

Emerald Coast Alliance for Breastfeeding Support Breastfeeding Services Directory



Hospital Lactation Services:

Baptist Hospital

Hospital Information: 850-434-4011

For breastfeeding support contact: Elaine Condon, RN, IBCLC and Susan Hannum, RN, IBCLC at 850-434-4567

- Breastfeeding classes
- Breastfeeding rounds
- Outpatient lactation counseling & baby weights
- Post discharge follow-up phone calls
- Medela pump rentals and sales
- Support classes for moms and dads

Sacred Heart Hospital

Hospital Information: 850-416-7000

For breastfeeding support contact: Karen Shelton, RN, IBCLC; Ashley Cox, RN, IBCLC; Joan Kirby, RN, IBCLC; Julie Murphy, RN, IBCLC; Donna Sabo, RN, IBCLC; and Lorie Sabata, RN at 850-416-8088

- Breastfeeding classes
- Breastfeeding rounds
- Intensive Care Nursery lactation support
- Outpatient lactation counseling & baby weights
- Post discharge follow-up phone calls
- Medela pump rentals and sales
- Support class for moms

West Florida Hospital

Hospital Information: 850-494-4000

For breastfeeding support contact: Mother Baby Care Center staff at 850-494-4368

Naval Hospital -Pensacola

Hospital Information: 850-505-6601

For breastfeeding support contact: 850-505-6058

- Breastfeeding classes
- Breastfeeding rounds

Santa Rosa Medical Center

Hospital Information: 850-626-7762

For breastfeeding support contact: The Baby Suite staff at 850-554-0256

Eglin Hospital

Hospital Information:

For breastfeeding support contact: Carol Durham, RN, MSN, IBCLC at 850-883-8001

- Breastfeeding classes
- Breastfeeding rounds
- Outpatient lactation counseling
- Post discharge follow-up phone calls

North Okaloosa Medical Center

Hospital Information: 850-689-8100

For breastfeeding support contact: Especially for Women staff at 850-689-8340

FWB Medical Center

Hospital Information: 850-862-1111

For breastfeeding support, contact the main hospital number and ask for The Women's Suite staff.

Sacred Heart on the Emerald Coast

Hospital Information: 850-278-3000

For breastfeeding support contact: Regina Humphreys, MS, IBCLC at 850-278-3995

- Breastfeeding classes
- Breastfeeding rounds
- Outpatient lactation counseling & baby weights
- Post discharge follow-up phone calls

Bay Medical Center

Hospital Information: 850-769-1511

For breastfeeding support contact: Carole Buhrow, BSN, RN, IBCLC at 850-747-6456

- Breastfeeding classes
- Breastfeeding rounds
- Outpatient lactation counseling

Gulf Coast Medical Center

Hospital Information: 850-769-8341

For breastfeeding support contact: Bernie Wells, RN, IBCLC at 850-747-7700

- Breastfeeding classes
- Breastfeeding rounds
- Intensive Care Nursery lactation support
- Outpatient lactation counseling

Breastfeeding Classes:

Hospitals:

Baptist: Contact Larissa at 850-434-4567 (2 hour class, evenings)

Sacred Heart: Contact Donna Campbell at 850-416-6378 (2 hour class twice monthly, evenings, Sat. mornings & Sunday afternoons.)

Naval Hospital: Contact Central Appointments at 850-505-7171 (3 hour class twice monthly, days and evenings.)

Eglin Hospital: Contact Carol Durham, IBCLC at 850-883-8001.

Sacred Heart on the Emerald Coast: Contact us at 850-278-3600 (2 hour class 2nd Tuesday of month - evenings.)

Bay Medical: Contact: the Certified Lactation Counselor at 850-747-6456.

Gulf Coast: Contact: the Certified Lactation Counselor at 850-747-7700.

WIC:

Escambia: Contact 850-595-6668 (2 hour class twice monthly, days, every 3 mos. class offered in Spanish.)

Santa Rosa: Contact 850-983-5250 (2 hour class 1st Thursday - 4pm-6pm.)

Okaloosa: Contact 850-833-9254 (1 hour class, FWB on Tuesdays, Crestview on 1st and 3rd Thursdays - days)

Supporting, protecting, and promoting breastfeeding on the Emerald Coast

www.emeraldcoastbreastfeeding.com

WIC Departments (By county):

- This agency offers:
- Breastfeeding classes
 - Outpatient lactation counseling & baby weights
 - Medela pump loans (based on criteria)

Escambia	Anne Sanborn, MPH, IBCLC	850-595-6668 X 212
Santa Rosa	Jen Wowk-Ward, IBCLC	850-983-5250 X 117
Okaloosa	Crestview FWB, Betty Liles, BS, IBCLC	850-689-7858 850-833-9254 X 2182
Walton	Victoria Smith Doris Smith	850-892-8020 850-892-8015
Gulf	Patricia Rickard	850-227-1276
Bay	Sandy McCroan	850-872-4666 X 1363
Holmes	Bonifay	850-547-0674
Jackson	Marianna	850-526-2412
Baldwin, AL	Lori Nesmith Sharon Eiland	251-937-6935 251-947-1910

La Leche League (By county):

Escambia: LLL of Pensacola, meets 1st Thursday at Ever'man Natural Foods Community Rm 9:30-11:00am; Rachel Trahan (850-525-4119), pensacolalecheleague@gmail.com.

Santa Rosa: LLL of Milton/Breastfeeding Mothers Group, meets 3rd Tuesday at St. Rose of Lima Catholic Church in the Blessed Mother Room #1; 9:30 am; Jennifer Rice*(850-983-2215), jyrice@gmail.com. * (not yet certified)

Okaloosa/Walton: LLL of the Central Panhandle, meets 3rd Friday at First United Methodist of Niceville in Rm 404; 10am-12pm; Michelle Winston (850-710-5085) and Amy Loch (703-498-9304), llcpanhandle@gmail.com.

Okaloosa/Walton/Bay/Gulf: LLL of the Emerald Coast, meets 1st Thursday at Café Liquid in Niceville, 6:45-8:00pm; Anne Hinze (850-699-2018), LLLLeaderAnne@gmail.com.

Other Parent Support Groups:

Pensacola	Mothers of Multiples	850-470-0880
	Sacred Heart Mommy & Me	850-416-6378
	Baptist After Baby Comes & After Baby Comes 4 Dads	850-434-4567
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; Cheryl Repel; 850 872-4455 X 1198	

Private Lactation Consultants (By city):

Pensacola: Jayne Voyles, RN, MSN, IBCLC;

Okaloosa to Bay: Anne Hinze, LLL, IBCLC; private breastfeeding classes, in home consultations, hospital visits as needed; 850-699-2018; LLLLeaderAnne@gmail.com.

Healthy Start (By county):

Escambia	Pat Williams Linda Macks	850-474-5333 850-416-2403
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Santa Rosa	Milton	850-626-6751
Okaloosa	Walkidia Fradera Debra Schaller	850-833-9240 X 2383 850-833-9240 X 2174
Bay/Gulf	Cheryl Repel, RN, IBCLC Teresa Sheffield, MSW	850-872-4455 X 1198 850-872-4455 X 1909

Medela Pump Stations (By city):

Pensacola	Sacred Heart Hospital	850-416-6378
	Baptist Hospital	850-434-4567
	Storkland	850-478-2633
Shalimar	Self Expressions	850-651-4500
Destin	SHH on the Emerald Coast	850-278-3534

Online Resources:

www.emeraldcoastbreastfeeding.com Emerald Coast Alliance for Breastfeeding Support

www.flbreastfeeding.com Florida Breastfeeding Coalition

www.4woman.gov/Breastfeeding/

www.drjacknewman.com/index Resource by Canadian Pediatrician who specializes in Breastfeeding Medicine

www.infantrisk.org/ Source for information on up-to-date evidence-based information on the use of medications during pregnancy and breastfeeding

www.kellymom.com Excellent source of information managed by a Lactation Consultant about a variety of parenting and breastfeeding issues.

www.llli.org La Leche League International home site

Book Resources:

Karp, Harvey. *The Happiest Baby on the Block*. New York: Bantam Publishers, 2003.

Kendall-Tackett, K. & Mohrbacher, N. *Breastfeeding Made Simple: Seven Natural Laws for Nursing Mothers*. Oakland, CA: New Harbinger Publications, 2005.

Lauwers, J. *Counseling the Nursing Mother*, 4th Ed. Sudbury, MA: Jones & Bartlett, 2005.

Newman, Jack & Teresa Pitman. *The Ultimate Breastfeeding Book of Answers: The Most Comprehensive Problem-Solving Guide to Breastfeeding from the Foremost Expert in North America, Revised Edition*. New York: Three Rivers Press, 2006.

Pantley, Elizabeth & William Sears. *The No-Cry Sleep Solution: Gentle Ways to Help Your Baby Sleep Through the Night*. Indianapolis: McGraw-Hill, 2002.

Spangler, Amy. *Breastfeeding: A Parent's Guide*, 8th Ed. Atlanta: Amy Spangler, 2006.

The Womanly Art of Breastfeeding, 8th Ed. New York: La Leche League, 2010.