

Breast Feeding

Finding Support



You can do it!! We support your decision to breastfeed your baby and would like to provide you with avenues of support as you launch into this wonderful, fulfilling, and sometimes challenging life event. Our care provides basic support and trouble shooting. However, we strongly urge you to surround yourself with other breastfeeding families that are in it with you right now. Build relationships, reach out to professionals, and dig around online for more information or for more focused support.

We are happy to help you find the support or help that you deserve.

Breastfeeding Support Groups

La Leche League:

Greater St. Louis Area and Metro Illinois:

<http://www.lllsl.org/> - (314) 424-3900 & (618) 321-6667

St. Louis City Group – Erin (314) 776-6844

1st Wednesday PM & 3rd Wednesday AM

University City – Jennifer (314) 962-3918 - phone help only

Creve Coeur – 314-327-4354

2nd Thursday PM & 4th Wednesday AM

Chesterfield – Melissa (636) 527-7197

1st Wednesday AM

Sappington – Cathy (314) 707-3628

2nd Monday PM

South County – Rochelle (314) 809-2699

3rd Saturday AM

Webster Groves – Angela (314) 646-1009

3rd Wednesday PM

Toddler Group – Becky (314) 275-7506

2nd Wednesday AM

St. Charles – Barb (636) 946-4404

2nd Saturday AM

O'Fallon – April (314) 220-8842

3rd Wednesday AM

Jefferson County – Dawn (636) 748-4861

1st Friday AM

New Haven – Katherine (314) 529-1937

2nd Wednesday AM

Southern Illinois

Collinsville – Dee (618) 344-1681

3rd Tuesday PM

St. Clair County – Laurie (618) 239-9291

3rd Wednesday AM

The "Big Guns" – IBCLCs:

- Dee Kassing
deekassing@sbcglobal.net
618.346.1919
<http://www.bfsupportservices.com/>
- Alyssa Schnell
alyssa@sweetpeabreastfeeding.com
314-614-2074
<http://sweetpeabreastfeeding.com/index.html>

- Diana Estep
Diana@HealthyNewbornBeginnings.com
(314) 494-7501
HealthyNewbornBeginnings.com
- Jen York
www.jenyorkibclc.com
773-556-8065

Birth Wisely, LLC
Jen Jester, BSM, CPM
birthwisely@gmail.com
314-374-8901

www.birthwisely.com

Reach out to these ladies if your breastfeeding issues are complicated

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More Support Groups

Alternatives to LLL

Kangaroo Kids

(314) 835-9200

<http://kangarookidsonline.com/nursing-moms-groups/>

Amber Sky

<http://amber-sky.net/classes-for-families/breastfeeding-support/>

Mercy Birth Center

314-251-7955

<https://www.mercy.net/practice/mercy-birthing-center-st-louis>

Milk and Carry

(636) 362-4338

<https://www.facebook.com/Milk-Carry-186061251757825/info/>

WIC Offices:

[http://www.stlouiscountymn.gov/ADULTFAMILIES/ChildrenYouth/WomenInfantsChildren\(WIC\).aspx](http://www.stlouiscountymn.gov/ADULTFAMILIES/ChildrenYouth/WomenInfantsChildren(WIC).aspx)



Missouri Breastfeeding Coalition

<http://www.mobreastfeeding.org/resources/>

Laws:

Breastfeeding laws by state

www.ncsl.org/default.aspx?tabid=14389



Online Resources

Dr. Jack Newman's site

Fabulous breastfeeding guidance and videos.

www.drjacknewman.com/

Kellymom.com

Kelly Mom site has a lot of information about

breastfeeding, including handling common challenges.

www.kellymom.com/

The Leaky Boob

Bottle feeding breastfed babies; Great for moms returning to their career.

www.theleakyboob.com/

Modest Middles

Nursing tank tops that fit under your regular top and keep your stomach, sides, and back covered.

www.modestmiddles.com

Kathy Dettwyler

Kathy Dettwyler's site dealing with breastfeeding, sleep issues, & parenting from an anthropological perspective.

www.kathydettwyler.org/dettwyler.html