

**Missouri Breastfeeding Coalition**  
**Breastfeeding Resource Guide**  
**St. Louis Metropolitan Area**  
(January 2023)

**Breastfeeding Classes**

**Barnes Jewish Hospital**

One Barnes-Jewish Hospital Plaza  
314-362-6667

[www.barnesjewish.org/classes](http://www.barnesjewish.org/classes)

**Progress West Barnes Jewish Hospital**

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

[www.bjsph.org/eventsandclasses](http://www.bjsph.org/eventsandclasses)

**Mercy Hospital St. Louis**

615 S. New Ballas Road  
314-961-2229

[www.Mercy.net/stlmomandbabyclasses](http://www.Mercy.net/stlmomandbabyclasses)

**Mercy Hospital South**

10010 Kennerly Road  
314-268-4669

[www.Mercy.net/South](http://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](http://www.mobapbaby.org/Classes-Support)

**St. Luke's Hospital**

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

[www.stlukes-stl.com](http://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](http://www.ssmhealth.com/maternity/childbirth-education-classes)

## **Support Groups**

### **La Leche League**

[www.llstl.org](http://www.llstl.org) includes phone support and in-person meetings

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, 6:30pm-8:00pm

See [www.llstl.org](http://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](http://www.kangarookidsonline.com)

### **Missouri Baptist Breastfeeding Support Group**

3015 N Ballas Rd

[www.mobapbaby.com](http://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](http://www.facebook.com/peersupportofallon)

**Breastfeeding USA****St. Louis Metro West**

Rachael Woods

[www.facebook.com](http://www.facebook.com)

## Professional Lactation Support

### Hospital-Based Outpatient Lactation Support

**Mercy Hospital St. Louis**

Outpatient Lactation Services for those who gave birth at Mercy or elsewhere  
615 S New Ballas Road  
314-251-6781  
[www.mercy.net/breastfeeding-resources](http://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](http://www.mobapbaby.org)  
Phone help 314-996-5747  
Occupational Therapy Feeding Clinic  
Outpatient Support  
314-996-3500

**Progress West - Barnes Jewish Hospital**

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

**Scott Air Force Base Family Advocacy**

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

**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

**Private Practice Professional Lactation Support****Abeille Speech & Feeding**

Kayla Richardson, SLP, IBCLC  
Nicole Edwin, SLP, IBCLC  
<https://abeillespeechandfeeding.com/>

**Alyssa Schnell IBCLC**

3100 Sutton Blvd.  
Maplewood 63143  
314-614-2074  
[alyssa@alyssaschnellIBCLC.com](mailto: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](http://www.bfsupportservices.com)

**Danielle Croce, RN, IBCLC**

Specialized in tongue tie and complex breastfeeding issues.  
314-710-6314  
[www.bebbybabystl.com](http://www.bebbybabystl.com)

**Johanna Iwaszkowicz, IBCLC**

[Johanna@stcharleslactation.com](mailto:Johanna@stcharleslactation.com)  
wwwstcharleslactation.com  
636-306-3410  
On Facebook & Instagram as @stcharleslactation

**Lactation Home Services**

Julie Mattson, RN, IBCLC  
314-420-6331

**Mary Allers-Korostyncki, RN, IBCLC**

virtual consults  
[www.lactationondemand.net](http://www.lactationondemand.net)  
843-906-2381  
[lactationondemand@gmail.com](mailto:lactationondemand@gmail.com)

**Sweetest Nectar, LLC**

Candice Ward, IBCLC

[www.sweetestnectarllc.com](http://www.sweetestnectarllc.com)

636-206-3652

**Breastfeeding Knowledgeable Healthcare Providers****Elizabeth Abraham MD, MS**

St. Teresa Pediatrics

Tongue tie release with laser

2387 Watson Rd Shrewsbury

314-500-KIDS

**Kristen Bruno, MD**

Purely Pediatrics

1300N. Outer Forty Rd. Suite 330

Town & Country

314-454-5500

**Cardinal Dental**

Tongue-tie release

1400 Triad Center Drive

St. Peters

636-441-7440

**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](http://www.drandedorough.com)

[www.drandedorough1031@gmail.com](mailto:www.drandedorough1031@gmail.com)

**Kristin Gaines Porlier, DC**

Dynamic Life Chiropractic

636-887-3400

[Dynamiclifechiro.com](http://Dynamiclifechiro.com)

4122 Keaton Crossing Blvd, Ste 105

O'Fallon MO 63368

**Wendy Godwin, OTR/L, LMT**

Licensed Massage Craniosacral therapy

Crossroads Family Chiropractic

314-439-0777

**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](http://www.littleflowermd.com)

**Joann Grein, DC**

Pregnancy & postpartum care, newborn & infant care, breastfeeding difficulties, colic, birth trauma, torticollis, cranial distortions  
2122 Bellevue Ave.  
314-647-5585

**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

**Legacy Physical Therapy**

Brook Kalisiak PT, DPT, WCS  
Lauren Critchlow PT, DPT, WCS  
Jenny Schultz PT, DPT  
Ultra sound for recurrent clogged ducts and mastitis  
post-partum pelvic floor and abdominal muscle concerns  
2961 Dougherty Ferry Rd. St. Louis  
636-225-3649

**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

**Rabya Mian, MD**

Allergist  
Gateway Asthma and Allergy  
636-561-5707  
[www.asthma-allergyrelief.com](http://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](http://www.woodsmillpeds.wuca.edu)

**Jeanne Sandheinrich, DC**  
1st Step Family Wellness  
12201 Big Bend Rd Suite 200  
314-805-7837  
[www.1stepfamilywellness.com](http://www.1stepfamilywellness.com)

## **Breastfeeding Friendly Childcare Providers**

The link to the statewide list can be found in the text on this page:  
<https://health.mo.gov/living/wellness/nutrition/breastfeedingfriendlychildcare/>

## **Women, Infant and Children's WIC Supplemental Food Program**

MO: [www.health.mo.gov/wic](http://www.health.mo.gov/wic)  
800-392-8209

IL: [www.dhs.state.il.us](http://www.dhs.state.il.us)  
800-843-6154

WIC Breastfeeding services are only available to families that qualify.  
For eligibility requirements go to: <https://health.mo.gov/living/families/wic/families/>

## **Milk Depots**

See <http://www.mobreastfeeding.org/milk-banks/>

## **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

**Breastfeeding Support Services, Inc.**  
302 Chesapeake Lane, Collinsville, IL  
Dee Kassing IBCLC  
618-346-1919  
[www.bfsupportservices.com](http://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 Parents**

### **The Womanly Art of Breastfeeding**

LLLl, 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](http://www.uslca.org)

Evidence-based information on breastfeeding [www.kellymom.com](http://www.kellymom.com)

Biological Nurturing [www.biologicalnurturing.org](http://www.biologicalnurturing.org)

La Leche League support and evidence-based information [www.llusa.org](http://www.llusa.org) and [www.llli.org](http://www.llli.org)

Dr. Thomas Hale's Infant Risk Center for Medication information

[www.infantrisk.com](http://www.infantrisk.com) 806-352-2519

Returning to Work [www.workandpump.com](http://www.workandpump.com)

Information on nutritional supplements <http://www.HolisticLactation.com> click on "products" and scroll down to "ingredients" for general information about various herbal supplements. This is not an endorsement for the products sold on the page.



## **State and Local Breastfeeding Coalitions**

### **St. Louis Breastfeeding Coalition**

[www.stlbreastfeedingcoalition.org](http://www.stlbreastfeedingcoalition.org)

### **Missouri Breastfeeding Coalition**

7831 Rangeline Rd, Columbia MO 65201

[www.MOBreastfeeding.org](http://www.MOBreastfeeding.org)