

North Central Florida Breastfeeding Resource List

Breastfeeding Medicine Providers

Mary C Ryngaert, ARNP IBCLC, Erica Noegel, ARNP IBCLC UF Health Pediatrics (Gainesville) tongue tie release, prescriptions, lactation support Phone: 352-733-1770 <https://ufhealth.org/uf-health-pediatrics/breastfeeding>

Sara Copeland DNP, ARNP, IBCLC BORN to Connect: Comprehensive lactation services (Gainesville) Laser releases for tongue and lip ties. Phone: 352-441-1038 www.bornlactation.com

Lactation Consultants

Heidi Agostinho, PhD, IBCLC, Foundation for Breastfeeding, (Gainesville) Phone: 305-970-0858 (Habla Español) home and virtual visits, phone help, classes.

Angela Daniel, MSSW, CD, CLC Family Centered Birth Services (Gainesville) Phone: 352-477-2139 home visits, classes www.familycenteredbirthservices.com

Tricia Eibl, IBCLC (Gainesville) home visits Phone: 630-329-6643

Jennifer Moore, RN, IBCLC, Optimom Lactation Services (Gainesville) Phone: 808-468-6455 in home or telehealth visits, breast pump and scale rentals www.optimomlactationservices.com/

Eden Nevárez, IBCLC, Bonding with Baby Lactation (Ocala) Phone: 352-897-0375 office or home visits, classes www.bondingbabylactation.com

Pediatric Dentists (tongue, lip, buccal tie laser releases)

Dr. Kristen Dreyer, DMD (Gainesville) - Phone: 352-335-7777- www.kidsonlydentalplace.com

Dr. Gary Myers, DMD (Middleburg) - Phone: 904-505-2010 – www.tooth2tooth.com

Dr. Frank Sierra, DMD (Tampa) - Phone: 813-889-0780 – www.kidssmilesdental.com/

Dr. Patricia Villalta DMD, MS (Clermont) – Phone: 352-653-1600 www.orlandotonguetiecenter.com

Speech/Occupational Therapists

Catherine Kadechka, MA, CCC-SLP, Myoga Speech (Gainesville) Phone: 352-340-1113 TOTS, Beckman, and TummyTime!Method certified, specializes in oral function as it related to feeding, speech, breathing, and orofacial development www.myogaspeech.com

Arin Sandora, OT, Milk and Honey Occupational Therapy (Alachua) Phone: 352-514-8835 TOTS and Beckman certified, Home-based occupational therapy milkandhoneyot.clientsecure.me/

Bodywork Practitioners – Cranial Sacral Therapists

Marita Guilderson, CST, LMT (High Springs) - Phone: 352-226-2808 - Email: Roddimarita@gmail.com

Anne Wister, CST, LMT (Tampa) - Phone: 727-251-2324 - www.iahp.com/annewister

Bodywork Practitioners – Chiropractic

Drs. Shane and Brittany Semegon, DC, Awaken Chiropractic (Gainesville) Phone: 352-448-1402 Webster technique certified www.awakenmyhealth.com

Back in Balance (Gainesville) Phone: 352-271-1211 www.backinbalancegainesville.com

Public Health Services/Community Resources

Healthy Start of North Central Florida - Phone: 1 (877) 678-9355 - www.chsandhsncfcoalitions.org

(WIC) Alachua Women Infants and Children Program - Phone: 352-225-4343

Early Steps - Phone: 352-273-8555 - www.myearlysteps.com

Florida Department of Health Marion County - Phone: 352-644-2674

La Leche League of Gainesville - Leaders: Emily, Justine, Lindsey, Mirella, Rachel, Tricia

In-person Meetings, Phone/Online Support, Lending Library - Phone: 352-507-5530 www.lllgville.com

¿Necesitas ayuda para amamantar en español? Comunícate con Mirella en 352-731-2454 o

mirellaramkaree@gmail.com

Breastfeeding and Baby Supplies

Optimom Lactation Services - Phone: (808)-468-6455 breast pump and baby scale rentals

Epecially for Women - Phone: (352) 332-9095 - breast pumps rentals and for purchase

The Gift Stop at UF Health Shands Children's Hospital - Phone: (325) 265-0121 - breast pump rental

Facebook Support Groups

- Gainesville Tongue Tie Group - www.facebook.com/groups/GainesvilleTongueTie
- La Leche League of Gainesville Group - www.facebook.com/groups/LLLofGvilleFL
- North Florida Tongue Tie Group - www.facebook.com/groups/tonguetiesupportofnorthflorida
- Tongue Tie Babies Group - www.facebook.com/groups/tonguetiebabies

Online Resources

- **General Breastfeeding Information**
 - La Leche League - <https://lloi.org/breastfeeding-info/>
 - Kelly Mom - www.kellymom.com
 - Dr. Jack Newman - <https://ibconline.ca/> (Click on *Info and Videos*)
 - Nancy Mohrbacher - www.nancymohrbacher.com
- **Medication and breastmilk**
 - Lactmed - <https://www.ncbi.nlm.nih.gov/books/NBK501922/>
 - Infant Risk - www.infantrisk.com/categories/breastfeeding
- **Tongue and Lip Tie Information**
 - Dr. Ghaheri - www.drghaheri.com
 - Dr. Kotlow - www.kiddsteeth.com/breastfeeding.php
 - Dr. Baxter - www.tonguetieal.com
 - Michelle Emanuel, TummyTime Method - www.youtube.com/user/MichelleE110/