

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 850-747-6456
 - 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
 - Certified Lactation support
 - Outpatient lactation counseling

WIC Departments (By county):

- Breastfeeding classes
 - Outpatient lactation counseling & baby weights
 - Medela pump loans (based on criteria)
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| Escambia | Anne Sanborn, MPH, IBCLC | 850-595-6670, opt. 2 |
| Santa Rosa | Elisabeth Jordan, IBCLC | 850-313-4035 |
| | Schedule breastfeeding class | 850-983-5250 |
| | Milton | 850-564-2272 |
| | Midway | 850-203-6250 |
| 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 |
| Holmes | Bonifay | 850-547-0674 |
| Jackson | Marianna | 850-526-2412 |
| Baldwin, AL | Lori Nesmith | 251-937-6935 |
| | Sharon Eiland | 251-947-1910 |

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:
 2nd Saturday 10am at Café Bienville of Niceville

Leaders: Christina, lleaderchristina@gmail.com
Rachel, lllcprachel@gmail.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; 1 st 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 1 st Thursday at First Baptist Church in Family Life Center 11am-12pm; 850 872-4455 X 1198	
	Gulf Coast Medical Center Tea for Two , 2 nd & 4 th 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 consults, 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 Linda Macks, RN	850-595-6500 X 1100 850-595-6500 X 1110
Santa Rosa	Milton	850-626-6751
Okaloosa	Walkidia Fradera Debra Schaller	850-833-9240 X 2383 850-833-9240 X 2174
Bay/Gulf	Kayla Barron, RN	850-872-4455 X 1190

Breast Pump Rentals (By city):

Pensacola	Baptist Hospital (Towers Gift S.) Storkland	850-434-4886 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 Regional Medical Center	850-747-7898

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

Online Resources:

- #1 www.ibconline.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.drghaheri.com/** Dr. Ghaheri blog, email access: a modern approach to tongue tie, lip tie, and breastfeeding medicine.
- www.emeraldcoastbreastfeeding.com** Emerald Coast Alliance for Breastfeeding Support
- www.flbreastfeeding.com** Florida Breastfeeding Coalition
- www.4woman.gov/Breastfeeding/**
- www.globalhealthmedia.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=pKP9gUvICFo**: Tongue Tie/Lip Tie videos from Little Flower Family Medicine (MD/IBCLC)
- www.youtube.com/watch?v=Y3Y_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:

- 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.