



## 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](mailto:chineseacupuncture@yahoo.com)

### Birth Photography

- Loral Lewis, Llove 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

- Dr. Michael Bucknell, Liberation Chiropractic and Wellness PC, ph.607-0040  
email: [drmike@liberationchiropractic.com](mailto:drmike@liberationchiropractic.com), 7921 Tanner Williams Rd, Mobile
- Dr. Katherine Crafton, Crafton Chiropractic, ph.625-3331, email: [drcrafton@craftonclinic.com](mailto:drcrafton@craftonclinic.com)  
5400 Zeigler Blvd., Mobile – free newborn visit for pregnant clients
- Dr. Jessica Jones, ph.380-0308, 5017 Moffett Rd, Mobile
- Dr. Ryan Nobles, Coastal Chiropractic, Daphne, ph.375-0131, [www.coastalchiro.us](http://www.coastalchiro.us)  
email: [info@coastalchiro.us](mailto:info@coastalchiro.us), 6483 Van Buren St. Suite 101, Daphne, kinesio taping available

### Custom Layette, Bedding, Nursery Decor and Monogramming

- Becky Thomaston, Ourfinesthours.etsy.com, ph.716-9090

### Labor Doulas

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

Midwives

- Colleen Tullis, CPM, LMP, Mother's Comfort Birthing Services, LLC, ph. 510-8540  
email: [motherscomfort@comcast.net](mailto:motherscomfort@comcast.net) , on Facebook
- Cindi Denbow IBCLC, CNM, ARNP, Gentle Birth Options, LLC, Niceville, FL.  
ph.(844)262-4784, [www.gentlebirthoptions.com](http://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](mailto: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](mailto:Lacnaturalconsultant@gmail.com), LacNatural on Facebook (resides in Baldwin County)
- Jennifer Crigger RN, CCCE, CLC, Beit Birth LLC, ph.510-8623, [www.beitbirth.com](http://www.beitbirth.com)  
email: [jennifer@beitbirth.com](mailto: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](http://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](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)
- [newborns.stanford.edu/breastfeeding](http://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 – 2<sup>nd</sup> floor of education building behind St.Paul's Episcopal Church, , 4051 Old Shell Rd.  
- 2<sup>nd</sup> Tuesday of the month, 10:30 am, 4<sup>th</sup> 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  
1<sup>st</sup> 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](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

#### 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)
- Cinthya Tessa Galea, LMT, Mobile, ph.301-6845  
email: [empoweredgoddessCBS@gmail.com](mailto:empoweredgoddessCBS@gmail.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
- Private, in-home prenatal yoga, Cinthya Tessa Galea, LMT, Mobile, #(251)301-6845  
email: [empoweredgoddessCBS@gmail.com](mailto: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
- 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 Facebook, ph. 473-8040

### 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 making birth planning decisions
- [www.cochranelibrary.com](http://www.cochranelibrary.com) – reviews and pregnancy/childbirth links – reviews on research studies regarding pregnancy and childbirth
- [www.vbacfacts.com](http://www.vbacfacts.com) – research based information on the risks and safety of VBAC (vaginal birth after cesarean)
- [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