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
Elisabeth Jordan, IBCLC 850-313-4035
Schedule breastfeeding class Milton 850-983-5250
Midway 850-564-2272
850-203-6250

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

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

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

**Holmes**
Bonifay 850-547-0674
Jackson 850-526-2412

**Baldwin**
ALLori 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
Leaders: Christina, illeaderchristina@gmail.com
Rachel, llcprachel@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; 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 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 850-595-6500 X 1100
  Linda Macks, RN 850-595-6500 X 1100
Santa Rosa: Milton 850-626-6751
Okaloosa: Walkida 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.drgahalri.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.lilib.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=KP9gUviCo: 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=Ax1880Dw45S: Dr. Kotlow (DDS) laser surgery on infant video

Book Resources: