



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
- Dr. Xue Xiang, Mobile, ph.641-4507, 4353 Midmost Dr, Mobile
email: chineseacupuncture@yahoo.com

Birth Photography

- Courtney Sheppard Photography, Mobile, AL, on IG and FB
- Jamie Searcy, Nurturing Birth Doula Photography, nurturingbirthdoula.com, on IG and FB
- Wee Additions Photography, ph. 633-1577, on IG

Certified Aromatherapist

- Yvonne Butler, LMT, Mobile, ph. 635-4883, email: voniblmt@gmail.com

Chiropractors

Baldwin County ...

- Dr. Christy Agren, Chiropractic Life Center, ph.929-2622, 101 Lottie Lane Unit5, Fairhope, www.chiropracticlifecenter.com
- Dr. Spencer Callahan, Bayview Optimal Performance, ph. 533-7255, 7 South Bayview St., Fairhope, www.bayviewoptimalperformance.com
- Dr Stephanie Harrison (Webster certified for pregnancy), Eastern Shore Chiropractic and Sports Clinic, (251)990-8383, 22806 US-98, Fairhope, AL, www.easternshorechiropractics.com
- Dr Nathan High, Anchor Chiropractic, 28190 N. Main St, Suite A, Daphne
www.anchorchirodaphne.com
- Dr. Ryan Nobles and Dr Zachary Byrne Coastal Chiropractic, 27535 US-98, Daphne, ph.375-0131, www.coastalchiro.us

Mobile County ...

- Dr. Samantha Chirchella, Port City Family Chiropractic, (251)660-4999, 6345 Cottage Hill Rd, Mobile, www.portcityfamilychiropractic.com
- Dr. Tiffany Jones, Liberation Chiropractic (251)607-0040, 7681 Old Shell Road Suite A, Mobile, www.liberationchiropractic.com (Webster Certified)
- Dr. Quinn Kennedy, Healing Touch Chiropractic, (251)289-1482, 1110 Hillcrest Rd Suite 1-F, Mobile (they also have a Fairhope location) www.healthchiro.com
- Dr. Jennifer Dewald Leber, Corsentino Chiropractic, ph.445-2295, 3501 Montlimar Plaza Dr., Mobile, www.corsentinochiro.com (Webster Certified for pregnancy)
- Dr. Jeremy Quint, ChiroSouth, ph. 315-0010, 277 McGregor Ave S., Mobile.
www.chirosouthmobile.com
- Dr. Jessica Seematter, Moffett Road Chiropractic, ph.380-0308, 5017 Moffett Rd, Mobile

Local Doulas – labor and postpartum

Jennifer Crigger, Beit Birth

- home and hospital labor support, group birth education classes
- serving Mobile and Baldwin Counties, Pensacola, the guest house in Moss Point
- <https://beitbirth.com/>, Contact: (251)510-8623, beitbirth@gmail.com

Kelsi Lynn Dykes, Latch and Bloom Birth and Breastfeeding Services

- home and hospital labor support, lactation support services
- serving most of South Alabama, Pensacola, FL and the guest house
- <https://www.latchandbloom.com/> , follow on FB and IG
- Contact: (334)723-6413, kelsi@latchandbloom.com

Courtney Gordon, Root and Bloom Birth Services

- home and hospital labor support, **placenta encapsulation** and Bengkung belly binding
- serving Mobile and Baldwin counties as well as the guest house
- Contact: (251)234-9555, rootandbloombirth@gmail.com
- follow on IG and FB

Samantha Graziosi, Little Prairie Birth Service

- home birth labor support
- serving Mobile county and the guest house area
- Contact: (251)509-7081, lpbirth@gmail.com
- follow on FB

Sarah Nell Leman, Pure Grace Doula Services

- home and hospital labor support
- serving Mobile and Baldwin counties as well as the guest house in Moss Point
- Contact: (251)243-1755, snyleman@gmail.com
- follow on IG and FB

Emily Locke, Emily Locke's Postpartum Doula Services

- **postpartum** services
- serving Mobile and Baldwin counties as well as Pensacola
- lockemily456.wixsite.com
- contact: (740)644-3012, lockemily456@gmail.com

Michell lloyd, Rest Easy Newborn Care

- **postpartum doula** and newborn care specialist, newborn classes
- serving Mobile and Baldwin Counties
- <https://resteasynewborncare.com/>
- contact info: (615)663-8950, resteasynewborncare@gmail.com

Mama Bloom Doula Co.

- Alexandria Marshall, RNC-OB, BSN and Sheipa Allen RN, BSN
- prenatal, **postpartum** and newborn support

- (251)391-5115, mamabloomdoulaco@gmail.com
- On FB and IG as mamabloomdoula

Karma Mims, Moxie Birth

- home and hospital labor support, childbirth education, **postpartum** support services, **placenta encapsulation**
- serving Mobile and Baldwin counties as well as the guest house in Moss Point, Ocean Springs, Gulfport, Pensacola
- Contact: (509)398-4208, on IG and FB, moxiebirthing@gmail.com

Jamie Scearcy, Nurturing Birth Doula

- hospital and home labor support, **birth photography**
- serving Ocean Springs and open to other areas
- <https://nurturingbirthdoula.com/>
- Contact: (907)854-6695, nurturingbirthdoula@gmail.com
- follow on IG and FB, [@nurturingbirthdoulaandphotography](#)

Asia Scott, Genesis Doula Services

- labor doula support
- serving Mobile and Baldwin counties
- Contact: (769)241-4688, follow on FB/IG genesisdoulaservice@gmail.com
- website: <https://www.genesisdoulaservice.com/>

Lexy Turner, Blessed to Birth Doula Services

- home and hospital labor support
- serving Mobile County and the guest house
- Contact: (251)295-0472
- follow on IG and FB

Midwives

- Stacey Bufkin, CPM, staceybufkin@gulftel.com, (251)604-6258, MS and AL
- Renata Hillman, CPM, BirthingOptions@att.net, (251)463-2426, central and south MS
- Kim Pope, CNM, Women's Village of Mobile, (part of Springhill Medical Center), (251)374-7911, www.thewomensvillageofmobile.com , on FB and IG
- Colleen Tullis, CPM, LMP, Mother's Comfort Birthing Services, LLC, ph. 510-8540, AL and MS, email: motherscomfort@comcast.net , on Facebook

Lactation Consultants - helpful contacts and info ...

Mobile County Health Dept. WIC , Merideth Gardner IBCLC, ph. 690-8806

All of our hospitals have IBCLC's on staff who can follow up with breastfeeding couplets after hospital discharge!

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 , 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 , available for home visits

Lactation consultants who do home visits covered by insurance

- Elizabeth Simmons IBCLC, Eastern Shore Lactation, servicing Mobile and Baldwin Counties, ph. (251)402-6884, easternshorelactation@gmail.com, www.easternshorelactation.com
- Scotty Thompson RN, BSN, IBCLC, Gulf Coast Lactation, servicing Mobile and Baldwin Counties, ph. (251)455-8928, gulfcoastlactation@gmail.com, on Facebook
- Brandi Roberson, IBCLC, Bay Area Breastfeeding, servicing Mobile and Baldwin Counties, bayareabreastfeedingedu@gmail.com, on Facebook
- Bianca Wooden IBCLC, Better Beginnings, based in Ocean Springs, MS, ph.(228)233-0686, www.betterbeginningsms.com

Local Breastfeeding Support Groups

- Birthing Suites at Springhill – offer in-person support groups once a month or so – for schedule join the Facebook page, or call (251)340-7769 for details. They also have an online support group on Facebook, The Birthing Suites at Springhill Lactation Support Group
- North Baldwin Infirmary, Christa Rudat IBCLC, 3rd Thursday of every month 11am-1pm, meeting at Java Jay's Coffee Shop in Bay Minette, phone (251)458-6808 for information

Breast Pumps and Supplies

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

- Aeroflow Breastpumps, 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

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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
- National website for information, 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 – Dr. Jack Newman www.breastfeedinginc.ca
- www.kellymom.com – www.lactationtraining.com for free parent handouts
- newborns.stanford.edu/breastfeeding (great instructive videos for hand expression)
- 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, www.drtreys.com
- Dr Stephen Greenleaf DMD, Mobile Pediatric Dentistry, www.mobilepediatricdentistry.com
- Dr Williams Murphy Dentistry, (251)299-4140, 2122 South Hickory St, Loxley,
www.murphysmile.com
- Dr. Cranford Langley, DMD, 6491 Jordan Rd., Daphne, ph.625-2525
- Coastal Periodontics, Mobile, AL, www.coastalperio.net
- South Alabama Orthodontics, Mobile, AL, www.southalabamaorthodontics.com
- Dr. Baxter, Alabama Tongue Tie Center, Pelham, AL, www.tonguetieal.com

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!

Therapists/Counselors

- LaKendra Ellis, MS, LPC, ICADC, PMH-C, Tranquility Counseling and Consult, (251)209-2477, 11 North Water St, Suite 10290, Mobile, www.tranquilitycac.com
- Leslie T. Herold MSW, LCSW, PMH-C (perinatal health specialist), ph.202-9003, www.leslietheroldlcsw.com , Fairhope, AL
- Kristina Lansford LICSW, ph.406-8878, www.deltafamilycounseling.net , Mobile, AL
- Jessica Shenese PhD, ph. 343-0566, www.mobilebayareaphsychology.com , Mobile, AL

Postpartum online resources:

- www.postpartum.net , help line ph.1-800-944-4PPD
- www.solaceformothers.org, help for ppd and traumatic birth recovery
- www.postpartumprogress.com
- www.ppdsupportpage.com
- National Hopeline Network, www.hopeline.com, 1-800-442-HOPE
- 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
- Yvonne Butler, LMT, Mobile, ph.635-4883, email: yoniblmt@gmail.com
- Courtney Dorch-Pickens LMT, From Me to You Massage Therapy, (251)463-1139, 319 Pinehill Dr, Mobile, www.frommetoyoumassagetherapy.com
- Leah Mahan, LMT, 4300 Bayou Blvd. Suite 22, Pensacola, Madison Park (850)501-8062

Pelvic Floor Therapists

- Jill Lott, Specialized Therapy Services, (251)990-3707, 720 Middle St, Fairhope, AL, www.sts-alabama.com
- Results Physiotherapy, Mommy Bounce Back, www.resultspt.com , special focus on common postpartum issues including the pelvic floor, covered by insurance, Daphne and Mobile
- Bailey Barnett, Refine PT and Performance (251)501-2700, 108 S. Florida St, Mobile www.refinept.com
- Kayla Mowdy, Future Physical Therapy, 1117B N McKenzie St , Foley, AL www.futurephysicaltherapy.com

Prenatal Fitness Options

- Infirmiry Fitness Centers, Moms In Training membership for any mother delivering at Mobile Infirmiry, North Baldwin Infirmiry 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, Gulf Shores, 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 , 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 , special focus on common postpartum issues including the pelvic floor, covered by insurance, Daphne and Mobile

Other Helpful Websites

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