



## Complete Resource List

All phone numbers listed are area code (251) unless otherwise specified.

### Acupuncturist

- Dr. Grant Kendall Smith, Back in Motion Chiropractic and Acupuncture, ph. 621-2224,715 Belrose Ave, Daphne, AL, [www.backinmotionacupuncture.com](http://www.backinmotionacupuncture.com)
- Dr. Xue Xiang, Mobile, ph.641-4507, 4353 Midmost Dr, Mobile  
email: [chineseacupuncture@yahoo.com](mailto:chineseacupuncture@yahoo.com)

### Birth Photography

- Danielle Parker, [www.danielleparkerphotography.com](http://www.danielleparkerphotography.com) , ph.(251)895-1835, on Facebook
- Loral Lewis Photography, ph. (601)508-5151, on Facebook
- Wee Additions Photography, ph. 633-1577, on Instagram

### Certified Aromatherapist

- Yvonne Butler, LMT, Mobile, ph. 635-4883, email: [voniblmt@gmail.com](mailto:voniblmt@gmail.com)

### Chiropractors

#### Baldwin County ...

- Dr. Christy Agren, Chiropractic Life Center, ph.929-2622, 101 Lottie Lane Unit5, Fairhope, [www.chiropracticlifecenter.com](http://www.chiropracticlifecenter.com)
- Dr. Spencer Callahan, Bayview Optimal Performance, ph. 533-7255, 7 South Bayview St., Fairhope, [www.bayviewoptimalperformance.com](http://www.bayviewoptimalperformance.com)
- Dr. Ryan Nobles, Coastal Chiropractic, 27535 US-98, Daphne, ph.375-0131, [www.coastalchiro.us](http://www.coastalchiro.us)

#### Mobile County ...

- Dr. Jennifer Dewald Leber, Corsentino Chiropractic, ph.445-2295, 3501 Montlimar Plaza Dr., Mobile, [www.corsentinochiro.com](http://www.corsentinochiro.com) (Webster Certified for pregnancy)
- Dr. Jeremy Quint, ChiroSouth, ph. 315-0010, 277 McGregor Ave S., Mobile.  
[www.chirosouthmobile.com](http://www.chirosouthmobile.com)
- Dr. Jessica Seematter, Moffett Road Chiropractic, ph.380-0308, 5017 Moffett Rd, Mobile

### Labor Doulas

- Jamie Cordeiro RN, LCCE, ph.209-9448, email: [jjcmobile@comcast.net](mailto:jjcmobile@comcast.net) – private birth classes also available
- Jennifer Crigger, RN, CCCE, CLC, Beit Birth, ph.510-8623, on FB and IG, [www.beitbirth.com](http://www.beitbirth.com)
- \*Kate Fillingim, LCCE, ph.(904)563-2410, on FB, Lamaze classes available as well
- Andolyn Fitzgerald, Mamatoto Doula Services of Alabama, ph.680-8525  
email: [johnandandolyn@bellsouth.net](mailto:johnandandolyn@bellsouth.net)

- Courtney Gordon, Root and Bloom Birth Services, ph.234-9555, on FB and IG, [www.rootandbloombirth.com](http://www.rootandbloombirth.com)
- \*Sarah Nell Lemman, Pure Grace Doula Services, ph.243-1755, email: [snyleman@gmail.com](mailto:snyleman@gmail.com), on FB and IG
- Bianca Wooden IBCLC, Better Beginnings, Ocean Springs, MS, ph. (228)233-0686, [www.betterbeginningsms.com](http://www.betterbeginningsms.com) , on FB, full series, blended, birth classes available as well

\*my personal back-up doulas

#### Midwives

- Stacey Bufkin, CPM, [staceybufkin@gulftel.com](mailto:staceybufkin@gulftel.com), (251)604-6258, MS and AL
- Renata Hillman, CPM, [BirthingOptions@att.net](mailto:BirthingOptions@att.net), (251)463-2426, central and south MS
- Colleen Tullis, CPM, LMP, Mother's Comfort Birthing Services, LLC, ph. 510-8540, AL and MS, email: [motherscomfort@comcast.net](mailto:motherscomfort@comcast.net) , on Facebook

#### Mobile County Lactation Consultants

Mobile County Health Dept. WIC

- Merideth Gardner IBCLC, ph. 690-8806

Mobile Infirmery

- Sandy Wallace RN, IBCLC, ph. 435-2525

Providence Hospital

- Marcia Ranew RN, CCE, IBCLC, ph. 633-1749, email: [maranew@providencehospital.org](mailto:maranew@providencehospital.org)

Springhill Memorial Medical Center

- Eileen Lenoir IBCLC, CCE, ph.340-7770
- Kayla Payne IBCLC, ph.340-7770

USA Children's and Women's Hospital

- Ann Slaughter RN, IBCLC, ph. 415-1285
- Tammy Doherty RN, IBCLC, ph. 415-1285

#### Private Consultants Available for Home Visits

- Cynthia Corte RN, IBCLC, LacNatural, ph. 210-6262, 680-3761  
e-mail: [Lacnaturalconsultant@gmail.com](mailto:Lacnaturalconsultant@gmail.com), LacNatural on Facebook (resides in Baldwin County)
- Jennifer Crigger RN, CCCE, CLC, Beit Birth, ph.510-8623, [www.beitbirth.com](http://www.beitbirth.com)  
email: [beitbirth@gmail.com](mailto:beitbirth@gmail.com) (resides in Mobile County)
- Elizabeth Simmons IBCLC, Eastern Shore Lactation, servicing Mobile and Baldwin Counties,ph. 402-6884, [easternshorelactation@gmail.com](mailto:easternshorelactation@gmail.com), [www.easternshorelactation.com](http://www.easternshorelactation.com) , also on FB

### Baldwin County Lactation Consultants

North Baldwin Infirmary - Christa Rudat MSN, RN, CLC ph. 239-2296

Thomas Hospital, Fairhope, AL ph. 279-1478, 279-2004

- Sandee Nabors RN, CLC, IBCLC
- Scotty Thompson RN, IBCLC (also available for home visits)

### WIC Breastfeeding Counselors

- Bay Minnette ph. 937-6935: Lori Nesmith NA
- Robertsdale ph. 947-1910: Sharon Eiland RD, Liane Overton RD
- South Baldwin-Foley ph. 943-7260: Alana Salter RD

### Mississippi Lactation Consultants

- Stephanie Gable RN, IBCLC, RLC, Gulf Coast Breastfeeding Center, ph. (228)363-0158, [www.gulfcoastbreastfeedingcenter.com](http://www.gulfcoastbreastfeedingcenter.com) , Pass Christian, MS, available for in-office and home visits
- Bianca Wooden IBCLC, Better Beginnings, Ocean Springs, MS, ph. (228)233-0686, [www.betterbeginningsms.com](http://www.betterbeginningsms.com) , available for home visits

### Breast Pumps and Supplies

Through insurance carrier – submit insurance info to the vendor, and they will check for coverage

- Aeroflow Breastpumps, [www.aeroflowbreastpumps.com](http://www.aeroflowbreastpumps.com) – I highly recommend coming to this company first – they take care of everything quickly and with excellence!
- Providence Home Medical Services, Bldg B, ph. 633-7491
- SAADS Health Care, ph.287-8933
- Med South Inc. ph.(205)221-8251, (888)658-1958
- Edgepark, ph.(800)321-0591, ext2, ext1
- Byram Health Care, ph. (877)902-9726
- Bay Home Medical Services, ph.478-5111
- WIC offices, Mobile and Baldwin Counties
- Professional Health Care Services, Fairhope, ph.928-4922

Private pay breast pump rental options

- Professional Health Care Services, Fairhope, ph.928-4922

Mothers' Milk Bank - If interested in donating oversupply or if in need of donor milk

- Infirmary Health Mothers' Milk Depot, 1720 Springhill Ave., Suite 400, Mobile ph.(205)942-8911, ext. 117, e-mail [Kwood@mmbal.org](mailto:Kwood@mmbal.org)
- National website for information, [www.hmbana.org](http://www.hmbana.org)

### Other Breastfeeding Assistance

Mobile Milk – sign up for help and tips, text “MILK” to 877877

National Breastfeeding Helpline, ph.(800)-994-9662

### Online Sources for Breastfeeding Information and Educational Videos

- La Leche League [www.llli.org](http://www.llli.org)      - Dr. Jack Newman [www.breastfeedinginc.ca](http://www.breastfeedinginc.ca)
- [www.kellymom.com](http://www.kellymom.com)      - [www.lactationtraining.com](http://www.lactationtraining.com) for free parent handouts
- [newborns.stanford.edu/breastfeeding](http://newborns.stanford.edu/breastfeeding) (great instructive videos for hand expression)
- [www.firstdroplets.com](http://www.firstdroplets.com) – great info for increasing supply in the early days

### Doctors available to diagnose and treat tongue-tie

- Dr. James Pitcock, ENT, 3701 Dauphin St., Mobile, ph.341-3368
- Dr. Trey Fellers, DMD, Dr. Trey's Children's Dentistry, 303 N. Section St., Fairhope ph.928-3030
- Dr. Cranford Langley, DMD, 6491 Jordan Rd., Daphne, ph.625-2525

### Breastfeeding Support Groups

#### Mobile County

- The BFF (Breast Feeding Friendly) Group – support group at USACWH, Mondays 5:30-7pm and Thursdays 9-11am, free weight checks and IBCLC assistance, Genevieve Mantell (251)410-4517, on FB
- Mobile Bay Area La Leche League support group - 2<sup>nd</sup> Tuesday of each month at 10:30 am (mamas only), and 4<sup>th</sup> Thursday at 6:30pm for mamas and partners, St. Paul's Episcopal Church, contact info: (251)689-2085 amandaLL@Yahoo.com – on FB

#### Baldwin County

- Eastern Shore Baby Bistro – Fairhope Ob/Gyn, 19450 S. Greeno Rd, Wednesdays, 12:00-1:30 pm, Scotty Thompson, RN, IBCLC, on FB – new location coming soon – follow on FB
- North Baldwin Baby Bistro – First United Methodist Church, Bay Minette, AL, 1<sup>st</sup> Tuesday of the month, Christa Rudat, RN, CLC, ph.239-2296, [christarudat@infirmaryhealth.org](mailto:christarudat@infirmaryhealth.org)

### Postpartum Emotional Support

Note: Please contact your health care provider to assist in diagnosing and treating any symptoms of perinatal (pregnancy and postpartum) mood disorders. You are important!

#### Support Groups

- Lower Alabama Perinatal Support, peer to peer support group meets monthly in Fairhope, currently on FB as Butterflies Dancing, Amie Martin, ph.(619)787-9503

#### Therapists/Counselors

- Leslie T. Herold MSW, LCSW, PMH-C (perinatal health specialist), ph.202-9003, [www.leslietheroldlcsw.com](http://www.leslietheroldlcsw.com) , Fairhope, AL
- Kristina Lansford LICSW, ph.406-8878, [www.deltafamilycounseling.net](http://www.deltafamilycounseling.net) , Mobile, AL
- Jessica Shenese PhD, ph. 343-0566, [www.mobilebayareapsychology.com](http://www.mobilebayareapsychology.com) , Mobile, AL

#### Postpartum online resources:

- [www.postpartum.net](http://www.postpartum.net) , help line ph.1-800-944-4PPD
- [www.solaceformothers.org](http://www.solaceformothers.org), help for ppd and traumatic birth recovery
- [www.postpartumprogress.com](http://www.postpartumprogress.com)
- [www.ppdsupportpage.com](http://www.ppdsupportpage.com)
- National Hopeline Network, [www.hopeline.com](http://www.hopeline.com), 1-800-442-HOPE
- [www.thewombgroup.com](http://www.thewombgroup.com) a local resource for those who have had infertility or pregnancy loss journeys and need to connect with others

### Massage Therapists

- Jennifer Adams, LMT, Fairhope, ph. 616-4201, specialty pre and post birth services, [www.jenadamslmt.com](http://www.jenadamslmt.com)
- Yvonne Butler, LMT, Mobile, ph.635-4883, email: [yoniblmt@gmail.com](mailto:yoniblmt@gmail.com)

### Prenatal Fitness Options

- Ami Kay Butterflies Dancing Perinatal Support, Fairhope, Amie Martin, on FB as GroovaRoo with Ami, ph.(619)787-9503, [groovaroowithami@gmail.com](mailto:groovaroowithami@gmail.com)
- Infirmary Fitness Centers, Moms In Training membership for any mother delivering at Mobile Infirmary, North Baldwin Infirmary or Thomas Hospital, ph.435-2010 for more information
- Fit Mama Bootcamp, group classes, on Facebook, Fairhope and Mobile, ph.(601)606-0736
- Glow Yoga, locations in Mobile and Gulf Shores, [www.glow-yoga.com](http://www.glow-yoga.com) , ph. 725-1140

- “Prenatal Pilates with Dana,” Synergy Yoga and Pilates, Mobile, Tues. at 4pm and Wed. at 10am by appointment only, ph.473-1104
- Providence Hospital Babycize Water Aerobics, prenatal to 3 months postpartum, Tuesdays and Thursdays at 6 pm, ph.633-1000 for more information
- Prenatal yoga, Soul Shine Yoga, 4 week series, [www.thesoulshinelife.com](http://www.thesoulshinelife.com) , Fairhope, ph.225-4597
- Prenatal yoga, Simply Life Learning Center, 4 week series, in Mobile, on FB, ph. 473-8040
- Results Physiotherapy, Mommy Bounce Back, [www.resultspt.com](http://www.resultspt.com) , special focus on common postpartum issues including the pelvic floor, covered by insurance, Daphne and Mobile

### Other Helpful Websites

- [www.babywearinginternational.org](http://www.babywearinginternational.org) – helpful, basic information about types of wearing and position safety
- [www.cottonbabies.com](http://www.cottonbabies.com) – cloth diaper basics link – great information and faq section about using and cleaning cloth diapers
- [www.safercar.gov/parents](http://www.safercar.gov/parents) – car seat link – much information on choosing the correct car seat for your child as well as installation videos
- [www.evidencebasedbirth.com](http://www.evidencebasedbirth.com) – easy to read research based information for birth planning
- [www.cochranelibrary.com](http://www.cochranelibrary.com) – reviews and pregnancy/childbirth links – reviews on research
- [www.vbacfacts.com](http://www.vbacfacts.com) – research based information on the risks and safety of VBAC (vaginal birth after cesarean)
- [www.thevbaclink.com](http://www.thevbaclink.com) – podcasters and doulas who offer great VBAC information and training, for parents and for birth workers
- [www.ican-online.org](http://www.ican-online.org) – International Cesarean Awareness Network - information on facts of cesarean and VBAC births as well as international support chapters