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.lllstl.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.lllstl.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 - Mld 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@allyssaschnellIBCLC.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.bebybabystl.com

Johanna Iwaszkowiec, 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
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, torticolis, infant cranial distortion, pregnancy care
1137 N Main St., Ste 1, O’Fallon 63366
636-266-2000
www.drandrewdorough.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
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**

**Mothering Multiples: Breastfeeding & Caring for Twins**

**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**

**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](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