



Birth Services and Resource List

Acupuncture -

- LyonsAcupuncture.com-
Jennifer Lyons (760) 415-7590 located at 1207 Carlsbad Village Dr Suite T
Carlsbad, Ca 92008
- northcountyacu.com - Joseph Voss L.Ac. (760) 434-3410 located 2420 Vista
Way Suite 125 Oceanside, Ca 92054

Baby Wearing-

- Wildbird.co- baby slings and totes
- mayawrap.com-baby ring slings birth 8 lb.-35 lb.
- Beachwoodbaby.com- baby ring slings and clothing
- Ergobaby.com- ergonomic baby carriers

Birth Centers-

- Tourmaline Birth and Wellness Collective- 4545 Fanuel St. San Diego
(858)900-2004
- Best Start Birth Center-3630 Enterprise St. San Diego (619)299-0840

Birth/Labor Informational websites-

- evidencebasedbirth.com
- www.spinningbabies.com

Breastfeeding/Lactation Support-

- darathedoula.com Dara Desoto with Mother Baby Wellness Support- prenatal, postpartum and lactation support (858)699-2710
- Jenet Morrison- Lactation Consultant (does in person and zoom) (760) 586-3786

Children's Hospitals-

- Rady Children's Hospital- (858) 576-1700 rchsd.org
3020 Children's Way San Diego, Ca 92123
- California Poison Control Hotline Number- (800) 411-8080

Chiropractic Care-

- bornandraisedwellness.com Prenatal, fertility, and postpartum chiropractic.
1207 Carlsbad Village Dr. Suite U Carlsbad
- Dr. Melissa and Dr Kris Tosczak -Touch of Health Chiropractic -prenatal and postpartum and pediatric
1938 Via Centre, Suite B Vista Ca 92081 (760)758-4325

Doula Support/Doula's-

- DONA [international-www.dona.org](http://www.dona.org)
- Dyanna Marin-@Blissful_birth www.blissfulbirth.net (619)248-6060
- Summer Suleiman- @sddarlingdoula (760)803-7054

Midwives-

- Beautiful One Midwifery San Diego- 910 W. San Marcos Blvd #106 San Marcos (760) 410-6499 -Team of 2 amazing midwives Tiffany and Kelly located in North County, San Diego.
beautifulonemidwiferysandiego.com
- San Diego Midwife- sandiegomidwife.com 760-936-4165

Obstetricians-

- Lily Jenny Tsai Scripps Clinic Medical Group- 310 Santa Fe Dr #204 Encinitas (760)633-7245
- Dr. Damon Cobb -15706 Pomerado Rd Suite 110, Poway (858) 485-0130
- Dr Christine Brody-Scripps Coastal Medical- 332 Santa Fe Dr Encintas (760)901-5155

Parenting Resources-

- www.askdrsears.com
- Motherfigure.com

- mother.ly
- Healthychildren.org-
- tinyhood.com
- parenting.com
- www.wellnessmama.com

Pediatricians-

- Dr Mary Beth Casement-Scripps Health 2176 Salk Ave #100 Carlsbad (760)827-7460
- Dr. Anna Lee -3998 Vista Way Suite D Oceanside (760)295-1995

Photography-

- Sarah Ann Williams- Maternity and Beyond Photography
sarahannwilliams.com @sarahannwilliamsphoto
- marisamcbridphotography.com Bump to Baby Packages (760)-504-7704.
@mmcbphoto
- Haley Arguelles- maternity/newborn and family photography
(760) 717-0312 @haleybrookephoto
- Lovers of Love- Family Photography (760) 458-3504 Nate and Dana
@loversoflove

Postpartum Support-

- Dara Desoto- Mother Baby Wellness Support -www.darathedoula.com
Prenatal to Postpartum Support @dara.the.doula
- www.mealtrain.com to set up meal deliveries for after baby arrives
- Sharp Mary Birch Postpartum Support (858)939-4133

Postpartum Doula's -

- Jenet Morrison - thenightmommy.com Postpartum Doula/Sleep Consultant
(760)586-3786
- Tender Nest Doula - Danielle D'Andrea (760) 410-6803
tendernestdoula.com Prenatal prep to baby care and postpartum support

VBAC Resources-

- ImprovingBirth.org
- International Cesarean Awareness Network- ican-online.org
- www.beststartbirthcenter.com
- vbac.com

