



Complete Resource List

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

Acupuncturist

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

Birth Photography

- Loral Lewis, Llove Photography, ph. (601)508-5151, on Facebook

Certified Aromatherapist

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

Chiropractors

- Dr. Michael Bucknell, Liberation Chiropractic and Wellness PC, Mobile, ph.607-0040
email: drmike@liberationchiropractic.com, 7921 Tanner Williams Rd, Mobile
- Dr. Katherine Crafton, Crafton Chiropractic, ph.625-3331, email: drcrafton@craftonclinic.com
5400 Zeigler Blvd., Mobile – free newborn visit for her pregnant clients
- Dr. Jessica Jones, ph.380-0308, 5017 Moffett Rd, Mobile

Custom Layette, Bedding, Nursery Decor and Monogramming

- Becky Thomaston, www.ourfinesthours.com, ph.716-9090

Custom, Tailored Clothing for Mom and Baby

- Breanna Veth, ph.(612)242-1591, email: bmvet@gmail.com

Labor Doulas

- Laura Bentley, Helping Hands Doula Services, ph.421-6281
email: laurabentleydoulaservices@gmail.com
- Jamie Cordeiro RN, LCCE, ph.209-9448, email: jjcmobile@comcast.net
- Jennifer Crigger, RN, CLC, Beit Birth LLC, ph.510-8623, www.beitbirth.com
email: jennifer@beitbirth.com
- Andolyn Fitzgerald, Mama to Mama Doula Services of Alabama, ph.680-8525
- Cinthya Tessa Galea, Empowered Goddess Childbirth Services, ph.301-6845
email: empoweredgoddessCBS@gmail.com
- Courtney Gordon, Root and Bloom Birth Services, ph.234-9555
email: rootandbloombirth@gmail.com

Postpartum Doula Services

- Jennifer Crigger RN, CLC, Beit Birth LLC, ph.510-8623, www.beitbirth.com
email: jennifer@beitbirth.com

Midwives

- Colleen Tullis, CPM, LMP, Mother's Comfort Birthing Services, LLC, ph. 510-8540
email: motherscomfort@comcast.net , on Facebook
- Cindi Denbow IBCLC, CNM, ARNP, Gentle Birth Options, LLC, Niceville, FL.
ph.(844)262-4784, www.gentlebirthoptions.com, birth center in Niceville (approx. 2 hrs from Mobile)

Mobile County Lactation Consultants

Mobile County Health Dept. WIC

- Merideth Gardner IBCLC, ph. 690-8806

Mobile Infirmary

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

Providence Hospital

- Marcia Ranew RN, CCE, IBCLC, ph. 633-1749, email: maranew@providencehospital.org

Springhill Memorial Hospital

- Eileen Lenoir IBCLC, CCE, 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, LacNatural on Facebook (resides in Baldwin County)
- Jennifer Crigger RN, CLC, Beit Birth LLC, ph.510-8623, www.beitbirth.com
email: jennifer@beitbirth.com (resides in Mobile County)

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

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

Breast Pumps and Supplies

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

- 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

- Babies R Us, Mobile, ph.304-0950, rental prices at www.toysrus.com
- Siegel's Baby Room, Mobile, ph.342-9469
- 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
- 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
- newborns.stanford.edu/breastfeeding (great instructive videos for hand expression)

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 Group – USA Children's and Women's Campus, Allen Cox Building
- Mondays 5:30-7pm, weight checks and assessments available free of charge
- Contact: Genevieve Mantell, ph.410-4517
- La Leche League Mobile Bay Area – 2nd floor of education building behind St.Paul's Episcopal Church, , 4051 Old Shell Rd.
- 2nd Tuesday of the month, 10:30 am, 4th Thursday of the month, 6:30 pm
- Michelle, LLL leader, ph.689-2085 (on Facebook as well)

Baldwin County

- Eastern Shore Baby Café – Diegmann Ob/Gyn, behind Thomas Hosptial
Fridays, 12:00-1:30 pm, Scotty Thompson, RN, IBCLC and Dr. Green, MD, ph.279-1175
or 279-1478 (on Facebook)
- North Baldwin Baby Bistro – First United Methodist Church, Bay Minette
1st Tuesday of the month, 10am-12 noon, Christa Rudat, RN, CLC, ph.239-2296

Online Sources for Postpartum Emotional Support - Please contact your health care provider to assist in diagnosing and treating any symptoms of postpartum depression. You're important!

- 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

Massage Therapists

- Jennifer Adams, LMT, Fairhope, ph. 616-4201, specialty pre and post birth services including induction massage, www.jenadamslmt.com
- Yvonne Butler, LMT, Mobile, ph.635-4883, email: yoniblmt@gmail.com
- Cinthya Tessa Galea, LMT, Mobile, ph.301-6845
email: empoweredgoddessCBS@gmail.com

Prenatal Fitness Options

- 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
- Private, in-home prenatal yoga, Cinthya Tessa Galea, LMT, Mobile, #(251)301-6845
email: empoweredgoddessCBS@gmail.com
- “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

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 making birth planning decisions
- www.cochranelibrary.com – reviews and pregnancy/childbirth links – reviews on research studies regarding pregnancy and childbirth
- www.vbacfacts.com – research based information on the risks and safety of VBAC (vaginal birth after cesarean)
- www.ican-online.org – International Cesarean Awareness Network - information on facts of cesarean and VBAC births as well as international support chapters