

Southeast Missouri Breastfeeding Resource Guide

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; 6:30 pm Melissa Kelley, RN, BSN, IBCLC
Ozark Medical Center 1100 Kentucky Ave. West Plains, MO 6577 (417) 256-9111 www.ozarksmedicalcenter.com/	Preparing for Breastfeeding Class 6:00 pm – 7:30 pm Heather West RN, IBCLC (417) 256-9111 Ext. 6440 Call to Register
Poplar Bluff Regional Medical Center 3100 Oak Grove Rd. Poplar Bluff, MO 63902 (573) 776-9648 or (573) 776-9589 https://www.poplarbluffregional.com/	First Thursday of every month Education Classroom 3; 6:00 pm - 7:30 pm
Southeast Health 1701 Lacey Street Cape Girardeau, MO 63701 (573) 334-4822 https://www.sehealth.org/	Breastfeeding instruction online only Phone and in-person consultations Register on hospital website, packet will be mailed. (573) 331-6444 Three lactation consultants on staff
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) Saturday 9:00 - 11:00 am; Monday 5:30 - 7:30 pm Register online or call (573) 331-5501, option 1 Jane Read, RN BSN, IBCLC

Breastfeeding Knowledgeable Healthcare Providers and Breastfeeding Services	
Cape ENT Group <i>Tongue-tie revisions</i> 150 S. Mount Auburn Rd., Suite 420 Cape Girardeau, MO 63703 (573) 335-4448	Carmen Cox, RN IBCLC <i>Lactation education and support for patients</i> Southeast Pediatrics 25 Doctors' Park Cape Girardeau MO 63703 573-331-6750
Reeca Daves, DDS (Pediatric Dentist) <i>Tongue-tie and lip-tie revisions</i> Poplar Bluff Children's Dentistry 4348 Hwy PP Poplar Bluff, MO 63901 (573)-785-7700	
Patricia J. Merkley, DMD (Pediatric Dentist) <i>Tongue-tie and lip-tie revisions</i> Camp Smiles Kids Dental 1747 N. Kingshighway Cape Girardeau, MO 63701 (573) 803-5100	Claudia Preushcoff, MD <i>Tongue and lip-tie revisions</i> Poplar Bluff Pediatric Associates 2210 Barron Rd #120-122 Poplar Bluff, MO 63901 (573) 785-2005
Breastfeeding Knowledgeable Healthcare Providers and Breastfeeding Services	

<p>Justin Roberts, ENT <i>Tongue-tie and lip-tie revisions</i> Farmington Ear Nose & Throat LLC 501 West Pine Street Farmington, MO 63640 (573) 756-8888</p>	<p>Amy Schomer, MD <i>Tongue-tie revisions for patients</i> Medical Arts Clinic 1103 W Liberty St Ste 2020 Farmington, MO 63640 (573) 756-6751 Option 3</p>
<p>Jayne Sherman, DDS, PC <i>Tongue-tie and lip-tie revisions</i> Pediatric Dentistry 251 South Silver Springs Road Cape Girardeau, MO 63703 (573) 334-5545</p>	<p>Tara Wadlow, FNP-BC IBCLC <i>Lactation consultations</i> BJC Medical Group 1103 W Liberty St Farmington, MO 63640 (573) 756-6807</p>
<p>John Blaich, DMD <i>Tongue-tie and lip-tie revisions - free of charge</i> <i>Donations to St. Jude are encouraged.</i> Dental Arts Group 2700 Kanell Blvd. Poplar Bluff, MO 63901 (573) 785-0111</p>	

Breastfeeding Supplies	
<p>Healthcare Healthmart Pharmacy 628 Old St Marys Rd Perryville, MO 63775 (573) 547-2517</p>	<p>Medela pumps and accessories Nursing supplies</p>
<p>Heart of the Ozarks Medical Equipment 1703 Eighth Street West Plains, MO 65775 (417) 256-0900 http://www.homemedicalwp.com/</p>	<p>Medela pumps and accessories Nursing supplies</p>
<p>Key Drugs 910 N. Westwood Blvd. Poplar Bluff, MO 63901 (573) 785-8218 https://www.keydrugs.com/</p>	<p>Medela pumps and accessories Medela Lactina pumps available for rent Nursing supplies</p>
<p>Walgreens 1010 Worley Drive West Plains, MO 65775</p>	<p>Nursing supplies</p>
<p>Dille's Discount Pharmacy – Baby Bluff 909 W Pine St. Poplar Bluff, MO 63901 https://www.johnsrx.com/locations/dilles/</p>	<p>Pregnancy and breastfeeding supplies</p>

Women, Infant and Children's (WIC) Supplemental Food Program http://health.mo.gov/living/families/wic/index.php 800-392-8209	
<p>Bollinger County Health Department 107 Hwy 51 N. Marble Hill, MO 63764 (866) 338-2817</p>	<p>Butler County Health Department 1619 N. Main St. Poplar Bluff, MO 63901 (573) 785-7044</p>

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 12 th Ave. Building C Ava, MO 65608 (417) 683-4174
Dunklin County Health Department 402 Recovery 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 4 th and Market Alton, MO 65606 (417) 778-7450	Ozark County Health Department 370 3 rd 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	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 New Madrid County, Ripley County, Dent County, Iron County, Pemiscot County and Perry County. Some agencies have breastfeeding classes and support groups.	

Breastfeeding Books for Moms	
The Womanly Art of Breastfeeding <i>8th Revised Edition. LLLI, 2010</i>	Nursing Mother, Working Mother <i>Gale Pryor 2007</i>
Great Expectations: The Essential Guide to Breastfeeding <i>Dr. Marianne Neifert 2009</i>	Breastfeeding. A Parent's Guide <i>Amy Spangler, MN, RN, IBCLC. 9th Edition. 2010</i>
The Breastfeeding Mother's Guide to Making More Milk <i>Diane West & Lisa Marasco 2009</i>	Mothering Multiples: Breastfeeding & Caring for Twins K. Gromada 3rd Ed, 2007

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

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

State and Local Breastfeeding Coalitions	
Missouri Breastfeeding Coalition 7831 Rangeline Rd, Columbia, MO 65201 www.MOBreastfeeding.org Info@MOBreastfeeding.org	SEMO Breastfeeding Coalition 1121 Linden, Cape Girardeau, MO 63702 Katie Lindsey, Chair (866) 338-2817
Three Rivers Breastfeeding Task Force 1619 N. Main St., Poplar Bluff, MO 63901 (573) 323-4413 Ext 1	Dunklin County Breastfeeding Task Force 1601 1st St, Kennett, MO 63857 Juli Helfer, Chair (573) 888-9441

Breastfeeding Resource Guide developed by the Missouri Breastfeeding Coalition. Please email info@MOBreastfeeding.org with any additions or corrections. 3/2023