

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
- Support classes- lactation counseling & baby weights

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 Medical Center

Main Hospital Information: 850-769-8341

For breastfeeding support contact: 850-747-7700

- Breastfeeding classes: to schedule, call Consult-a-Nurse at 850-747-3600
- Breastfeeding rounds
- Intensive Care Nursery 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

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, ALL 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, lllleaderchristina@gmail.com

Rachel, lllcprachel@gmail.com

Supporting, protecting, and promoting breastfeeding on the Emerald Coast

www.emeraldcoastbreastfeeding.com

Other Parent Support Groups:

Pensacola	Mothers of Multiples	850-470-0880
	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: Jen Chendea, BA, IBCLC and 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 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 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. Richard Baxter, DMD, MS; Shelby Pediatric Dentistry, 2490 Pelham Pkwy, Pelham, AL 35124; 205-419-7444; shelbypediatricdentistry.com

Online Resources:

#1 www.drjacknewman.com/index Resource by 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.drghaheri.com/ Dr. Ghahari 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.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.lllli.org) La Leche League International home site

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.