

Breast Pumps:

mommyXPRESS: (844) 641-2255, www.mommyxpress.com

Methodist Le Bonheur Germantown Hospital: (901) 516-6893

Methodist South: (901) 516-3475

Regional One Health (ROH): (901) 545-7736 (must have delivered at ROH)

WIC provides breast pumps to eligible moms separated from their babies or with special circumstances. Contact your local WIC clinic or Shelby County Breastfeeding Coordinator for details.

Call your insurance company for assistance obtaining a breast pump, now covered by most providers under the Affordable Care Act!

Tennessee Laws Protecting Breastfeeding

A mother may breastfeed in any public or private place she is authorized to be. (TCA 68-58-101)

Local governments shall not prohibit breastfeeding in public by local ordinance. (TCA -68-58-103)

Breastfeeding shall not be considered public indecency or nudity, obscene, or sexual conduct. (TCA 68-58-102)

Employers must accommodate breastfeeding mothers at work. (TCA 50-1-305)

Free Apps for your phone

Baby2Sleep—Free message with safe and healthy sleep information
Text4Babies—free text information service designed to promote maternal and child health

Check out our website for videos, apps, and more at www.shelbycountybreastfeeding.org

Hot-lines



Tennessee Breastfeeding Hot-line available 24/7
(855) 423-6667



USA Helpline through La Leche League USA
(877) 452-5324
(Must leave message & will receive return call)



Office on Women's Health available M-F 8-5 CST
(800) 994-9662

Disclaimer: The Shelby County Breastfeeding Coalition compiled this list of available breastfeeding resources in Shelby County and surrounding areas but neither guarantees nor endorses any services mentioned here. SCBC is not liable for any damages arising out of the use of information provided here.




Our Mission:

To protect, promote, and support breastfeeding in Shelby County through the assistance of the medical profession, the public health system, and consumers by educating physicians and other health care providers, encouraging “Baby-friendly” practices in all Shelby County hospitals, and by educating the public through community outreach activities.



Contact us at

shelbycountybreastfeeding@gmail.com
www.shelbycountybreastfeeding.org

Like us on Facebook! 
Updated Spring 2023

Consultations, Visitations, and Support Groups

Cost, accepted insurance, & availability will vary. Call/email to schedule appointments and for additional information about individual and group consultations, classes, & support.

Individual and Private Practice Consultation & Support

All Better Pediatrics:
Linda Bowman, IBCLC
Marcia Garcia, BA, IBCLC
(901) 761-1880

Allison Stiles, MD, FAAP, FACP, IBCLC:
Memphis Internal Medicine & Pediatrics
(901) 276-0249

Angie Whatley, RN, IBCLC:
(870) 636-5231
arwhatley166@gmail.com

Anna Wilson, CLC:
(901) 300-0408
gaeabirthingco@gmail.com

April Sims, CLC:
(901) 438-7485

Bring It On Out:
Donna Ross, CLC
(901) 649-5811
donnaross1968@yahoo.com

Chanielle Talbird, MS, CLS, CD(DONA):
(901) 907-5036
vineyardpastries@gmail.com

Jessica Balderson, SLP, CLC
(901) 619-8590

Kaila Matthews, CLC
(901) 603-0454
www.whatthedoula.com

Kimathi Coleman, CLC
(901) 310-5372
creationswithak@gmail.com

Laurelwood Pediatrics:
Rivka Braverman, IBCLC
(901) 683-9371

Le Bonheur Pediatric Groups
Breastfeeding Clinics (For Le Bonheur
Patients Only)
(901) 432-1591

Megan Harris, CLC:
(559) 288-6271

Milk Medic
Shan McLean, BSN, RN, IBCLC
Stefanie Logan, BSN, RN, IBCLC
(901) 651-4489
info@themilkmedic.com
www.themilkmedic.com

Midsouth Lactation Consultants:
Joni Rose, MS, RD, LDN, IBCLC, RLC
Brandi Jordan, MS, RD, LDN, IBCLC, RLC
(901) 826-6385
support@midsouthlactationconsultants.com
midsouthlactationconsultants.com

My Mama Body:
Emily Mulqueen, CLC
(917) 331-9643
emily@mymamabody.com
mymamabody.com

Pediatric Associates:
(901) 377-2711

Pediatric Consultants – Collierville:
(901) 457-2880

Pediatrics East:
Brandi Jordan, MS, RD, IBCLC
Cindy Earle, MSN, RN, IBCLC
(901) 757-3535

River City Pediatrics (Baptist Medical
Group)
Kristi McDonald, RD, IBCLC
(901) 761-1280
kristina.mcdonald@bmg.md

Susan Rook, PT, CLC
(901) 602-4460
cebirth901@gmail.com
https://cebirth.com

Tallita Oseguera, CNM, WHNP-BC
Text: (310) 430-5964
talitathemidwife.com

Toni Hill, DEM, CLC (North Mississippi)
(662) 269-4643

Webbmark Health Solutions, LLC
Larita Taylor, PhD, MPH, CLC
www.Webbmarkhealth.com
731-215-0385

Hospital and Lactation Support Services Organizations

Baptist Memorial Health Care
Desoto:
(662) 772-3296

Memphis (Women's):
Support Group and General Questions
(901) 227-9873
Lactation Services
(901)-227-9620

Tipton:
(901) 475-5410

Breastfeeding Sisters That Are
Receiving Support (BSTARS)
TPyles@bstars.org
Facebook: Memphis BSTARS

Breastfeeding USA Memphis Chapter
Jessica Smith
(901) 579-0536
jessica.s@breastfeedingusa.org
Facebook: Breastfeeding USA
Memphis Chapter

Early Success Coalition:
(901) 577-2500
earlysuccesscoalition.com

LaLeche League of Memphis:
Kristin Hildebrand
(901) 244-3511
lllmemphiskristin@gmail.com

Legend of Lactation Credentials

IBCLC: International Board Certified Lactation Consultant: A professional who specializes in the clinical management of breastfeeding which includes: preventive healthcare, patient education, nutrition counseling, and therapeutic treatment. An IBCLC is certified by the International Board of Lactation Consultant Examiners and works in a variety of settings, providing leadership, advocacy, professional development, and research in the lactation field.

CLC: Certified Lactation Counselor: A professional in lactation counseling who has demonstrated the necessary skills, knowledge, and attitudes to provide clinical breastfeeding counseling and management support to families who are thinking about breastfeeding or who have questions or problems during the course of breastfeeding/lactation.

CLS: Certified Lactation Specialist: A professional in lactation counseling who has demonstrated the necessary skills, knowledge, and attitudes to provide clinical breastfeeding counseling and management support to families who are thinking about breastfeeding or who have questions or problems during the course of breastfeeding/lactation.

Methodist Le Bonheur
Germantown:
(901) 516-6893

South (Memphis):
(901) 516-3475

Olive Branch
(901) 516-6893

Regional One Health (ROH)
Community Program Coordinator for
Childbirth Services:
(901) 545-8449
regionalonehealth.org/womens-services/
classes/

Lactation Services
(901) 545-7736
lactationroh@regionalonehealth.org

Saint Francis Hospital Park:
(901) 765-1761

Saint Jude Children's Research Hospital:
(901) 595-3315
Classes for St. Jude employees only

Shelby County Agencies
Baby Café
(901) 222-9980

WIC Clinics:
(901) 222-9000

Sundara Wellness Center
(901) 321-5803
sundarawellness.com