

## LABOR DOULA RESOURCE LIST

### **Breastfeeding Help:**

- Growing with Baby- Andrea <http://www.growingwithbaby.org>  
1230 Marsh St., San Luis Obispo, CA 9340.  
805-543-6988 or 800-524-9554
- Twin Cities Hospital IBCLC Classes and help-805-434-4644 [www.twincitieshospital.com](http://www.twincitieshospital.com)
- Central Coast Breastfeeding Coalition [www.centralcoastbreastfeeding.com](http://www.centralcoastbreastfeeding.com)

### **IBCLCs (International Board Certified Lactation Consultant):**

- **French Hospital Family Birthing Center-** 911 Johnson Avenue, San Luis Obispo  
805-542-6659 805-541-BABY(2229)  
[http://www.frenchmedicalcenter.org/Medical\\_Services/FREV2\\_M120681](http://www.frenchmedicalcenter.org/Medical_Services/FREV2_M120681)  
tamra.winfield-pace@dignityhealth.org
- **Baby Latte Breastfeeding Services by Marna Moore-Barr IBCLC** 90 Dandelion Lane,  
Templeton, CA 93465- (805) 434-0600 [www.babylatte.net](http://www.babylatte.net) [marna@babylatte.net](mailto:marna@babylatte.net)
- **Sierra Vista Birth Center-** 1010 Murray Avenue, San Luis Obispo, CA 93405 (800)  
483-6387 [www.SierraVistaBirthCenter.com](http://www.SierraVistaBirthCenter.com)
- **Twin Cities Community Hospital-** 1100 Las Tablas Road Templeton, CA 93465 (805)  
434-3500 [www.twincitieshospital.com](http://www.twincitieshospital.com) [shannon.downing@tenethealth.com](mailto:shannon.downing@tenethealth.com)
- **Breastfeeding Warmline** - Free- 541-BABY

### **Breastfeeding Consultations:**

- **Twin Cities Community Hospital's** Birth & Baby Center offers breastfeeding consultations as an outpatient service to new mothers and infants experiencing nursing challenges. This is a private, one-on-one session with our Internationally Board Certified Lactation Consultants held on Monday, Wednesday & Thursday. Call (805) 434-4965 to register. Insurances accepted. Open to the public.
- **French Hospital Breastfeeding Support Group** Mondays 10:30am -11:30am  
Breastfeeding Center 12326 Los Osos Valley Rd. San Luis Obispo  
<http://www.dignityhealth.org/frenchhospital/classes-and-events/maternity>

### **Hospitals that are BabyFriendly™:**

- **French Hospital**, San Luis Obispo, CA
- **Sierra Vista Hospital**, San Luis Obispo, CA
- **Twin Cities Hospitals**, Templeton

### **Breast Pump Rental Sites:**

- WIC- Women Infant children rental based on eligibility 805-541-2229
- **Simply MaMa-** local <https://simplymamabreastpumps.com> (866) 364-7113

### **La Leche League Leaders/Meetings:**

- Meetings on 2nd and 4th Thursdays of the month at various locations  
<https://www.facebook.com/lllofslo?fref=ts>  
<http://sloparents.org/2013/02/la-leche-league-south-county/>

### **Childbirth Educators:**

#### **-Hospital Classes:**

- **Santa Lucia Birth Center** santaluciabirthcenter.com 805-548-0606
- **French Hospital**- Coordinator- Tamra Winfield-Pace 805-542-6659  
tamra.winfield-pace@dignityhealth.org
- **Sierra Vista**- Lamaze instructors available. Register by calling 1-888-799-6314

#### **-Online Classes:**

- **Mama Natural** [https://mamanaturalbirth.com/?utm\\_source=MN-Nav](https://mamanaturalbirth.com/?utm_source=MN-Nav)
- **Baby Center:** <http://www.babycenter.com/childbirth-class>

### **Labor + Postpartum Doulas:**

- SLO Doula Connection <https://www.slodoulaconnection.com/doulas/>  
slodoulaconnection@gmail.com

### **Cranial Sacral Therapists:** (Very beneficial for mom and baby after birth)

- Coastal Massage and Wellness Dottie Fitzgerald 805-464-8972  
[coastalmassageandwellness@gmail.com](mailto:coastalmassageandwellness@gmail.com)- not infant certified
- Jennifer Stover pregnancy and infants jjmstover@sbcglobal.net

### **Chiropractors (specializing in pregnant women and infants):**

- **SLO Wellness Center**- Dr. Molly Stevens DC- 1428 Phillips Ln #300, San Luis Obispo CA 93401 (805) 543-8688 <http://www.slowellness.com> chris@slowellness.com

### **Mothers Support Groups + Women's Circles:**

- <http://www.centralcoastbreastfeeding.com/>
- <http://www.centralcoastmultiples.org/>
- <http://www.centralcoastmama.com>
- **Monthly Women's Circles** <http://www.tawnysterios.com/gatherings>
- **Parent Participation at the Adult School in SLO, CA**  
<http://ae.slcusd.org/parent-participation-program.php>

### **Midwives:**

- **Pacific Midwifery**- Megan Bochum- pacificmidwiferycare.com  
[pacificmidwife@gmail.com](mailto:pacificmidwife@gmail.com) 805-994-0446 136 S Halcyon Rd. Arroyo Grande, CA 93420
- **Santa Lucia Birth Center** - Justine Waldram or Dr. Tiffany Dietrich  
<http://santaluciabirthcenter.com> 4251 S. Higuera St, Suite 300 San Luis Obispo, CA
- Creating Harmony Midwives <http://www.creatingharmonyobgyn.com>

### **Birthing Centers:**

- **Santa Lucia Birth Center** [www.santaluciabirthcenter.com](http://www.santaluciabirthcenter.com) 805-548-0606

### **Acupuncturists for Prenatal/Postnatal:**

- **Ann-Marie Radecki, LAC**- 805-471-3979 <http://3seedsacupuncture.com>
- **Theresa Powers, LAC**- 805-748-8885

### **Massage Therapists (certified in prenatal massage):**

- **Sarah Cawelti**- Prenatal Massage 805-816-2863 [SACawelti@gmail.com](mailto:SACawelti@gmail.com)
- **Elizabeth Kelley's Massage Therapy**- 1341 Park Street Alley Paso Robles, CA 93446 (805) 952-5590 [EllyKelleyDoula@gmail.com](mailto:EllyKelleyDoula@gmail.com)
- **Heart4Health Massage, Wellness & Plexus**- 65 S. Main Suite 103 Templeton CA 93465 (805) 287-0006 [www.facebook.com/heart4health](http://www.facebook.com/heart4health) [heart4health@netzero.com](mailto:heart4health@netzero.com)

**Pregnancy and Postpartum Fitness:**

- **Natalie Garay Pilates**- (805) 710-8022 [www.nataliegaray.com](http://www.nataliegaray.com)  
natalie@nataliegaray.com
- **Equilibrium Fitness For Women**- 3930 Broad St San Luis Obispo, CA, 93401(805) 541-1100 [www.eqclubs.com](http://www.eqclubs.com) bumpandbeyond@eqclubs.com
- **Prenatal & Postnatal Yoga**- Tawny Sterios [www.tawnysterios.com](http://www.tawnysterios.com) (805) 952-5220
- **Tantrum Fitness**- 590 W. Grand Ave Grover Beach CA 805-474-9928  
[www.TantrumFitness.com](http://www.TantrumFitness.com) info@TantrumFitness.com

**Birth Photography:**

- **Amy Boggs**- Photographer and doula- [www.amyboggs.com](http://www.amyboggs.com) (805) 610-5948
- **Brooke Roby Photography**- 788 Lavender Lane Templeton, CA 93465 (805) 459-4418  
[www.brookerobyphotography.com](http://www.brookerobyphotography.com) brookerobyphotography@gmail.com
- **Kiwi Ashby Photography**- 697 Higuera St, Suite B San Luis Obispo, CA 93401  
805-459-2136 [www.kiwiashbyphotography.com](http://www.kiwiashbyphotography.com) [info@kiwiashby.com](mailto:info@kiwiashby.com)
- **Leona Darnell Photography** 805-250-6606 [www.leonadarnell.com](http://www.leonadarnell.com)

**Car Seat Safety Technicians:**

- **California Highway Patrol-San Luis Obispo (745)**  
675 California Blvd. San Luis Obispo, CA 93401  
Hours: Call for appointment  
Phone: 805-593-3300
- **San Luis Obispo Police Department**  
1042 Walnut St, San Luis Obispo, CA 93401  
Hours: Email [jbarrett@slocity.org](mailto:jbarrett@slocity.org) or Call for appointment  
Phone: 805-594-8039  
Contact: Jason Barrett
- **San Luis Obispo County-Public Health Dept**  
2180 Johnson Ave, San Luis Obispo, CA 93401  
Hours: Call for appointment.  
Phone: 805-781-5564  
Contact: Kathleen Karle - Spanish Speaking

**Mental Health Providers (specializing in postpartum depression):**

- **Alpha-Postpartum Depression Support Line:** 805-541-3367  
<http://www.sloalpha.org/services/ppd.html>
- **Annika Michetti, MFTI**  
SLO Integrative Therapies 1407 Garden Street, San Luis Obispo, California 93401  
(805) 214-6912 <http://www.slointegrativetherapies.org/>
- **Vicki Pobor, MFT-** 11555 Los Osos Valley Road, Suite 203 San Luis Obispo, CA 93405  
805-441-1489 <http://www.vickipobormft.com/index.html>
- **Stephanie Patterson, LMFT-** 5975 Entrada Ave, Atascadero, California 93422 (805)  
284-0724
- **Postpartum Resources** <http://www.postpartum.net>

#### **Adoption Agency:**

- [www.bethany.org](http://www.bethany.org)

#### **Cloth Diapering:**

- **Tinkle belle diaper service**  
<https://www.tinklebellediaperservice.com>
- **Cloth Diapering 101**  
[http://www.kellyscloset.com/Cloth-Diaper-Information\\_ep\\_34-1.html](http://www.kellyscloset.com/Cloth-Diaper-Information_ep_34-1.html)
- **A video of what cloth diapering life looks like:**  
<http://www.mamanatural.com/mama-naturals-cloth-diaper-setup/>

#### **Baby Wearing:**

- **Baby wearing options:**  
<http://www.mamanatural.com/babywearing/>  
<http://www.tekhniovovens.com>
- **Moby Wrap Video Directions:**  
<https://www.youtube.com/watch?v=fhBmqw7npYU>  
<https://www.youtube.com/watch?v=et23W4bt9gU>
- **5 Different Wrap/Carrier Video Directions:**  
[https://www.youtube.com/watch?v=DUPJcw1\\_mIE](https://www.youtube.com/watch?v=DUPJcw1_mIE)

#### **Belly Wraps:**

- **Doubles as belly wrap to support low back and baby wearing once baby is here**  
<http://www.tekhniovovens.com>
- **Postpartum high waisted pants that are lovely. le: Lululemon Align pants**
- **Belly Wrapping with Base Size –**  
<https://www.youtube.com/watch?v=eLih8shhWn4>
- **Belly Wrapping with a Shorty –**  
<https://www.youtube.com/watch?v=oGt6TAjQUnl>
- **Double Hammock –** <https://www.youtube.com/watch?v=uGQo09kaTZ0>
- **Front Reinforced Torso Rebozo –**  
<https://www.youtube.com/watch?v=9ofmavw1qSI>
- **Front Torso Cross Carry –** <https://www.youtube.com/watch?v=dTdmN6iJq6A>
- **Rear Reinforced Rebozo Rucksack (in ASL) –**  
<https://www.youtube.com/watch?v=8Ezv4RxpmJk>

## **Baby Wearing:**

[www.thebabywearer.com](http://www.thebabywearer.com)

[www.babywearinginternational.org](http://www.babywearinginternational.org)

[www.babycarrierindustryalliance.org](http://www.babycarrierindustryalliance.org)

## **Helpful Websites/App**

- [www.ibirthapp.com](http://www.ibirthapp.com) - Smartphone App for pregnancy and childbirth
- [www.mamanatural.com](http://www.mamanatural.com) - Natural Birth & Parenting, birth course, stories, recipes
- [www.wellnessmama.com](http://www.wellnessmama.com) - Natural Birth & Parenting, recipes
- Expectancy - APP for mama meditations and support

## **Books**

### Pregnancy & Birth

- “Ina May’s Guide to Natural ChildBirth” by Ina May
- Gentle Birth Choices by Barbara Harper

### Special Situations

- When Hello Means Goodbye - Kirk & Schweibert
- When Survivors Give Birth – Penny Simkin

### Breastfeeding

- “The Womanly Art of Breastfeeding” - La Leche League International
- “Breastfeeding Made Simple” by Kathleen Kendall-Tackett, Nancy Mohrbacher, and Dr. Jack Newman
- The Ultimate Breastfeeding Book of Answers- Dr. Jack Newman and Teresa Pitman

### Newborns

- The Baby Book (2013) by Drs. William and Martha Sears

### Food

- “The Nourishing Traditions Book of Baby and Child Care” by Sally Fallon Morell and Thomas S. Cowan, MD

### Multiples

- Mothering Multiples: Breastfeeding and Caring for Twins or More! 3rd Edition (2007) by Karen Kerkoff Gromada (La Leche League International)

### Calming Soothing & Infant Sleep

- The Happiest Baby on the Block (2003) by Dr. Harvey Karp (Note: DVD is acceptable)
- The No-Cry Sleep Solution (2002) by Elizabeth Pantley

