact: us at 850-747-6456.

Gulf Coast: Contact: Consult-a-Nurse at 850-747-3600.

WIC:

Escambia: Contact 850-484-5121 (2 hour class twice monthly, day/late afternoon.) FREE

Santa Rosa: Contact 850-983-5250 (1 hour class weekly: 1st and 3rd Thursday at 4pm and 2nd and 4th Thursday at 9:30am.)

Okaloosa: Contact 850-833-9254 (1.5 hour class, FWB on Tuesdays, Crestview on Thursdays - days)

Private:

Niceville: Gentle Birth Options, 850-279-6778.

WIC Departments (By county): This agency offers:

- Breastfeeding classes
- Outpatient lactation counseling & baby weights
- Medela pump loans (based on criteria)

Escambia Anne Sanborn, MPH, IBCLC 850-595-6668 X 212

Santa Rosa Jen Wowk-Ward, IBCLC 850-983-5250 X 117

Okaloosa Donna Burns, CLC (FWB) 850-833-9254 X 2182
Crestview 850-689-7858

Bay Sandy McCroan, IBCLC 850-872-4666 X 1363

Gulf 850-227-1276

Tri-County After Hours Hotline 850-747-5775

Walton Hannah Vidal, MS, RD/N, LD, CLC 850-892-8020

Supporting, protecting, and promoting breastfeeding on the Emerald Coast

www.emeraldcoastbreastfeeding.com

Holmes Bonifay 850-547-0674
Jackson Marianna 850-526-2412
Baldwin, AL Lori Nesmith 251-937-6935
 Sharon Eiland 251-947-1910

Bay/Gulf Kayla Barron, RN 850-872-4455 X 1190

Breast Pump Rentals (By city):

Pensacola Sacred Heart Hospital 850-416-7000
 Storkland 850-478-2633
 Shalimar Self Expressions 850-651-4500
 Destin SHH on the Emerald Coast 850-278-3534
 Niceville Gentle Birth Options 850-279-6778
 Panama City Gulf Coast Medical Center 850-747-7898

La Leche League (By county):

Escambia: LLL of Pensacola, 850-366-8287, meets:
 1st Thursday 10am at Ever'Man's Community Room.
 4th Thursday 6:30pm at Drowsy Poet, Pace (no formal mtg)

Okaloosa/Walton: LLL of the Central Panhandle, meets:
 1st Thursday 10am at First Presbyterian Church of Niceville;
 3rd Thursday 6pm at Growing Green Bums, Niceville
 3rd Wednesday 10am at Café Organic, FWB (no formal mtg)
 Leaders: Christina, lllleaderchristina@gmail.com
 Rachel, llcprachel@gmail.com

Other Parent Support Groups:

Pensacola Mothers of Multiples 850-470-0880
Baptist Baptist Mommies 850-469-6903
Sacred Heart Mommy & Me 850-416-6378
Baby Circle @ Old Thyme Remedies;
 Wednesdays, 10am-12pm; Jen Chendea, leader.
 Pensacola Beach Mom's Café 850-686-2646
 Niceville Nursing Mothers' Circle; 1st Thurs., 6:30pm, Café
 Bienville, Anne Hinze, IBCLC, 850-699-2018
 Breastfeeding Support Group, Growing Green Bums;
 Fridays, 9:30am, Christina Schaefer, IBCLC
 Destin **SHHEC** Baby Weigh Day 850-278-3995
 Baby Blues Discussion 850-502-7489
 Panama City Mommy's Milk Club, meets 1st Thursday at First
 Baptist Church in Family Life Center 11am-12pm;
 Cheryl Repel; 850 872-4455 X 1198
Gulf Coast Medical Center Tea for Two, 2nd &
 4th Tuesday, 2:30pm, in cafeteria; Bethany Willis
 (Bethany.willis@hcahealthcare.com)

Private Lactation Consultants (By city):

Pensacola: Jen Chendea; weekly support group (see above);
 consultations; jenchendea.com
Niceville: Gentle Birth Options; Cindi Denbow, CNM, ARNP,
 IBCLC; 850-279-6778; www.gentlebirthoptions.com;
 info@gentlebirthoptions.com.
 Christina Schaefer, IBCLC;
Niceville/Destin: Anne Hinze, IBCLC; private breastfeeding
 classes, office & in home consultations; 850-699-2018;
 annehinzeibcl@icloud.com; www.annehinzeibcl.com
Fort Walton Beach: Hurlburt Field New Parent Support
 Program; Erin Hernandez, RN, IBCLC; 850-881-5256;
 Erin.hernandez.ctr@hurlburt.af.mil.

Healthy Start (By county):

Escambia Janet Thompson, RN 850-595-6500 X 1100
 Linda Macks, RN 850-595-6500 X 1110
Santa Rosa Milton 850-626-6751
Okaloosa Walkidia Fradera 850-833-9240 X 2383
 Debra Schaller 850-833-9240 X 2174

Online Resources:

www.emeraldcoastbreastfeeding.com Emerald Coast
 Alliance for Breastfeeding Support
www.flbreastfeeding.com Florida Breastfeeding Coalition
www.4woman.gov/Breastfeeding/
www.drjacknewman.com/index Resource by Canadian
 Pediatrician who specializes in Breastfeeding Medicine
www.infantrisk.org/ Source for information on *up-to-date*
evidence-based information on the use of medications during
pregnancy and breastfeeding
www.kellymom.com Excellent source of information
 managed by a Lactation Consultant about a variety of
 parenting and breastfeeding issues.
www.llli.org La Leche League International home site

Book Resources:

Chickering, Miriam & Ronda Yoder. *The Gentle Art of Mothering: A
 Christian Guide to Infant Care*. Manning, IA: Grace & Truth
 Publishing, LLC, 2012.
 Kendall-Tackett, K. & Mohrbacher, N. *Breastfeeding Made Simple:
 Seven Natural Laws for Nursing Mothers* 2nd Ed. Oakland, CA:
 New Harbinger Publications, 2010.
 Pantley, Elizabeth & William Sears. *The No-Cry Sleep Solution:
 Gentle Ways to Help Your Baby Sleep Through the Night*.
 Indianapolis: McGraw-Hill, 2002.
The Womanly Art of Breastfeeding, 8th Ed. New York: La Leche
 League, 2010.