Emerald Coast Alliance for Breastfeeding Support
Breastfeeding Services Directory

Hospital Lactation Services:

**Baptist Hospital**
Main Hospital Information: 850-434-4011
For breastfeeding support contact: 850-434-4874 or 850-434-4875
- Breastfeeding classes: to schedule 850-434-4567
- Breastfeeding rounds
- Certified Lactation support
- Intermediate and Intensive Care Nursery lactation support
- Medela pump rentals– through gift shop

**Sacred Heart Hospital**
Main Hospital Information: 850-416-7000
For breastfeeding support contact: 850-416-8088 (“Warm Line”) or 850-416-6378
- Breastfeeding classes: to schedule 850-416-6378
- Breastfeeding rounds
- Certified Lactation support
- Intensive Care Nursery lactation support
- Outpatient lactation counseling & baby weights
- Medela pump sales – through Boutique
- Support class for moms

**West Florida Hospital**
Main Hospital Information: 850-494-4000
For breastfeeding support contact: Mother Baby Care Center staff at 850-494-4368
- Breastfeeding classes: to schedule
- Breastfeeding rounds
- Certified Lactation support

**Naval Hospital -Pensacola**
Main Hospital Information: 850-505-6601
For breastfeeding support contact: The Mother-Baby Staff at 850-505-6058
- Breastfeeding classes: to schedule contact Central Appointments at 850-505-7171
- Breastfeeding rounds
- Certified Lactation support

**Santa Rosa Medical Center**
Main Hospital Information: 850-626-7762
For breastfeeding support contact: The Baby Suite staff at 850-554-0256

**Eglin Hospital**
Main Hospital Information:
For breastfeeding support contact: Nursing staff at 850-883-8001
- Breastfeeding classes: to schedule 850-883-8001
- Breastfeeding rounds
- Outpatient lactation counseling
- Post discharge follow-up phone calls

**North Okaloosa Medical Center**
Main Hospital Information: 850-689-8100
For breastfeeding support contact: Especially for Women staff at 850-689-8340

**FWB Medical Center**
Main Hospital Information: 850-862-1111
For breastfeeding support, call and ask for lactation support.

**Sacred Heart on the Emerald Coast**
Main Hospital Information: 850-278-3000
For breastfeeding support contact: 850-278-3995
- Breastfeeding classes: to schedule 850-278-3600
- Breastfeeding rounds
- Outpatient lactation counseling & baby weights
- Post discharge follow-up phone calls
- Breastfeeding Support Group

**Bay Medical Center**
Main Hospital Information: 850-769-1511
For breastfeeding support contact: 850-747-6456
- Breastfeeding classes: to schedule 850-747-3600
- Breastfeeding rounds
- Outpatient lactation counseling

**Gulf Coast Regional Medical Center**
Main Hospital Information: 850-769-8341
For breastfeeding support contact: 850-747-7898
- Breastfeeding classes: to schedule, call Consult-a-Nurse at 850-747-3600
- Breastfeeding rounds
- Intensive Care Nursery lactation support
- IBCLC, Breastfeeding educator and Certified lactation support
- Telephone lactation counseling

**WIC Departments (By county):**
- Breastfeeding classes
- Outpatient lactation counseling & baby weights
- Medela pump loans (based on criteria)

**Escambia**
Anne Sanborn, MPH, IBCLC 850-595-6670, opt. 2
- 850-313-4035
- 850-983-5250
- 850-564-2272
- 850-203-6250

**Santa Rosa**
Elisabeth Jordan, IBCLC
- Schedule breastfeeding class
- Milton 850-510-7478
- Midway 850-335-7478

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

**Bay**
Sandy McCroan, IBCLC 850-872-4666 X 1363
- 850-227-1276

**Holmes**
Bonifay 850-547-0674

**Jackson**
Marianna 850-526-2412

**Baldwin**
Alli Nesmith 251-937-6935
- Sharon Eiland 251-947-1910

**La Leche League (By county):**
**Escambia:** LLL of Pensacola, 850-366-8827, 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:
2nd Saturday 10am at Café Bienville of Niceville

Supporting, protecting, and promoting breastfeeding on the Emerald Coast
www.emeraldcoastbreastfeeding.com
Other Parent Support Groups:

Pensacola  Mothers of Multiples  850-470-0880
Baptist Baptist Mommy & Me  850-434-4567
Sacred Heart Mommy & Me  850-416-6378

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; 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:
Belly to Cradle: Kendal Vaughn BSN, IBCLC; prenatal, repeat, older baby, and back-to-work consultations, weight checks, office and in-home;
850-972-8686; www.bellytocradle.com
Corinne Carlson, RN, IBCLC; consultations; 850-776-9204

Niceville:
Gentle Birth Options: Cindi Denbow, CNM, ARNP, IBCLC; 850-279-6778; www.gentlebirthoptions.com;
info@gentlebirthoptions.com.
Christina Schaefer, IBCLC
Breastfeeding classes: 850-279-6778

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
Okaloosa  Walkidia Fradera  850-833-9240 X 2383
Debra Schaller  850-833-9240 X 2174
Bay/Gulf  Kayla Barron, RN  850-872-4455 X 1190

Tongue Tie Physicians:

Dr. Kaitlin Forshee, DMD: Advanced Dental Concepts, 4041 Highway 90, Pace, FL 32571; 850-994-8185
Dr. Allie Simmons, DMD: Pensacola Kids Dentistry, 4541 N. Davis Hwy, Pensacola, FL 32503; 850-549-3656
Dr. Richard Baxter, DMD, MS; Shelby Pediatric Dentistry, 2490 Pelham Pkwy, Pelham, AL 35124; 205-419-7444; shelbypediatricdentistry.com
Dr. Kimberly Donnellan, MD; Providence Medical Group, 6701 Airport Blvd B-123, Mobile, AL 36608; (251) 660-3495

Breast Pump Rentals (By city):
Pensacola  Baptist Hospital (Towers Gift S.)  850-434-4886
Storkland
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 Regional Medical Center  850-747-7898

Online Resources:

#1  www.ibonline.ca  Resource by Dr. Jack Newman, a Canadian Pediatrician who specializes in Breastfeeding Medicine
#2  www.kellymom.com  Excellent source of information managed by a Lactation Consultant about a variety of parenting and breastfeeding issues.

www.babyledweaning.com  Information on techniques to add solid foods to baby’s diet after 6 months of age.

www.emeraldcoastbreastfeeding.com  Emerald Coast Alliance for Breastfeeding Support
www.flbreastfeeding.com  Florida Breastfeeding Coalition

www.globallhealthmedia.org  A site that provides videos on breastfeeding. Especially view the video, “Attachment.”

www.infantrisk.org  Source for information on up-to-date evidence-based information on the use of medications during pregnancy and breastfeeding.

www.llli.org  La Leche League International home site
www.toxnet.nlm.nih.gov/  Choose “Lactmed” option to look up meds on how they affect Babies and breastmilk supply.

www.youtube.com/watch?v=pKP9gUviCo4: Tongue Tie/Lip Tie videos from Little Flower Family Medicine (MD/IBCLC)

www.youtube.com/watch?v=Ys3Y_tofd3_U: Dr. Kotlow (DDS) answers questions about infant tongue and lip ties

www.youtube.com/watch?v=AXiB8ODw45s: Dr. Kotlow (DDS) laser surgery on infant video

Book Resources:


