

Childbirth Services Resource Guide

Homebirth Midwives/Birth Centers

Mama's Cradle: Vicki Taylor (850) 380-6262
mamascradle.com

Gentle Birth Options: Cindi Denbow, Jessica Gibson (850) 279-6778
gentlebirthoptions.com

Milton Memorial Birthing Center: Maria Milton (850) 834-2946

Labor Doulas

Erin Hinze (850) 686-3176 (also Childbirth Educator)
birthingyourwaytoday.com

Jenny West (850) 281-1094
everywomandoulas.com

Christy Shields (850) 499-9144 (also Childbirth Educator)
emeraldcoastbirth.com

Carnley Proud (850) 554-1159 (also Childbirth Educator)
wonderfullymadebirth.com carnley@wonderfullymadebirth.com

Emily Nolan (864) 710-4385
emilyinolan@gmail.com

Shanna Carden (850) 797-9901 (also Childbirth Educator)
shanna@unconventional-mama.com

Sabrina Lewis (850) 200-8368
sabrinalavaty@gmail.com

Susan Sutton (850) 398-0359

There are currently no BabyFriendly™ hospitals in the local area.

IBCLCs (International Board-Certified Lactation Consultants)

Anne Sanborn (850) 595-6668 x212

Betty Liles (850) 883-9254 x2182

Anne Hinze (850)699-2018

wombtobreast.com wombtobreast@gmail.com

Regina Humphrey (850) 502-7488, (850) 278-3995

Lactation Educators

Emily Nolan (864) 710-4385
emilyinolan@gmail.com

Carnley Proud (850) 554-1159
wonderfullymade.com

Erin Hinze (850) 686-3176
birthingyourwaytoday.com

Postpartum Doulas

Jenny West (850) 281-1094
everywomandoulas.com

Emily Nolan (864) 710-4385
emilyinolan@gmail.com

Birth Photography

Nicole Jade Photography (850) 855-9605
nicolejadephotography.com

Car Seat Safety

Beyond Just Buckled (850) 218-8200

beyondjustbuckled.com kim@beyondjustbuckled.com

Breast Pump Rentals / Supplies

Self Expressions Nursing Supplies, Inc. 1-877-463-3352 selfexpressions.com

SHH on the Emerald Coast (850) 278-3534

Storkland (850) 478-2633

Sacred Heart Hospital (850) 416-6378

Baptist Hospital (850) 434-4567

Gentle Birth Options (850) 279-6778

- Local Target stores also carry a variety of breast pumps for purchase

Chiropractors / Cranial Sacral Therapists

Dr. Sarah Leatherman (850) 864-0800
healthsourcefwb.com

Larissa Tenzycki (850) 279-6778

Mental Health Care / Psychologists

Jennifer Masino (850) 424-5210
masinotherapy.com

Exercise

Crestview Stroller Strides (850) 826-4142
strollerstrides.net/crestview

Her Strength Boot Camp- Maria Tanner (850) 398-0180
herstrengthbootcamp.com momsgetfit@gmail.com

Acupuncture

Coastal Acupuncture (Pensacola) (850) 312-8186

Drew Smith Acupuncture (Destin) (850) 837-5611

Informative Websites

KellyMom (breastfeeding, pumping)
kellymom.com

International Breastfeeding Centre- Dr. Jack Newman
www.nbc.ca

ICAN (International Cesarean Awareness Network)
ican-online.org

Dr. Sears (breastfeeding, infant care, pregnancy)
askdrsears.com

Postpartum Support International
postpartum.net

Support Groups

La Leche League of Pensacola
pensacoLaLecheLeague@gmail.com

La Leche League of the Central Panhandle (850) 710-5085 (703) 498-9304
lllcpandhandle@gmail.com

La Leche League of the Emerald Coast (850) 699-2018
LLLleaderAnne@gmail.com

Hurlburt Breastfeeding Support Group (864) 710-4385
Emily.nolan@us.af.mil

Holistic Moms Network (Pensacola Group)
gulfoasthmn@gmail.com