**Southeast Missouri** **Breastfeeding Resource Guide**

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| **Breastfeeding Classes and Professional Lactation Support** | |
| **Missouri Delta Medical Center**  1008 North Main St.  Sikeston, MO 63801  573-471-1600 <https://www.missouridelta.com/> | Third Tuesday of every month  Coleman Room  Melissa Kelley, RN, BSN, IBCLC |
| **Ozark Medical Center**  1100 Kentucky Ave.  West Plains, MO 6577  (417) 256-9111  [www.ozarksmedicalcenter.com/](http://www.ozarksmedicalcenter.com/) | Preparing for Breastfeeding Class  6:00 pm – 7:30 pm  Cathy Driscoll, RNC, IBCLC  (417) 256-9111 Ext. 6440  Call to Register |
| **Poplar Bluff Regional Medical Center**  3100 Oak Grove Rd.  Poplar Bluff, MO 63902  (573) 785-7044  <https://www.poplarbluffregional.com/> | First Thursday of every Month  Education Classroom 5; 6:00 pm - 7:00 pm  Adrienne Thomas, RN IBCLC  Lindsay Agee, RN IBCLC  In-patients only |
| **Southeast Health**  1701 Lacey Street Cape Girardeau, MO 63701  (573) 334-4822  <https://www.sehealth.org/> | Breastfeeding instruction online or by classroom  Refer to the schedule on the hospital website  Jane Unterreiner, BSN RN LCCE IBCLC  (573) 331-6444; [junterreiner@sehealth.org](mailto:junterreiner@sehealth.org)  Jane Heise, BSN RN CLC  Phone and in-person consultations |
| **St. Francis Medical Center**  211 Saint Francis Drive  Cape Girardeau, MO 63703  (573) 331-3000  <https://www.sfmc.net/> | Saint Gianna Molla Conference Room (Entrance 5)  Alternating Tuesdays & Thursday each month  To register, call (573) 331-5501, option 1  Jane Read, RN BSN, IBCLC |

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| **Breastfeeding Knowledgeable Healthcare Providers and Breastfeeding Services** | |
| **Cape ENT Group**  *Tongue-tie revisions*  150 S. Mount Auburn Rd., Suite 420  Cape Girardeau, MO 63703  (573) 335-4448 | **Carmen Cox, RN IBCLC**  *Lactation education and support for patients*  Southeast Pediatrics  25 Doctors' Park Cape Girardeau MO 63703  573-331-6750 |
| **Reeca Daves, DDS (Pediatric Dentist)**  *Tongue-tie and lip-tie revisions*  Poplar Bluff Children’s Dentistry  4348 Hwy PP  Poplar Bluff, MO 63901 (573)-785-7700 | **Jill McGruder, RN FNP-BC CLC**  *Lactation counseling*  [Kneibert Clinic](https://www.sfmc.net/group/kneibert-clinic/) 686 Lester Street Poplar Bluff, MO 63901 ([573) 686-2411](tel:+1-573-686-2411) |
| **Patricia J. Merkley, DMD (Pediatric Dentist)**  *Tongue-tie and lip-tie revisions*  Camp Smiles Kids Dental  1747 N. Kingshighway  Cape Girardeau, MO 63701  (573) 803-5100 | **Claudia Preushcoff, MD**  *Tongue and lip-tie revisions*  Poplar Bluff Pediatric Associates  2210 Barron Rd #120-122  Poplar Bluff, MO 63901  (573) 785-2005 |
| **Breastfeeding Knowledgeable Healthcare Providers and Breastfeeding Services** | |
| **Justin Roberts, ENT**  *Tongue-tie and lip-tie revisions*  Farmington Ear Nose & Throat LLC  501 West Pine Street Farmington, MO 63640  [(573) 756-8888](tel:(573)%20756-8888) | **Amy Schomer, MD**  *Tongue-tie revisions for patients*  [Medical Arts Clinic](https://doctor.webmd.com/practice/medical-arts-clinic-d396e6c7-4703-e211-a42b-001f29e3eb44-overview)  1103 W Liberty St Ste 2020 Farmington, MO 63640  (573) 756-6751 Option 3 |
| **Jayne Sherman, DDS, PC**  *Tongue-tie and lip-tie revisions*  Pediatric Dentistry  2845 Professional Ct.  Cape Girardeau, MO 63703  (573) 334-5545 | **Tara Wadlow, FNP-BC IBCLC**  *Lactation consultations*  BJC Medical Group  1103 W Liberty St  Farmington, MO 63640  (573) 756-6807 |

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| **Breastfeeding Supplies** | |
| **Healthcare Healthmart Pharmacy**  628 Old St Marys Rd  Perryville, MO 63775  (573) 547-2517 | Medela pumps and accessories  Nursing supplies |
| **Heart of the Ozarks Medical Equipment**  1703 Eighth Street  West Plains, MO 65775  (417) 256-0900  <http://www.homemedicalwp.com/> | Medela pumps and accessories  Nursing supplies |
| **Horst Pharmacy**  2705 East Jackson Blvd.  Jackson, MO 63755  (573) 243-8173  <https://horstpharmacy.com/> | Medela pumps and accessories |
| **John’s Pharmacy**  2001 Independence St. Cape Girardeau, MO 63701  (573) 334-1300  <http://www.johnsrx.com/> | Medela and Hygeia pumps and accessories  Medela Lactina pumps available for rent  Nursing supplies |
| **Key Drugs**  910 N. Westwood Blvd.  Poplar Bluff, MO 63901  (573) 785-8218  <https://www.keydrugs.com/> | Medela pumps and accessories  Medela Lactina pumps available for rent  Nursing supplies |
| **Walgreens**  1010 Worley Drive  West Plains, MO 65775 | Nursing supplies |

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| |  | | --- | | **Women, Infant and Children’s (WIC) Supplemental Food Program**  800-392-8209 <http://health.mo.gov/living/families/wic/index.php> | | |
| **Bollinger County Health Department**  107 Hwy 51 N.  Marble Hill, MO 63764  (866) 338-2817 | **Butler County Health Department**  1619 N. Main St.  Poplar Bluff, MO 63901  (573) 785-7044 |
| **Women, Infant and Children’s (WIC) Supplemental Food Program**  800-392-8209 <http://health.mo.gov/living/families/wic/index.php> | |
| **Cape Girardeau Health Department**  1121 Linden  Cape Girardeau, MO 63702  (573) 335-4330 | **Carter County Health Department**  1611 Health Center Rd.  Van Buren, MO 63965  (573) 323-4413 |
| **Dent County Health Department**  601 S. MacArthur St.  Salem, Mo 65560  (573) 729-3106 | **Douglas County Health Department**  603 NW 12th Ave. Building C  Ava, MO 65608  (417) 683-4174 |
| **Dunklin County Health Department**  410 Teaco Rd.  Kennett, MO 63857  (573) 888-9441 | **Howell County Health Department**  180 Kentucky ST.  West Plains, MO 65775  (417) 256-7078 |
| **Iron County Health Department**  606 W. Russell St.  Ironton, MO 65650  (573) 645-7121 | **Madison County Health Department**  806 W. College St.  Fredericktown, MO 63645  (573) 783-2747 |
| **Mississippi County Health Department**  1200 E. Marshall St.  Charleston, MO  (573) 683-2191 | **New Madrid County Health Department**  406 Hwy. 61  New Madrid, MO 63869  (573) 748-5581 |
| **Oregon County Health Department**  4th and Market  Alton, MO 65606  (417) 778-7450 | **Ozark County Health Department**  370 3rd St.  Gainesville, MO 65655  (417) 679-3334 |
| **Pemiscot County Health Department**  810 E. Reed St.  Hayti, MO 65851  (573) 359-1657 | **Perry County Health Department**  406 N. Spring, Suite 1  Perryville, MO 63775  (573) 547-6564 |
| **Reynolds County Health Department**  2323 Green St.  Centerville, MO 63633  (573) 648-2498 | **Ripley County Health Department**  1003 E. Locust St.  Doniphan, MO 63935  (573) 996-2181 |
| **Scott County Health Department**  102 Grove Estates Court  Sikeston, MO 63801  (573) 472-0142 \*IBCLC on staff | **Shannon County Health Department**  110 Grey Jones Dr.  Eminence, MO 65466  (573) 226-3914 |
| **Stoddard County Health Department**  1001 State Route 25  Bloomfield, MO 63825  (573) 568-4593 | **Texas County Health Department**  950 N. Hwy 63, Suite 500  Houston, MO 65483  (417) 967-4269 |
| **Wayne County Health Department**  115 Hickory  Greenville, MO 63944  (573) 224-3218 | **Wright County Health Department**  300 S. Main, Suite C  Hartville, MO 65667  (417) 926-6023 |
| Breast pumps available at all WIC agencies depending on need and availability. All agencies are peer- counseling agencies except Dent County, Iron County, Pemiscot County and Perry County. Some agencies have breastfeeding classes and support groups. | |

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| **Breastfeeding Books for Moms** | |
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| Great Expectations: The Essential Guide to Breastfeeding  *Dr. Marianne Neifert 2009* | Breastfeeding. A Parent’s Guide  *Amy Spangler, MN, RN, IBCLC. 9th Edition. 2010* |
| The Breastfeeding Mother’s Guide to Making More Milk  *Diane West & Lisa Marasco 2009* | Mothering Multiples: Breastfeeding & Caring for Twins  K. Gromada 3rd Ed, 2007 |

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

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

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| **State and Local Breastfeeding Coalitions** | |
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| **Three Rivers Breastfeeding Task Force**  1619 N. Main St., Poplar Bluff, MO 63901  Michelle Walker, Chair  (573) 323-4413 Ext 1 | **Twin Rivers Breastfeeding Task Force**  1601 1st St, Kennett, MO 63857  Ashley Peridore, Chair  (573) 888-9441 |

Breastfeeding Resource Guide developed by the Missouri Breastfeeding Coalition. Please email [info@MOBreastfeeding.org](mailto:info@MOBreastfeeding.org) with any additions or corrections. 5/2018