

# Birth 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

- [mayawrap.com](http://mayawrap.com)-baby ring slings birth 8 lb.-35 lb.
- [Beachwoodbaby.com](http://Beachwoodbaby.com)- baby ring slings and clothing
- [Ergobaby.com](http://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 Websites

evidencebasedbirth.com  
www.spinningbabies.com  
Vbac.com  
Improvingbirth.org

## Breastfeeding and Lactation Support

- La Leche League- [illi.org](http://illi.org) (858) 646-9779
- Leilani Songer- Lactation Consultant IBCLC- Leilani's Wellness Center San Diego [breastfeedingfixers.com](http://breastfeedingfixers.com) (760) 533-7953
- New Beginnings Boutique/Sharp Mary Birch Hospital- lactation educators, resource library and rentals. (858) 939-4127
- Jenet Morrison- Lactation Consultant (does in person and zoom) (760) 586-3786

## Children's Hospitals

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

## Chiropractic Care

- Cafe of Life Chiropractic - pregnancy and baby Chiropractic. Dr Stephanie Libs- (619) 374-8444. [cafeoflifesandiego.com](http://cafeoflifesandiego.com)
- Dr. Melissa and Dr Kris Tosczak - Touch of Health Chiropractic 1938 Via Centre, Suite B Vista Ca 92081 (760)758-4325