

Missouri Breastfeeding Coalition Breastfeeding Resource Guide St. Louis Metropolitan Area

Breastfeeding Classes

Barnes Jewish Hospital

One Barnes-Jewish Hospital Plaza
314-362-6667

www.barnesjewish.org/classes

Mercy Hospital St. Louis

615 S. New Ballas Road
314-961-2229

www.Mercy.net/stlmomandbabyclasses

Mercy Hospital South

10010 Kennerly Road
314-268-4669

www.Mercy.net/South

Mercy Hospital Washington

901 East Fifth Street Washington
636-239-8645

Missouri Baptist Medical Center

3015 N Ballas Road
314-996-5747

www.mobapbaby.org/Classes-Support

Progress West Barnes Jewish Hospital

2 Progress Parkway- O'Fallon
636-928-9355

www.bjsph.org/eventsandclasses

St. Luke's Hospital

232 South Woods Mill Road-Chesterfield
314-205-6906

www.stlukes-stl.com

SSM Healthcare

866-776-3627

DePaul Health Center-Bridgeton
St. Clare Health Center-Fenton
St. Joseph Hospital-Lake St. Louis
St. Mary's Health Center-Richmond Heights
www.ssmhealth.com/maternity/childbirth-education-classes

Support Groups

Breastfeeding with Confidence Group

Mercy Hospital St. Louis

615 S New Ballas Road
Classroom #1 6th Floor Heart Hospital
Every Wednesday 1pm - 2pm
314-961-2229

Mercy Kids - Mid Rivers

4525 MidRivers Mall Dr. Cottleville
Mercy Kids Community Room
Every Thursday 9:30AM - 10:30am
314-961-2229

Mercy Old Tesson Building

12348 Old Tesson Rd.
Community Room 2nd Floor
Every Tuesday 1:30pm -2:30pm
314-961-2229

Breastfeeding Support Group-Wednesday Weigh-In

Mercy Hospital Washington

901 East Fifth Street
Wednesday 11am-12:30pm
McAuley and Sr. Bertrand Room
636-239-8645

Kangaroo Kids

10030 Manchester Rd
314-835-9200
Every Thursday 12:30 pm -2:40 pm
www.kangarookidsonline.com

La Leche League

www.llstl.org includes phone support
Metro St. Louis 314-424-3900
Metro East Illinois 618-321-6667
Facebook Discussion Group - St. Louis Area LLL

La Leche League Meeting at Mercy

Mercy Hospital St. Louis
615 S New Ballas Road
Tower A, Outpatient Lab Waiting Room
Second Thursday of every month, 7pm-8:30pm (resumes after COVID)
See www.llstl.org "Meeting Calendar" page for updates

Missouri Baptist Breastfeeding Support Group

3015 N Ballas Rd
www.mobapbaby.com

SSM St. Joseph Hospital Lake St. Louis

100 Medical Plaza Lake St. Louis
636-625-7718

Cuddle Cafe

636-486-6016
Northeast Community Action Corporation
3400 Meadow Point Dr. O'Fallon
www.facebook.com/peersupportofallon

Breastfeeding USA

St. Louis Metro East

Rachael Woods
www.facebook.com

Professional Lactation Support

Mercy Hospital St. Louis

Outpatient Lactation Services
615 S New Ballas Road
314-251-6781
www.mercy.net/breastfeeding-resources

Mercy Hospital Washington

901 East Fifth Street Washington
Nikki Harriman
636=239-8645

Missouri Baptist Medical Center

www.mobapbaby.org

Phone help 314-996-5747
Occupational Therapy Feeding Clinic
Outpatient Support
314-996-3500

Scott Air Force Base Family Advocacy

New Parent Support Program
Tricare Beneficiaries only
618-256-7203
Facebook group and outpatient support available

Alyssa Schnell IBCLC

3100 Sutton Blvd.
Maplewood 63143
314-614-2074
alyssa@alyssaschnellIBCLC.com
Specializing in Inducing Lactation and Re-Lactation

Breastfeeding Support Services, Inc.

302 Chesapeake Lane, Collinsville, IL
Dee Kassing IBCLC
618-346-1919
www.bfsupportservices.com

Progress West - Barnes Jewish Hospital

2 Progress Point Parkway O'Fallon
636-344-2218

St. Luke's Hospital Lactation Center

232 South Woods Mill Rd
Chesterfield
314-205-6378

SSM St. Joseph Hospital Lake St. Louis

100 Medical Plaza
636-625-7718

Sweetest Nectar, LLC

Candice Ward, IBCLC

www.sweetestnectarllc.com

636-206-3652

Breastfeeding Knowledgeable Healthcare Providers**Ann M. Hennessey MD**

Pediatrician

Tongue-tie and lip-tie release, breastfeeding friendly

Lactation assistance

621 South New Ballas Rd

Tower B, Suite 1001

314-872-8752

Amy Grawey MD

Family Medicine

Breastfeeding, tongue-tie issues, Milk Depot

Little Flower Family Medicine

Member of Academy of Breastfeeding Medicine

207 East Pitman Street, O'Fallon

636-875-1140

www.littleflowermd.com

Andrew Dorough DC CACCP

Baby feeding difficulties, colic, torticollis, infant cranial distortion, pregnancy care

Little Flower Family Medicine

207 East Pitman Street, O'Fallon

636-875-1140

www.drandedorough.com

www.drandedorough1031@gmail.com

Kristina Ruddle DC CACCP

Certified in Pediatrics by the Academy Council of Chiropractic Pediatrics

St. Louis Family Chiropractic

11400 Concord Village Ave., Suite A

South St. Louis

314-208-4001

www.drkristinafamilychiropractic.com

Brook Kalisiak PT DPT, WCS
Lauren Critchlow PT DPT, WCS
Jenny Schultz PT DPT

Legacy Physical Therapy
Ultra sound for recurrent clogged ducts and mastitis
2961 Dougherty Ferry Rd. St. Louis
636-225-3649

Rabya Mian MD

Allergist
Gateway Asthma and Allergy
636-561-5707
www.asthma-allergyrelief.com

Lisa Ryan, MD PhD FAAP IBCLC

Wuca Woods Mill Pediatrics
226 South Woods Mill Rd. Suite 36 west
Chesterfield
314-453-9666
www.woodsmillpeds.wuca.edu

Mercy Mother Baby Intensive Outpatient Program

Provides group therapeutic and psychiatric services for pregnant and postpartum women struggling with perinatal mood and anxiety disorders

The program offers support and education on:

- Self-care
- Mother/baby bonding
- Infant soothing
- Personal insight
- Coping Strategies
- Medication management and more

Call 314-628-6500 for evaluation

Kristen Bruno MD

Purely Pediatrics
1300N. Outer Forty Rd. Suite 330
Town & Country
314-454-5500

Jeanne Sandheinrich DC

1st Step Family Wellness
12201 Big Bend Rd Suite 200

314-805-7837

www.1stepfamilywellness.com

Wendy Godwin OTR/L LMT

Licensed Massage Craniosacral therapy

Crossroads Family Chiropractic

314-439-0777

Joann Grein DC

Pregnancy care, breastfeeding difficulties, torticollis

2122 Bellevue Ave.

314-647-5585

Elizabeth Abraham MD MS

St. Teresa Pediatrics

Tongue tie release with laser

2387 Watson Rd Shrewsbury

314-500-KIDS

Cardinal Dental

Tongue-tie release

1400 Triad Center Drive

St. Peters

636-441-7440

Kayla Richardson SLP

Speech-Language Pathologist

314-989-8100

www.Abeillespeechandfeeding.com

Colleen Stratton DC

343 W 4th St.

Waterloo, IL

618-939-5585

www.drstratton.net

Women, Infant and Children's WIC Supplemental Food Program

MO: www.health.mo.gov/wic

800-392-8209

IL: www.dhs.state.il.us

800-843-6154

WIC Breastfeeding services are only available to families that qualify.

For eligibility requirements go to: health.mo.gov/living/families/wic/families

Milk Depot

Little Flower Family Medicine

www.littleflowermd.com

Amber Sky

www.Amber-sky.net

Cardinal Glennon Children's Hospital

Must be approved by Indiana Milk Bank

then contact

www.cardinalglennon.com

Breast Pumps - Rental

Mercy Hospital St. Louis

Tower A Pharmacy

615 S. New Ballas Rd

314-251-7444

Kangaroo Kids

10030 Manchester Rd

341-835-9200

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3100 Sutton Blvd.

Maplewood 63143

314-614-2074

alyssa@alyssaschnellIBCLC.com

Breastfeeding Support Services, Inc.

302 Chesapeake Lane, Collinsville, IL

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St. Luke's Hospital Lactation Center

232 South Woods Mill Rd
Chesterfield
314-205-6378

SSM St. Joseph Hospital Lake St. Louis

100 Medical Plaza Lake St. Louis
636-625-5335

Breastfeeding Books for Moms

The Womanly Art of Breastfeeding

LLLI, 8th Revised Edition, 2010.

Mothering Multiples: Breastfeeding & Caring for Twins

K, Gromada 3rd Edition 2007.

Dr. Jack Newman's Guide to Breastfeeding

Dr. Jack Newman & Teresa Pitman, 2015.

The BreastfeedingBook: Everything You Need to Know About Nursing Your Child from Birth Through Weaning

Martha Sears, RN and William Sears, MD Revised Edition 2018

Breastfeeding Made Simple

Nancy Mohrbacher, IBCLC, FILCA and Kathleen Kendell-Tackett, PhD, IBCLC, 2010.

Breastfeeding: A Parent's Guide

Amy Spangler, MN, RN, IBCLC, 9th Edition, 2010

Making More Milk

Lisa Marasco, MA, IBCLC 2nd Edition 2019

Breastfeeding Resources Internet

Find a Lactation Consultant in your area

www.uslca.org

www.lica.org

Evidence-based information on breastfeeding

www.kellymom.com

Biological Nurturing

www.biologicalnurturing.org

La Leche League
Dr. Thomas Hale's Infant Risk Center
Medication information
Returning to Work

www.llli.org

www.infantrisk.com 806-352-2519

www.workandpump.com

State and Local Breastfeeding Coalitions

St. Louis Breastfeeding Coalition

www.stlbreastfeedingcoalition.org

Missouri Breastfeeding Coalition

PO Box 10050, Columbia MO 65205

www.MOBreastfeeding.org