



Community Resources

Building your birth team is so much fun! Putting together the most supportive team for your personal situation will give you confidence and peace of mind when labor day comes. Consider your location, the options you want available to you and who you want supporting you along the way.

OH, and don't forget, it is never too late to change providers or locations if any red flags present themselves.

Check out your hospital ratings for women's maternity care at this link: [LeapFrog Hospital Ratings](#) Click on the Maternity Care tab and look for hospitals in your area.

I personally have not worked with all of these providers or locations. Please do your due diligence in understanding your locations policies and interviewing the providers. If a provider is no longer available or in this area, please shoot me a message and I will get it updated on this document. If you work with someone that you love that is not listed, please let me know and I will get them added!

BTW, Congratulations!

Professional	Name	Contact	Area	Specialty
Hospitals	Peterson Regional Medical Center	Providers Peterson Health 830-896-4220	551 Hill Country Dr Kerrville, Texas 78028-5398	Certified Nurse Midwives run the women's center and refer to an OB if needed. Hydrotherapy and Family Centered Cesareans available.
	University Health	Pregnancy Services Main # 210-358-4000	4502 Medical Dr San Antonio, Texas 78229-4493	Have midwives and meet the standards for leapfrog maternity care
	Uvalde Memorial Hospital	Hospital (830) 278-6251	1025 Garner Field Rd, Uvalde, TX 78801	Nursing staff is familiar with spinning babies

				positions. Open to having a doula present.
	Val Verde Medical Center	Maternity Services (830) 775-8566	801 N Bedell Ave, Del Rio, TX 78840	
Midwives (LM) Licensed Midwives (usually provides services at home)	Sandy Hayes Lullaby Tribe	(830) 431-4163	Boerne, TX	Home birth, prenatal yoga,
	Janet Dirmeyer (40 years)	Special Delivery Midwifery 210-772-7534	Comfort, TX	Home birth, attends your home for all prenatal, birth and postpartum
	Amy Edge	Student Midwife 210-906-7470	Big Foot, TX	Home birth, doula 15 years
	Kelly Baumgartner	Bundles of Blessings 830-387-9710		Home Birth (speaks Spanish and worked as missionary in Africa)
Certified Nurse Midwife (usually provides services in a hospital)	Melissa	Sage Family Practice	Uvalde, TX	Working with Dr. White. Ask if she is available. She is in the hiring process.
	Olivia Green	210-226-7827	7940 Floyd Curl Dr Suite 900, San Antonio, TX	
	CNM in Kerrville- Any midwife at Petersons	Get Care 830-896-4220	551 Hill Country Dr Kerrville, Texas 78028-5398	CNM and OB's work together. When seeing a CNM, you will see all of them and will deliver with the one available on call. Hydrotherapy (water birth) and family centered cesareans available.
OBs	Cherie Hauptmeier Bio	A Lifetime of Care 1.830.278.4453 (830) 278-3027	Uvalde Family Practice	
	Kevin Uptergrove Davide White	830-278-4588	Sage Family	

	Erika Garcia		Practice 1020 Leona Rd, Uvalde, TX	
Doulas	Tyeanna Johnson	509-251-9952	Brackettville, TX	Blissful Birth Support
Lactation Consultants	Heidi McBlain	830-422-4272	Del Rio, TX	Lactation, Postpartum Doula Services
Chiropractors	<u>Del Rio's Chiro Connection</u>	Connect Here (830) 214-7879	501 W Cantu Rd # 500 Del Rio, TX 78840	Katie is certified in Webster Technique which is recommended for the best pregnancy care
	<u>Uvalde Chiropractic</u>	(830) 278-3371	915 N High St, Uvalde, TX 78801	No website or reviews available
	<u>Steve A Tomaselli</u>	(830) 278-2222	2009 E Main St, Uvalde, TX 78801	No website, a dozen positive reviews available online
Home Birth Resources	<u>Birth Kit/Supplies</u>	1-208-660-0712	Coeur d'Alene, Idaho	Baby products and kit supplies
	<u>Water Birth Supplies</u>	509-962-8630	Ellensburg, WA	Birth Supplies/ Water Birth
	<u>Birth Kit Supplies</u>	919-977-8910	Raleigh, NC	Birth supplies
Pediatricians	Dr. Hessler	(830) 768-4800	1117 W De La Rosa St, Del Rio, TX 78840	
	Cherie Hauptmeier	830-278-3027	Uvalde Family Practice	
	Kevin Uptergrove David White Erika Garcia	830-278-4588	Sage Family Practice Uvalde, TX	
Facebook Groups	Tongue Tie Babies Support			

	Breastfeeding and Pumping Support			
	Miscarriage Support			
	Babywearing International			
Birth Centers	Westover Hill Birth Center	210.725.0428	9410 Dugas Drive, Ste 131 San Antonio, Texas	
	Stone Oak	(210) 481-7549	21708 Hardy Oak Blvd #102, San Antonio	Water birth, birth center
Breast Feeding	Ms. Chelsie Nicole Dickson IBCLC	830-719-0796	111 Medicine Bow Trl, Del Rio, Texas	Lactation Consultant
	La Leche League of San Antonio and Surrounding Areas	806-680-6455	facebook group	
	San Antonio Lactation Support Center	Phone: 210-207-7138		
	Texas Lactation Support Hotline	Phone: 855-550-6667		
	Breastfeeding Support Group	Ask about contact info	Laughlin Air Force Base	
WIC offices	Del Rio WIC	830-734-4054 (830) 774-8609	200 Bridge St, Del Rio	Breastfeeding, Nutrition Classes, Food
	Eagle Pass WIC	830-773-1105	1394 Chittim Trail, Eagle Pass, TX	Women, Infant, Children Program

If your hospital location is not available on leapfrog, I strongly encourage you to write a letter asking them to be included. This allows the public to make informed decisions about where they are getting care. The location you choose to birth at will affect the outcome of your birth experience more than any other decision. (For example, look at St. Luke's Baptist hospital and University Health hospital. They are comparable in the amount of babies they deliver. They offer similar services, but St. Luke's Baptist does not meet the standard for cesarean (meaning their rates are higher than required to meet the standard). If you

had the option of either of these hospitals and you knew their rates, would you make a different decision?

If a link no longer works or a provider is no longer available, please shoot me a message at 509-251-9952 and I will get it updated on this document.