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
- Certified Lactation support
- Outpatient 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
- Elisabeth Jordan, IBCLC 850-313-4035
- Milton 850-983-5250
- Midway 850-564-2272
- 850-203-6250

**Santa Rosa**
- Schedule breastfeeding class 850-5775
- Luna 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

Supporting, protecting, and promoting breastfeeding on the Emerald Coast
www.emeraldcoastbreastfeeding.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; consults; 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 850-626-6751

**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

Breast Pump Rentals (By city):

**Pensacola**
- Baptist Hospital (Towers Gift S.) 850-434-4886
- 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 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; 850-549-3565
- **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.drgaherl.com**/ Dr. Gaheri blog, email access: a modern approach to tongue tie, lip tie, and breastfeeding medicine.

**www.emeraldcoastbreastfeeding.com** Emerald Coast Alliance for Breastfeeding Support

**www.fibreastfeeding.com** Florida Breastfeeding Coalition

**www.4woman.gov/Breastfeeding/**

**www.globablhealthmedia.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.illinois.org** La Leche League International home site

**www.toxnet.nlm.nih.gov/** Choose “Lactmed” option to look up meds on how they affectct babies and breastmilk supply.

**www.youtube.com/watch?v=KP9gUViFCo**: 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=AX1B80Dw45s**: Dr. Kotlow (DDS) laser surgery on infant video

Book Resources: