



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

- Danielle Parker, www.danielleparkerphotography.com , ph.(251)895-1835, on Facebook
- 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

Chiropractors

- Dr. Michael Bucknell, Liberation Chiropractic and Wellness PC, ph.607-0040
email: drmike@liberationchiropractic.com, 7921 Tanner Williams Rd, Mobile
- Dr. Spencer Callahan, Bayview Optimal Performance, ph. 533-7255, 7 South Bayview St., Fairhope
- Dr. Katherine Crafton, Crafton Chiropractic, ph.625-3331, email: drcrafton@craftonclinic.com
5400 Zeigler Blvd., Mobile – free newborn visit for pregnant clients
- Dr. Ryan Nobles, Coastal Chiropractic, Daphne, ph.375-0131, www.coastalchiro.us
email: info@coastalchiro.us, 6483 Van Buren St. Suite 101, Daphne, kinesio taping available
- Dr. Jessica Seematter, ph.380-0308, Moffett Road Chiropractic, 5017 Moffett Rd, Mobile

Custom Layette, Bedding, Nursery Decor and Monogramming

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

Labor Doulas

- Jamie Cordeiro RN, LCCE, ph.209-9448, email: jjcmobile@comcast.net – private birth classes also available
- Jennifer Crigger, RN, CCCE, CLC, Beit Birth, ph.510-8623, www.beitbirth.com
email: beitbirth@gmail.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
- Cinthya Tessa Galea, CD, CMD, Calm Spirit Wellness, ph.706-9205
email: empoweredgoddessCBS@gmail.com

- Courtney Gordon, Root and Bloom Birth Services, ph.234-9555
email: rootandbloombirth@gmail.com , on FB
- Sarah Leman, Pure Grace Doula Services, ph.243-1755, email: snyleman@gmail.com, on FB

Midwives

- Stacey Bufkin, CPM, staceybufkin@gulftel.com, (251)604-6258, MS and AL
- Esther Davis, CNM, South Baldwin ObGyn, Foley, AL, (South Baldwin Regional Medical Center), ph. 943-2141, www.southbaldwinobgyn.com
- Renata Hillman, CPM, BirthingOptions@att.net, (251)463-2426, central and south MS
- Colleen Tullis, CPM, LMP, Mother's Comfort Birthing Services, LLC, ph. 510-8540
email: motherscomfort@comcast.net , on Facebook

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, CCCE, CLC, Beit Birth, ph.510-8623, www.beitbirth.com
email: beitbirth@gmail.com (resides in Mobile County)
- Elizabeth Simmons IBCLC, Eastern Shore Lactation, servicing Mobile and Baldwin Counties, ph. 402-6884, easternshorelactation@gmail.com, 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

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

- 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

- 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 - www.lactationtraining.com for free parent handouts
- 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.
- 3rd Monday of the month, 10:30 am
- Michelle, LLL leader, ph.656-5249 (on Facebook as well)

Baldwin County

- Eastern Shore Baby Café – Diegmann Ob/Gyn, behind Thomas Hospital
Wednesdays, 12:00-1:30 pm, Scotty Thompson, RN, IBCLC and Dr. Green, MD, ph.279-1178
(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

Postpartum Emotional Support

Note: Please contact your health care provider to assist in diagnosing and treating any symptoms of postpartum depression. You are important!

- Lower Alabama Perinatal Support, peer to peer support group meets monthly in Fairhope, currently on Facebook under GroovaRoo with Ami, Amie Martin, ph.279-0221

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
- Cinthya Tessa Galea, LMT, Mobile, ph.301-6845
email: empoweredgoddessCBS@gmail.com

Prenatal Fitness Options

- Ami Kay Butterflies Dancing Perinatal Support, Fairhope, Amie Martin, on FB as GroovaRoo with Ami, ph.279-0221, 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
- 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
- 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.ican-online.org – International Cesarean Awareness Network - information on facts of cesarean and VBAC births as well as international support chapters