



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-

- Tournalmine 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-

- YourBestMilk- Jen Peters RN/IBCLC _www.yourbestmilk.com-4th trimester breastfeeding consult and support (650) 353-1982
- La Leche League- illi.org (858) 646-9779

- Leilani Songer- Lactation Consultant IBCLC- Leilani's Wellness Center San Diego breastfeedingfixers.com (760) 533-7953
- New Beginnings Boutique/Sharp Mary Birch Hospital- lactation educators, resource library and rentals. (858) 939-4127

Childcare Options-

- Discovery Isle Preschool Carlsbad -Infant to Pre-K located at 6130 Paseo Del Norte Carlsbad Ca. (877)586-6493
- First Presbyterian Preschool- (760)757-5120 located at 2001 S El Camino Real Oceanside, Ca

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-

- Cafe of Life Chiropractic - pregnancy and baby Chiropractic.
Dr Stephanie Libs- (619) 374-8444. cafeoflifсандiego.com
- Dr..Eyesun Konjkavfard- Adult/pediatric chiropractic (858)674-7200
15817 Bernardo Center Dr. Unit 105 San Diego Ca 92127

Community Services/Programs-

- North County Health Services- offering low to no cost pregnancy and delivery care as well as childbirth classes located at 161 Thunder Dr. Suite 210 Vista Ca (760)736-6767
- Pathway Health Clinic-Pregnancy Testing, ultrasounds and counseling located at 1830 Hacienda Dr. #8 Vista Ca (760)945-4673

Doula Support-

- DONA [international-www.dona.org](http://www.dona.org)
- DoulaMatch.net
- Summer Suleiman- @sddarlingdoula (760)803-7054
- Lilac Moon Doula Services- Melissa Moorcroft
www.lilacmoondoulaservices.com 619-719-1643

Early Intervention Programs for Babies-

- San Diego Education Office of Education-Hope Family Support Program provides family centered, coordinated services to children with a wide variety of disabilities. (858)292-3500 sdcoe.net

Health Food Stores-

- Sprouts Carlsbad offers thousands of natural, Organic, and Gluten Free foods. 2618 El Camino Real Carlsbad Ca (760)730-1123
- Whole Foods offers local, organic, plant based and more. 2600 Via De La Valle Set 100, Del Mar, Ca (858)436-9800

Holistic Doctor-

- Revive Naturopathic Medicine Inc. 620 Grand Ave Ste C Carlsbad Ca (760)306-4842 specializing in natural, alternative treatments

Hospitals-

- Scripps Memorial Encinitas -354 Santa Fe Drive Encinitas Ca
- Tri City Hospital-4002 Vista Way, Oceanside Ca
- Sharp Mary Birch-3003 Health Center Dr, San Diego Ca

Libraries and Programs-

- Carlsbad Public Library 1250 Carlsbad Village Dr Carlsbad (760)434-2870
virtual story times live on Carlsbad Facebook Library page Wednesdays
10:00 am

Maternity Clothing-

- Old Navy Online Clothing at oldnavy.gap.com
- motherhood.com
- target.com

Mental Health Counselor-

- Rebecca Craig/Graves- Licensed Marriage and Family Therapist located in Carlsbad rebeccawaves.com email rebeccawaves27@gmail.com 2890 Pio Pico Dr Ste 200B Carlsbad

Midwives-

- Beautiful One Midwifery located at 910 W San Marcos Blvd. #106 San Marcos Ca (760)410-6499 specializing in home birth in San Diego County. Christina, Tiffany and Kelly are all registered midwives in their practice

Multiple Birth Group/Association-

- San Diego Parents of Twins Club (SDPTC) supportive and inclusive community open to caregivers of multiples living in San Diego County sandiegotwinsclub.com

New Mothers Groups-

- Babies in Bloom in Vista from Pregnancy to Birth and beyond offering personalized support to new moms/dads. Join "The Hive by Babies in Bloom" on Facebook. Offering lactation support, rentals, and a loving community
- Best Start Birth Center in Point Loma offers postpartum support for mothers with babies 0-12 months. Free beststartbirthcenter.com

Obstetricians-

- Lily Jenny Tsai Scripps Clinic Medical Group- 310 Santa Fe Dr #204 Encinitas (760)633-7245
- Robert Barmeyer- Sharp Rees-Stealy Medical Group- 2929 Health Center Dr San Diego. (858)939-6591

- Dr Douglas K Fenton OB- 332 Santa Fe Dr Suite 115 Encinitas Ca
(760)901-5155

Online Parenting Resources-

- www.askdrsears.com
- Motherfigure.com
- mother.ly
- Healthychildren.org

Parenting Classes-

- Milestones Mommy and Me- sdmommyandme.com offering an 8 week group series for New Moms created and led by a licensed Family Therapist
- Happy Heart Parenting at happyheartparenting.com offering parenting and co-parenting classes for \$39 (760)715-0550 Escondido ,Ca

Pediatricians-

- Dr Mary Beth Casement-Scripps Health 2176 Salk Ave #100 Carlsbad
(760)827-7460
- Anna Lee -3998 Vista Way Suite D Oceanside (760)295-1995
- Dr Diane Bedrosian- 2067 W Vista Way Suite 280 Vista, Ca (760)941-3630

Perinatal Loss Support Groups/Bereaved Families-

- Empty Cradle non profit serving San Diego and Riverside County parents who have lost a baby to miscarriage, stillbirth, infant death, TFMR or SIDS.
emptycradle.com (619) 573-6515
- Rady Children's Hospital offers support through Bereaved Parents of the USA, North Inland Chapter at www.bpsdni.bpchapter.org meets every Fourth Thursday of the month at 6:30 pm at St. Bartholomew Episcopal Church in Poway

Photography-

- Maternity/newborn Photography- marisamcbridephotography.com offering bump to baby packages 760-504-7704
- loversoflove.com Family Photography 760-458-3504 Nate and Dana

Postpartum Doula-

- Jenet Morrison- Postpartum Doula/Baby and Toddler Sleep Consultant/ Lactation Educator www.doulajenet.com Instagram @thenightmommy (760)586-3786

Postpartum Support-

- postpartum.net
- postpartumhealthalliance.org
- www.mealtrain.com to set up meal deliveries for after baby arrives
- Sharp Mary Birch Postpartum Support (858)939-4133
- Postpartum Doula-Nicole Moemai- cuddlemesoon.com

Resale Stores for Baby/Toddler

- Once Upon a Child -2401 Vista Way Suite H Oceanside selling lightly used items for newborn to school age clothing, supplies and furniture

Single Parenting Groups-

- parentswithoutpartners.org is a non profit single parent support group for single parents and their children. 1-800-637-7974 to find a chapter near you
- Single parent Family Meetup (SPFM) Carlsbad through meetup.com to request to join

Ultrasound-

- Cuddlemesoon.com- 3D/4D Mobile Ultrasound
cuddlemesoon4d@gmail.com

VBAC Resources-

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