

**Missouri Breastfeeding Coalition
Breastfeeding Resource Guide
St. Louis Metropolitan Area**
(Oct 2021)

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.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.

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

Danielle Croce, RN, IBCLC

Specialized in tongue tie and complex breastfeeding issues.

314-710-6314

www.bebbybabystl.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,torticolis, infant cranial distortion, pregnancy care

Little Flower Family Medicine

207 EastPitman Street, O'Fallon

636-875-1140

www.drandrewdorough.com

www.drandrewdorough1031@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

LLLII, 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 for Medication information
www.infantrisk.com 806-352-2519
Returning to Work www.workandpump.com

Breastfeeding Phone Apps

MommyMeds
Breastfeeding Solutions
Coffective
Milk Maid
Pump log

State and Local Breastfeeding Coalitions

St. Louis Breastfeeding Coalition
www.stlbreastfeedingcoalition.org

Missouri Breastfeeding Coalition
7831 Rangeline Rd, Columbia MO 65201
www.MOBreastfeeding.org