

Breastfeeding Resource Guide St. Louis Metropolitan Area

Breastfeeding Classes	
Kangaroo Kids Store 10030 Manchester Rd. (314) 835-9200 www.kangarookidsonline.com	Mercy Hospital 615 S. New Ballas Road (314) 961-2229 www.mercy.net/maternity-classes-in-st-louis
St. Luke's Hospital 232 South Woods Mill Road - Chesterfield (314) 205-6906 www.stlukes-stl.com/womens-services/lactation.html	SSM Healthcare (866) 776-3627 DePaul Health Center (Bridgeton) St. Clare Health Center (Fenton) St. Joseph Health Center (St. Charles) St. Joseph Hospital West (Lake Saint Louis) St. Mary's Health Center (Richmond Heights) www.ssmhealth.com/maternity/childbirth-education-classes
Barnes Jewish Hospital One Barnes-Jewish Hospital Plaza (314) 362-6667 www.barnesjewish.org/classes	Missouri Baptist Medical Center 3015 N Ballas Rd (314) 996-5751 www.mobapbaby.org/MyGuidetoClasses/ChildbirthPreparationClasses
Barnes Jewish Hospital (636) 928-9355 10 Hospital Point Parkway-St. Peters 2 Progress Pint Parkway-O'Fallon www.bjsph.org/eventsandclasses	Parenting Resources 3801 Wyoming Street stlouisparentingresources.com
Mercy Hospital-Washington 901 East 5 th Street, Washington Every Wednesday 11am- Free to the public annette.holzem@mercy.net (636) 239-8528 jennifer.harriman@mercy.net (636)239-8645	St. Anthony's Medical Center 10010 Kennerly Road (314) 268-4669 www.stanthonysmedcenter.com/classes

Support Groups	
La Leche League www.llstl.org (includes phone support) Metro St Louis- (314) 424-3900 Metro East Illinois- (618) 321-6667 "St. Louis Area LLL" FaceBook Discussion Group: www.facebook.com/#!/groups/443022855754510	Scott AFB Family Advocacy (Tricare beneficiaries only) Scott Air Force Base, IL 62225 (618) 256-7203
Mercy Breastfeeding with Confidence Group Mercy Hospital, 615 S. New Ballas Road Wednesdays 1-2 p.m. (314) 961-2229 La Leche League Meetings at Mercy Hospital Mercy Hospital St. Louis, Tower A, Outpatient Lab Second Thursday of every month, 7 – 8:30 p.m. Mercy Old Tesson Office Building Third Saturday of every month 10:30 a.m.–12 p.m. www.mercy.net/breastfeeding-resources	Weigh In Wednesdays SSM St. Joseph Health Center 300 First Capitol Drive - St. Charles Every Wednesday at 4:00 p.m. (636) 949-7222 SSM St. Joseph Hospital West 100 Medical Plaza - Lake Saint Louis Every Wednesday at 10:00 a.m. (636) 625-5410
Mercy Clinic - St. Charles County Pediatrics 1502 West Meyer Road-Wentzville Every Monday at 12:00 p.m. (636) 698-6200	Kangaroo Kids Store (314) 835-9200 10030 Manchester Rd. Thursdays - 12:30 p.m. Saturdays – 10:00 a.m. www.kangarookidsonline.com
MOBAPS Breastfeeding Get-Together Missouri Baptist Hospital, 3015 N Ballas Rd Thursdays- 10:00 a.m. and 12:30 p.m. (314) 996-5751 www.mobapbaby.com	Cuddle Café (636) 344-0133 or (636) 486-6016 Northeast Community Action Corporation 3400 Meadow Point Drive- O'Fallon 3 rd Saturday of the month at 10:00 a.m. www.facebook.com/peersupportofallon

Breastfeeding Resource Guide St. Louis Metropolitan Area

<p>Breastfeeding Mother's Group- Amber Sky 3100 Sutton Ave., Maplewood (314) 449-6626 amber-sky.net/event/breastfeeding-moms-group-2/2014-06-11/</p>	<p>Breastfeeding Support Group-Wednesday Weigh-In Mercy Hospital- 901 East 5th Street, Washington Private dining room, 2nd floor of hospital Wednesdays – 11:00 a.m. to noon annette.holzem@mercy.net (636) 239-8528 jennifer.harriman@mercy.net (636)239-8645 All Groups on Facebook~Mercy Mom's Connect</p>
<p>Breastfeeding USA www.breastfeedingusa.org Volunteer in-person, phone, and online support St. Louis Central County, West County and Metro chapters</p>	

Professional Lactation Support	
<p>Baby & You Outpatient Lactation Counseling Mercy Hospital, 615 S. New Ballas Road (314) 251-6781 www.mercy.net/breastfeeding-resources</p>	<p>Breastfeeding Support Services, Inc. Dee Kassing, IBCLC (618) 346-1919 302 Chesapeake Lane, Collinsville, IL www.bfsupportservices.com</p>
<p>Kangaroo Kids Store-Lactation support (314) 835-9200 www.kangarookidsonline.com/lactation-consultations</p>	<p>Mother Nurture, STL (417) 684-0406 www.mothernurturestl.com</p>
<p>Missouri Baptist Medical Center 3015 N Ballas Rd (314) 996-5747 www.mobapbaby.org</p>	<p>Lactation Center at St. Luke's Hospital 232 South Woods Mill Road - Chesterfield (314) 205-6378 www.stlukes-stl.com/womens-services/lactation.html</p>
<p>9 Plus 3 Nancy Cooksey, RN, IBCLC (314) 550-9320 9Plus3.com info@9PLUS3.com</p>	<p>Sweet Pea Breastfeeding Support (314) 614-2074 Alyssa Schnell, MS, IBCLC 812 N. Forest Ave, Webster Groves www.sweetpeabreastfeeding.com Alyssa@sweetpeabreastfeeding.com</p>
<p>Lactation Home Services, LLC Julie Mattson, RN, IBCLC Julie.mattsonlc@gmail.com (314) 420-6331</p>	<p>SSM St. Joseph Health Center (636) 949-7222 300 First Capitol Drive – Saint Charles</p> <p>SSM St. Joseph Hospital West (636) 625-7718 100 Medical Plaza – Lake Saint Louis</p>
<p>Barnes Jewish St. Peters Hospital 10 Hospital Drive – St. Peters (636) 916-9393</p>	<p>Mercy Hospital-Washington Free consultations by appt. 901 East 5th Street, Washington annette.holzem@mercy.net (636) 239-8528</p>
<p>Progress West Healthcare Center (call number above) 2 Progress Pint Parkway – O'Fallon (636) 916-9393</p>	<p>Mercy Hospital-St. Louis 615 S. New Ballas Rd, St. Louis (314) 251-6781</p>
<p>Healthy Newborn Beginnings (314) 494-7501 Diana Estep, RN, BSN, IBCLC, RLC www.healthynewbornbeginnings.com</p>	<p>Parenting Resources 3801 Wyoming Street stlouisparentingresources.com</p>
<p>Cardinal Glennon Children's Hospital - Milk Depot www.cardinalglennon.com/MedicalSpecialties/NICU/Pages/breast-milk-depot.aspx</p>	<p>Amber Sky Milk Depot amber-sky.net/classes-for-families/milk-donation/</p>

Breastfeeding Knowledgeable Healthcare Providers	
<p>Amy Grawey, MD & Kasia Kohler, DO Breastfeeding, tongue-tie issues & Milk Depot Little Flower Family Medicine 207 East Pitman Street, O'Fallon (636) 875-1140 www.littleflowermd.com</p>	<p>Dr. Heather Joyce, MD (Pediatrician) 1502 West Meyer Road – Wentzville (636) 698-6200</p>

Breastfeeding Resource Guide St. Louis Metropolitan Area

Jeanne Sandheinrich, DC 439 S. Kirkwood Rd. #214, 63122 (314) 805-STEP info@1stepfamilywellness.com	Jeffrey Marsh, MD - Kids Plastic Surgery (Pediatric craniofacial surgeon) 621 S. New Ballas Rd. Tower A, suite 281, St. Louis 314-251-4772
Joann Grein, DC Pregnancy care, breastfeeding difficulties, colic, torticollis, infant cranial distortion 2122 Bellevue Ave. (314) 647-5585	Rabya Mian, MD (Allergist) Gateway Asthma and Allergy Relief 9979 Winghaven Blvd., Suite 206 – O’Fallon www.asthma-allergyrelief.com (636) 561-5707
Wendy Godwin, OTR/L, LMT Licensed Massage (craniosacral therapy) Crossroads Family Chiropractic 314-439-0777 (office) 636-399-8328 (cell) Wendygodwin80@yahoo.com	Brooke Kalisiak PT, DPT, WCS & Jamie Kocher PT, DPT Legacy Physical Therapy (ultrasound for recurrent clogged ducts & mastitis) 2961 Dougherty Ferry Road, St. Louis (636) 225-3649 info@legacytherapystl.com
Lisa Ryan, MD, PhD, FAAP, IBCLC Way to Grow Pediatrics 20 Progress Point Pkwy, Ste 108 – O’Fallon www.bjcwaytogrow.org (636) 344-2213	Divya Parikh, MD, IBCLC (breastfeeding/general pediatrics) SSM Pediatrics 3440 DePaul Ln. Ste. 210, Bridgeton (314) 291-7766

Women, Infant and Children’s (WIC) Supplemental Food Program		WIC Supports
MO: www.health.mo.gov/wic 800-392-8209 IL: www.dhs.state.il.us 800-843-6154		Breastfeeding!
WIC Agency	Locations	Phone Number
Family Care Health Centers	401 Holly Hills Avenue 4352 Manchester Avenue	(314) 353-5190 (314) 531-5444
People Health Centers	5701 Delmar Blvd. 7200 Manchester Road 11642 W. Florissant Avenue	(314) 367-7848 x 1168
Affinia Healthcare WIC	1717 Biddle St. 2220 Lemp Ave. 3930 S. Broadway	(314) 409-3518* (314) 225-9531*
	5471 Dr. Martin Luther King, Dr.	
St. Louis County Health Department	6121 North Hanley Road 244 Mayfair Plaza Shopping Center 4000 Jennings Station Road #21A Village Square 4580 South Lindbergh Blvd.	(314) 299-2954 (Call or Text)
Jefferson Franklin Community Action Corporation	1818 Lonedell Rd – Arnold Merchants Drive- Hillsboro	(314) 578-5135*
St. Charles Health Department	1650 Boones Lick Rd - Saint Charles	(636) 949-7402 x 6240
Lincoln County Health Department	5 Health Department Dr. - Troy	(636) 528-6117
St. Francois County Health Center	1025 W Main St, Park Hills	(573) 330-9382*
Northeast Community Action Corporation	120 E. Main St.- Warrenton 3400 Meadow Pointe Drive- O’Fallon	(636) 456-2933* (636) 240-7350*
Franklin County Health Department	414 E Main St. - Union	(636) 583-7300

*After hours breastfeeding phone support available. WIC Breastfeeding services are only available to families that qualify. For eligibility requirements go to health.mo.gov/living/families/wic/wicfamilies. Breast pumps available at all WIC agencies depending on need and availability. All WIC agencies offer Breastfeeding Peer Counseling support, except for Franklin County Health Department.

Breastfeeding Resource Guide St. Louis Metropolitan Area

Breast Pumps	
Babies R Us www.BabiesRUs.com 5590 Saint Louis Mills Blvd., Hazelwood (314) 738-0614 4441 Lemay Ferry Rd., St. Louis - (314) 894-8055 220 Thf Blvd., Chesterfield - (636) 536-0910	*Lactation Center at St. Luke's Hospital 232 South Woods Mill Road - Chesterfield (314) 205-6378 www.stlukes-stl.com/womens-services/lactation-products-available.html
Target Several locations-see website for details www.Target.com	*Breastfeeding Support Services, Inc. (618) 346-1919 302 Chesapeake Lane - Collinsville, IL www.bfsupportservices.com
*Kangaroo Kids (314) 835-9200 10030 Manchester Rd., St. Louis www.kangarookidsonline.com	*Sweet Pea Breastfeeding Support (314) 614-2074 812 N. Forest Ave - Webster Groves www.sweetpeabreastfeeding.com
Mercy Pharmacy (314) 251-7444 #2 615 S. New Ballas Rd, Tower A	Once Upon a Child (Several locations – see website) www.onceuponachild.com
*Mercy Pharmacy Washington 851 E. Fifth Street Washington, MO 63090 (636) 390-7333	SSM St. Joseph health Center (636) 949-7222 300 First Capitol Drive – St. Charles SSM St. Joseph Hospital West (636) 625-7718 100 Medical Plaza, Lake Saint Louis

* Rental Pumps Available

Breastfeeding Books for Moms	
The Womanly Art of Breastfeeding <i>8th Revised Edition. LLLI, 2010</i>	Nursing Mother, Working Mother <i>Gale Pryor 2007</i>
Great Expectations: The Essential Guide to Breastfeeding <i>Dr. Marianne Neifert 2009</i>	Breastfeeding. A Parent's Guide <i>Amy Spangler, MN, RN, IBCLC. 9th Edition. 2010</i>
The Breastfeeding Mother's Guide to Making More Milk <i>Diane West & Lisa Marasco 2009</i>	Mothering Multiples: Breastfeeding & Caring for Twins K. Gromada 3 rd Ed, 2007

Breastfeeding Resources- Internet	
Find a Lactation Consultant in your area	www.ilca.org
Evidence-based information on breastfeeding	www.kellymom.com
Secrets of Baby Behavior	www.secretsofbabybehavior.com
Biological Nurturing	www.biologicalnurturing.com
Returning to work	www.workandpump.com
Dr. Jack Newman's breastfeeding resources	www.breastfeedinginc.ca
La Leche League	www.llli.org
Web Forum- Breastfeeding discussions	forums.llli.org/index.php
Dr. Thomas Hale's Infant Risk Center-drug information	www.infantrisk.com or call 806-352-2519.
National Breastfeeding Helpline	www.womenshealth.gov or call 800-994-9662.

Breastfeeding Phone Apps			
LactMed	Breastfeeding Solutions by Nancy Mohrbacher	Coffective	Pump Log
MommyMeds	MOMents for Moms by MOMcircle	Milk Maid	

State and Local Breastfeeding Coalitions	
St. Louis Breastfeeding Coalition www.stlbreastfeedingcoalition.org info@stlbreastfeedingcoalition.org	Missouri Breastfeeding Coalition PO Box 10050, Columbia MO 65205 www.MOBreastfeeding.org Info@MOBreastfeeding.org

Breastfeeding Resource Guide developed by the Missouri Breastfeeding Coalition. Please email info@MOBreastfeeding.org with any additions or corrections. 8/2018