

Mothers and Babies Resources

Welcome to the mothers and babies' resources page! We have compiled a list of resources that we believe would be helpful for the women and babies of Tennessee. Here you can find links to resources by county, WIC center locations, breast pump rental resources, lactation consultants and breastfeeding experts, breastfeeding guides and information!

County Breastfeeding Resources

Shelby County Breastfeeding Resources

<https://www.shelbycountybreastfeeding.org/breastfeeding-resources>

Chattanooga Area Breastfeeding Resources

<http://chattanoogabreastfeeds.org/breastfeeding-resources/#:~:text=Tennessee%20Breastfeeding%20Hotline%20%28855%29%204BFMOMS%20%2F%20%28855%29%20423-6667,%28877%29%204LA%20LECHE%20Lactation%20Staff%20for%20Home%20Visits>

Breastfeeding Resource Guide- Knoxville

<https://www.guidedheartdoula.com/post/breastfeeding-resources-guide-knoxville-tn>

Breastfeeding resources Brentwood Children's

<https://brentwoodchildrens.com/Resources/Health-Information-Library/Breastfeeding/Breastfeeding-Resources>

Knox County Breastfeeding Resources

<https://knoxcounty.org/health/pdfs/BreastfeedingGuide.pdf>

<https://knoxcounty.org/health/breastfeeding.php>

Nashville/Davidson County

<https://www.nashville.gov/departments/health/family-and-infant-health/breastfeeding-resources>

Local Breastfeeding Resources

Local Lactation Consultant:

Heather Click Hutton is a private practice lactation consultant in Kingsport, TN. She provides in home, in hospital, and telehealth breastfeeding support at this time. Heather will soon also have a home office and is currently able to travel up to an hour for visits which includes the following counties:

TN: Sullivan County, Washington County, Hawkins County, Greene County, Carter County, and Unicoi County.

TN.gov

<https://www.tn.gov/health/health-program-areas/fhw/bf/breastfeeding-mothers.html>

Tennessee Breastfeeding Hotline

<https://www.tn.gov/health/health-program-areas/fhw/bf/breastfeeding-hotline.html>

West TN Women's Center

<https://www.wth.org/wp-content/uploads/2019/04/WomensCenterBreastfeedingFlier.pdf>

Local WIC Search Guide

<https://www.tn.gov/health/health-program-areas/fhw/wic/redirect-wic/wic-clinics.html>

Breast Pump Rental Resource

<https://www.medela.us/breastfeeding/services/breast-pump-rental>

Breastfeeding Support Groups

<https://www.balladhealth.org/childrens-resource-center/local-support-groups>

Breastfeeding Resources from Vanderbilt

<https://www.vanderbilt.edu/child-family-center/resource-quick-links/breastfeeding-resources.php>

Brentwood Children's Breastfeeding Resources

<https://brentwoodchildrens.com/Resources/Health-Information-Library/Breastfeeding/Breastfeeding-Your-Baby-booklet>

Lactation Resources

<https://www.childrenshospitalvanderbilt.org/service/childbirth-and-lactation-resources>

Find a Local Lactation Consultant

<https://uslca.org/resources/find-an-ibclc/>

Realistically Fed Lactation Support: Lauren Jones- offers in-home, virtual and text lactation support and virtual breastfeeding classes for a fee. Contact lauren@realisticallyfed.com for an appointment. www.realisticallyfed.com

Blessed Beginnings: Offering home visits for a fee and free feeding support group. www.BlessedBeginningsTeam.com Angelaleelc@yahoo.com 615-686-7884

Expressions! Lactation LLC: Lydia Dailey- Lactation Consultant in Clarksville and Ft. Campbell for a fee. Contact Expressions@gmail.com or (615) 972-5395 for an appointment.

Middle Tennessee Lactation: 3326 Aspen Grove Dr. Suite 312 Franklin TN Offering private consults in office for a fee. Kimberly@middletnlactation.com 615-785-7882- call or text for an appointment.

Nashville Birth and Babies: 230 Great Circle Road, Suite 202, Nashville 37228. Offers in-office, home, and virtual visits for a fee. Call 1-855-905-2229 (BABY), visit www.nashvillebirthandbabies.com, or email Lactation@nashvillebirthandbabies.com for an appointment

Erlanger Children's Hospital in Chattanooga

[Classes/Support Groups \(erlanger.org\)](http://erlanger.org/Classes/Support%20Groups)

Middle TN Lactation Consultants

- Lydia Dailey
 - Phone- 615-972-5395
 - Email- Expressionslactation@gmail.com
 - Website- www.facebook.com/expressionslactation
 - Visits are by appointment only, done at home or virtual. Text is best to contact.
 - Areas Served- Clarksville, Fort Campbell, Hopkinsville, Pleasant View, Springfield, and surrounding areas
- Kimberly Hampton
 - Phone- 615-785-7882
 - Email- kimberly@middletnlactation.com

- Website- www.middletnlactation.com
 - Areas Served- Middle TN
 - Visits are done at the office, home, or virtual
- Angela Plunkett
 - Phone- 901-568-9202
 - Email- Angela@tennesseelactationcare.com
 - Website- <https://tennesseelactationcare.com/>
 - Areas Served- Franklin to Murfreesboro, and south to Chapel Hill area & surrounding areas
 - Visits are flexible and done either at home or virtually
- Sara Huddleston
 - Phone- 615-200-6136
 - Email- sara@villagelactationnashville.com
 - Website- www.villagelactationnashville.com
 - Areas Served- Davidson, Sumner, Wilson, others depending on travel
 - Visits are done at home or virtually
- Melinda Ring
 - Phone- 931.308.9817
 - Email- nest.n.nurture.nashville@gmail.com
 - Website- www.nestnnurture.com
 - Areas Served- Franklin and 1 hour radius (Columbia, Spring Hill, Nashville, Hendersonville, Murfreesboro, Smyrna, Antioch, My. Juliet, Lebanon)
 - Visits are flexible and done either at home or virtually
- Angela Lee
 - Phone- 615-686-7884
 - Email- Angelaleelc@yahoo.com
 - Website- www.BlessedBeginningsTeam.com
 - Areas Served- Spring Hill, Thompson Station, Franklin
 - Visits are by appointment only and done at home or virtually
- Leigh Qualls
 - Phone- 615-579-8019
 - Email- Clq1102@gmail.com
 - Website- www.BlessedBeginningsTeam.com
 - Areas Served- Franklin, Brentwood, Nolensville
 - Visits are by appointment only and done at home or virtually
- Celeste Hilliard
 - Phone- 615-714-1349
 - Email- Celestehilliardlc@gmail.com
 - Website- www.BlessedBeginningsTeam.com
 - Areas Served- Columbia
 - Visits are by appointment only and done at home or virtually
- Leah K. Brown
 - Phone- 855-905-2229
 - Email- Leah@NashvilleBirthAndBabies.com

- Website- www.NashvilleBirthAndBabies.com
- Areas Served- Sumner, Wilson, Trousdale, Smith, North Rutherford, East Davidson, West Putnam, Macon Counties
- Visits are by appointment only and done at home or virtually
- Nancy Hinsley
 - Phone- 855-905-2229
 - Email- Nancy@NashvilleBirthAndBabies.com
 - Website- www.NashvilleBirthAndBabies.com
 - Areas Served- Davidson, Cheatham, East Dickson, North Williamson Counties
 - Visits are by appointment only and done at home or virtually
- Sarah Willis
 - Phone- 931-309-8118
 - Email- sarah@tnvalleylactationsupport.com
 - Website- www.tnvalleylactationsupport.com
 - Areas Served- Giles County, Fayetteville, Ardmore, North Alabama
 - Visits are by appointment only(see schedule on website) and done at home or virtually
- Jackie Randolph
 - Phone- 615-218-5130
 - Email- Heavenlyhomes@yahoo.com
 - Areas Served- All of Middle Tennessee and Beyond
 - Visits are by appointment only and done at home or virtually
- April Graves
 - Phone- 615-475-7143
 - Email- april@isupportbreastfeeding.com
 - Website- www.facebook.com/aprilbclc
 - Areas Served- Hendersonville, Gallatin, North Nashville, East Nashville, Donelson
 - Visits are done at home *currently not taking new clients
- Ashley Glenn
 - Phone- 615-812-7856
 - Email- ashley@bosombuddynashville.com
 - Website- www.bosombuddynashville.com
 - Areas Served- Davidson, Williamson Co
 - Visits are done either at home or virtually. A 24-hr. notice is preferred for visits.
- Dawnalea Kneese
 - Phone- 714-552-9931
 - Email- Dawnalea@Lavenderlactation.com
 - Website- www.lavenderlactation.com
 - Areas Served- Sumner, Wilson, and Davidson Co
 - Visits are by appointment only and done at home or virtually
- Jolane Morgan
 - Phone- 615-202-1531
 - Email- Jolanek.morgan@gmail.com
 - Website- <https://www.vestawellnessstudio.com/>

- Areas Served- Davidson County, Nashville, East Nashville, Inglewood, Donelson, Madison, Hendersonville
- Visits are by appointment only and done at home or virtually
- Donna Wisniewsk
 - Phone- 414-659-3255
 - Email- dlwisniewski@aol.com
 - Website- www.lavenderlactation.com
 - Areas Served- Franklin and 1 hour radius (Columbia, Spring Hill, Nashville, Hendersonville, Murfreesboro, Smyrna)
 - Visits are flexible and done at home or virtually
- Isabel Bennett
 - Phone- 209-918-4423
 - Email- isabelibclc@yahoo.com
 - Website- <https://modestolactationdoula.com/>
 - Areas Served- Mt. Juliet, and 45 min radius.
 - Visits are by appointment only and done at home or virtually

Breastfeeding Information Resources

Designated Breastfeeding Experts

<https://www.tn.gov/health/health-program-areas/fhw/bf/tennessee-designated-breastfeeding-experts.html>

Breastfeeding for Providers

<https://www.tn.gov/health/health-program-areas/fhw/bf/breastfeeding-providers.html>

Breastfed Babies

<https://www.fns.usda.gov/tn/breastfed-babies-welcome-here>

Feeding Infant Tools

<https://www.fns.usda.gov/tn/feeding-infants-cacfp-trainers-tools>

Cherished Mom support groups: <https://www.cherishedmom.org/peer-support-groups/>

Families Free and Dr. Diana Morelen run a 10-week parenting group called Mom Power: <https://www.familiesfree.com/>

Meharry Medical College: FREE Prenatal Breastfeeding Education – (615)-327-5653

Breastfeeding Essentials LLC - 1600 LEE HWY BRISTOL, VA 24201, (423) 646-0205

Support

East Tennessee Breastfeeding Coalition

<https://www.facebook.com/easttnbreastfeedingcoalition/>

La Leche League of the Mountain Empire - <https://www.lllmountainempire.org/>

Ballad Health Breastfeeding Basics Class: <https://www.balladhealth.org/event/breastfeeding-basics>

TNAAP Breastfeeding

Resources: https://www.tnaap.org/getattachment/Programs/PHiT/Projects/Breastfeeding-Sustainment/Johnson_City_BF_Handout.pdf?lang=en-US

IBCLC's are on staff at the following clinics:

ETSU OB/GYN - Gloria Dudney

Johnson City Pediatrics - Sarah Reed

First Choice Pediatrics - Erin Rodriguez

Village Pediatrics and Breastfeeding Medicine - Dr. Rebecca Powers

Breastfeeding Support and Encouragement Group: 423-342-8008 Washington County Mom and Baby Connection: 423-975-2285 Mommy and Me (Johnson City): 423-431-5432 Greenville Health Department: 423-798-1749

Hospital Support

St. Thomas Midtown: FREE Breastfeeding Clinic – Open to community, operating by appointments only! Please call please clinic to schedule an appointment 615-284-2055. Open M/W/TH: 9am-2pm with the last appointment being at 1pm. Located at 300 20th Ave medical building, suite 703 (next to Ascension St Thomas Midtown) Visit “St. Thomas Midtown Breastfeeding Clinic” on Facebook or [Click here](#)
Midtown Services

- You **do not** have to have delivered at St Thomas to utilize this service.
- Parking: you may park in the FREE parking garage that is attached to the office building (located off of State St) or you can take advantage of the FREE valet parking located at the main entrance of the building.

- At this time, due to restrictions of COVID, the clinic is asking that ONLY mom and baby are present during the consultation. We do understand there are circumstances where it is not possible to come alone – there are plenty of places your support person may wait with in the building.

St. Thomas Rutherford:

- Offering virtual consults by appointment only. Call 615-396-4167 for an appointment.

Tri-Star Centennial Hospital:

- Offering free counseling over the phone. Offering out-patient consults by appointment only. Doctors order required and fee for out-patient service. Call 615-342-5650 for appointment. [Click Here TriStar Centennial Services](#)

Tri-Star Stonecrest:

- Offering virtual consults free of charge. Offering out-patient consults for a fee. Call 615-768-2234 for an appointment.
- Weekly support group closed for now due to Covid-19

Vanderbilt Medical Center: [Click Here Vanderbilt Services](#)

- Now offering virtual lactation consults **for parents of babies delivered at Vanderbilt** or Vanderbilt associated centers. Call 615-936-1414 for an appointment.
- “Grow and Thrive: A Virtual Breastmilk Support Group” meets virtually every Tuesday from 2-2:45pm. Please email Caradawnbc@gmail.com for zoom information

Maury Regional Hospital:

- Outpatient consults are available by appointment and for a fee. Doctor’s order required. Call 931-490-7074 for an appointment.

Tri-Star Summit Medical Center: 615-316-4244 [Click Here TriStar Summit Services](#)

Baby & Co.: 615-953-9704 [Click Here Baby & Co Services](#)

Metro Nashville General Hospital: 615-341-4223

Public Health Support

WIC Clinics – Davidson County www.mphd.nashville.org

- East Health Center. 1015 East Trinity Lane, 615-862-6626
- Lentz Health Center: 2500 Charlotte Ave, 615-340-5619
- South Nutrition Center: 3718 Nolensville Pike 615-880-3210
- Woodbine Health Center: 224 Oriel Ave 615-880-2299

Breast Pump Rental and Purchase Resources

*Contact your insurance provider for assistance

St Thomas Midtown Hospital Lactation Boutique, 615-284-6455

[Click Here Midtown Lactation Help](#)

Tristar Centennial Women's Hospital Breastfeeding Support & Lactation Boutique, 615-342-5650, [Click Here Centennial Breastfeeding Support](#)

Tristar summit Medical Center's " Best Beginnings" Lactation Boutique, 615-316-4244

Aeroflow: www.aeroflowbreastpumps.com toll free : 888-345-1780

Vanderbilt Children's Hospital Champs Corner Store (615)-936-1869

Supplies/Pumps

The Nursing Nook - <https://nursingnook.com/>