

**Missouri Breastfeeding Coalition
Breastfeeding Resource Guide
St. Louis Metropolitan Area**
(Nov 2020)

Breastfeeding Classes

Barnes Jewish Hospital

One Barnes-Jewish Hospital Plaza
314-362-6667
www.barnesjewish.org/classes

Progress West Barnes Jewish Hospital

2 Progress Parkway- O'Fallon
636-928-9355
www.bjsph.org/eventsandclasses

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

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

La Leche League

www.lll.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.lll.org “Meeting Calendar” page for updates.

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

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 West**

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

SSM St. Joseph Hospital Lake St. Louis

100 Medical Plaza

636-625-7718

St. Luke's Hospital Lactation Center

232 South Woods Mill Rd

Chesterfield

314-205-6378

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

Joyce, MD

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

Kayla Richardson SLP

Speech and feeding therapy
www.Abeillespeechandfeeding.com

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

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 Depots

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

Cancel Babies R Us
Cancel Target
Cancel Mercy Pharmacy Washington
Cancel Once Upon a Child
Change Sweet Pea to Alyssa
Cancel SSM St. Joseph St. Charles

Alyssa Schnell IBCLC

3100 Sutton Blvd.
Maplewood 63143
314-614-2074
alyssa@alyssaschnellIBCLC.com

Breastfeeding Support Services, Inc.

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

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 Breastfeeding Book: 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

A Breastfeeding Mother's Guide to Making More Milk

Lisa Marasco, MA, IBCLC 2nd Edition 2019

Breastfeeding Resources Internet

Find a Lactation Consultant in your area www.uslca.org

Evidence-based information on breastfeeding www.kellymom.com

Biological Nurturing www.biologicalnurturing.org

La Leche League support and evidence based information www.llusa.org and www.llli.org

Dr. Thomas Hale's Infant Risk Center

Medication information www.infantrisk.com 806-352-2519

Returning to Work www.workandpump.com

Breastfeeding Phone Apps

MommyMeds

Breastfeeding Solutions

Collective

Milk Maid

Pump log

State and Local Breastfeeding Coalitions

St. Louis Breastfeeding Coalition

www.stlbreastfeedingcoalition.org

Missouri Breastfeeding Coalition

PO Box 10050, Columbia MO 65205

www.MOBreastfeeding.org