

# 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
- 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

**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:

1<sup>st</sup> Thursday 10am at Ever'Man's Community Room.

4<sup>th</sup> Thursday 6:30pm at Drowsy Poet, Pace (no formal mtg)

**Okaloosa/Walton:** LLL of the Central Panhandle, meets:

2<sup>nd</sup> Saturday 10am at Café Bienville of Niceville

Supporting, protecting, and promoting breastfeeding on the Emerald Coast

[www.emeraldcoastbreastfeeding.com](http://www.emeraldcoastbreastfeeding.com)

Leaders: Christina, lleaderchristina@gmail.com  
Rachel, lllcprachel@gmail.com

## Other Parent Support Groups:

Pensacola	Mothers of Multiples	850-470-0880
	<b>Baptist Baptist Mommy &amp; Me</b>	850-434-4567
	<b>Sacred Heart Mommy &amp; Me</b>	850-416-6378
Niceville	Nursing Mothers' Circle; 1 <sup>st</sup> Thurs., 6:30pm, Café Bienville, Anne Hinze, IBCLC, 850-699-2018	
	Breastfeeding Support Group, Growing Green Bums; Fridays, 9:30am, Christina Schaefer, IBCLC	
Destin	<b>SHHEC Baby Weigh Day</b>	850-278-3995
	Baby Blues Discussion	850-502-7489
Panama City	Mommy's Milk Club, meets 1 <sup>st</sup> Thursday at First Baptist Church in Family Life Center 11am-12pm; 850 872-4455 X 1198	
	<b>Gulf Coast Medical Center Tea for Two</b> , 2 <sup>nd</sup> & 4 <sup>th</sup> 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](http://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](http://www.gentlebirthoptions.com); [info@gentlebirthoptions.com](mailto: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](mailto:Erin.hernandez.ctr@hurlburt.af.mil)

## Healthy Start (By county):

<b>Escambia</b>	Janet Thompson, RN Linda Macks, RN	850-595-6500 X 1100 850-595-6500 X 1110
<b>Santa Rosa</b>	Milton	850-626-6751
<b>Okaloosa</b>	Walkidia Fradera Debra Schaller	850-833-9240 X 2383 850-833-9240 X 2174
<b>Bay/Gulf</b>	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](http://shelbypediatricdentistry.com)

## Online Resources:

- #1 [www.ibconline.ca](http://www.ibconline.ca)** Resource by Dr. Jack Newman, a Canadian Pediatrician who specializes in Breastfeeding Medicine
- #2 [www.kellymom.com](http://www.kellymom.com)** Excellent source of information managed by a Lactation Consultant about a variety of parenting and breastfeeding issues.
- [www.babyledweaning.com](http://www.babyledweaning.com)** Information on techniques to add solid foods to baby's diet after 6 months of age.
- [www.drghaheri.com/](http://www.drghaheri.com/)** Dr. Ghaheri blog, email access: a modern approach to tongue tie, lip tie, and breastfeeding medicine.
- [www.emeraldcoastbreastfeeding.com](http://www.emeraldcoastbreastfeeding.com)** Emerald Coast Alliance for Breastfeeding Support
- [www.flbreastfeeding.com](http://www.flbreastfeeding.com)** Florida Breastfeeding Coalition
- [www.4woman.gov/Breastfeeding/](http://www.4woman.gov/Breastfeeding/)**
- [www.globalhealthmedia.org](http://www.globalhealthmedia.org)** A site that provides videos on breastfeeding. Especially view the video, "Attachment."
- [www.infantrisk.org/](http://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](http://www.llli.org)** La Leche League International home site
- [www.toxnet.nlm.nih.gov/](http://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](http://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](http://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](http://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* 2<sup>nd</sup> 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*, 8<sup>th</sup> Ed. New York: La Leche League, 2010.