

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

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 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 “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

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

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

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
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

Johanna Iwaszkowicz, IBCLC

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
843-906-2381
lactationondemand@gmail.com

Sweetest Nectar, LLC

Candice Ward, IBCLC

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

1137 N Main St., Ste 1, O'Fallon 63366

636-266-2000

www.drandedorough.com

Kristin Gaines Porlier, DC

Dynamic Life Chiropractic

636-887-3400

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

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

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

Jeanne Sandheinrich, DC
1st Step Family Wellness
12201 Big Bend Rd Suite 200
314-805-7837
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
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: <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

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

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

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

Missouri Breastfeeding Coalition

7831 Rangeline Rd, Columbia MO 65201

www.MOBreastfeeding.org