**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 63801573-471-1600<https://www.missouridelta.com/> | Third Tuesday of every monthColeman RoomMelissa 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 Class6:00 pm – 7:30 pmCathy 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 MonthEducation Classroom 5; 6:00 pm - 7:00 pmAdrienne Thomas, RN IBCLCLindsay Agee, RN IBCLCIn-patients only |
| **Southeast Health**1701 Lacey StreetCape Girardeau, MO 63701 (573) 334-4822 <https://www.sehealth.org/> | Breastfeeding instruction online or by classroomRefer to the schedule on the hospital websiteJane Unterreiner, BSN RN LCCE IBCLC(573) 331-6444; junterreiner@sehealth.orgJane Heise, BSN RN CLCPhone and in-person consultations |
| **St. Francis Medical Center**211 Saint Francis DriveCape Girardeau, MO 63703(573) 331-3000<https://www.sfmc.net/> | Saint Gianna Molla Conference Room (Entrance 5)Saturday 9:00 - 11:00 am; Monday 5:30 - 7:30 pmTo register, call (573) 331-5501, option 1Jane 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 420Cape Girardeau, MO 63703 (573) 335-4448  | **Carmen Cox, RN IBCLC***Lactation education and support for patients* Southeast Pediatrics25 Doctors' ParkCape Girardeau MO 63703573-331-6750 |
| **Reeca Daves, DDS (Pediatric Dentist)***Tongue-tie and lip-tie revisions*Poplar Bluff Children’s Dentistry4348 Hwy PPPoplar 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 StreetPoplar Bluff, MO 63901(573) 686-2411 |
| **Patricia J. Merkley, DMD (Pediatric Dentist)***Tongue-tie and lip-tie revisions*Camp Smiles Kids Dental1747 N. KingshighwayCape Girardeau, MO 63701(573) 803-5100 | **Claudia Preushcoff, MD***Tongue and lip-tie revisions*Poplar Bluff Pediatric Associates2210 Barron Rd #120-122Poplar 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 LLC501 West Pine StreetFarmington, MO 63640(573) 756-8888 | **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 2020Farmington, MO 63640(573) 756-6751 Option 3 |
| **Jayne Sherman, DDS, PC***Tongue-tie and lip-tie revisions*Pediatric Dentistry2845 Professional Ct. Cape Girardeau, MO 63703 (573) 334-5545 | **Tara Wadlow, FNP-BC IBCLC***Lactation consultations*BJC Medical Group1103 W Liberty St Farmington, MO 63640(573) 756-6807 |

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| **Breastfeeding Supplies** |
| **Healthcare Healthmart Pharmacy**628 Old St Marys RdPerryville, MO 63775(573) 547-2517 | Medela pumps and accessoriesNursing supplies |
| **Heart of the Ozarks Medical Equipment**1703 Eighth StreetWest Plains, MO 65775(417) 256-0900<http://www.homemedicalwp.com/> | Medela pumps and accessoriesNursing 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 accessoriesMedela Lactina pumps available for rentNursing supplies |
| **Key Drugs**910 N. Westwood Blvd.Poplar Bluff, MO 63901(573) 785-8218<https://www.keydrugs.com/> | Medela pumps and accessoriesMedela Lactina pumps available for rentNursing supplies |
| **Walgreens**1010 Worley DriveWest 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> |

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| **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 CAva, 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. 61New Madrid, MO 63869(573) 748-5581 |
| **Oregon County Health Department**4th and MarketAlton, 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 1Perryville, 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 CourtSikeston, 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 25Bloomfield, MO 63825(573) 568-4593 | **Texas County Health Department**950 N. Hwy 63, Suite 500Houston, 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 CHartville, 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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| The Womanly Art of Breastfeeding *8th Revised Edition. LLLI, 2010*  |

 | Nursing Mother, Working Mother *Gale Pryor 2007*  |
| 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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| **Missouri Breastfeeding Coalition**PO Box 10050, Columbia, MO 65205[www.MOBreastfeeding.org](http://www.MOBreastfeeding.org)Info@MOBreastfeeding.org  |

 | **SEMO Breastfeeding Coalition**1121 Linden, Cape Girardeau, MO 63702 Katie Kasten, Chair(866) 338-2817 |
| **Three Rivers Breastfeeding Task Force**1619 N. Main St., Poplar Bluff, MO 63901Michelle Walker, Chair(573) 323-4413 Ext 1 | **Twin Rivers Breastfeeding Task Force**1601 1st St, Kennett, MO 63857Ashley Peridore, Chair(573) 888-9441 |

Breastfeeding Resource Guide developed by the Missouri Breastfeeding Coalition. Please email info@MOBreastfeeding.org with any additions or corrections. 5/2018