

Dy-Dee Diaper

vol.1
2015

wet set

g a z e t t e

For Southern California expectant and new moms

Free
Please take one

Doulas and
Scheduled Cesarean Birth

Celebrate the Earth
with Your Baby

Childbirth Resources
in Southern California



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The Wet Set Gazette will publish from time to time, articles with less common approaches and viewpoints on parenting, nutrition and other related topics. These articles do not necessarily express the views and opinions of Dy-Dee Diaper Service, the Wet Set Gazette newspaper, or staff. We welcome rebuttals for any article we publish.

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We'd love to know what you're thinking as expectant and new parents and to see photos of some of our new little Dy-Dee Diaper customers. We'll also be posting information and links to new resources as we become aware of them. It's also a good place to ask questions and share information that you've found with other parents—or to just simply share the joy of having a baby in your family. There's lots to new parenting and we're here to help.

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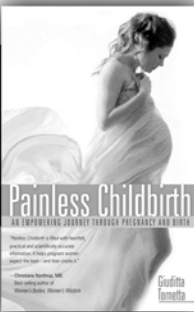
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One of the ways of attacking the myths of fear and pain in childbirth is to redefine labour. Labour is usually broken down into three stages. The first stage begins with regular uterine contractions. For our purposes we should divide labour into four stages, and include the preliminary stage of labour. The preliminary stage of labour ideally begins three months prior to conception when the mother and her partner begin to prepare themselves physically, mentally and spiritually for pregnancy. It is during this preliminary stage that all the preparations for true labour should begin. It is here that the prevention of maternal and foetal distress and paternal isolation begins. Buying into the negative myths of childbirth affect the regulation of a mother's hormones in a negative way, which then signal to an overflow which, in turn, leads to imbalance in the autonomic nervous system and the brain of the foetus.

By the second trimester, the psychological impressions of the autonomic nervous system are now able to be sensed by the higher brain centers. Thus, it is important to remember that your baby is under the same stress you are experiencing. This is a most important awareness for the fathers, as well. It would serve you well, dads, to attempt to provide the most serene atmosphere possible. The behavior of the father, which oftentimes becomes erratic during pregnancy, has a great influence upon the mother's feelings and behavior, and thus on the baby.

How many times can an unborn child endure stressful emotions before it affects her/his personality structure. The ability of the family dynamic to directly influence the foetus should be taken into consideration so that the pregnancy can be a time of maternal/paternal/foetal bonding. Many feelings arise spontaneously during pregnancy, and thus can't be dealt with prior to their emergence. However, when they do arise it is important that they be dealt with rather than denied. It has been my observation that the mother is willing to deal with most of the conflicts of pregnancy and motherhood. However, oftentimes she does not get support from the father. He frequently seems frightened of facing even the slightest feelings and fears that emerge. He therefore withdraws, which triggers the mother's fear of abandonment. Now we have a vicious cycle – each afraid of being abandoned, and each experiencing their greatest fear. What must the innocent ego of the foetus be experiencing across the neuro-hormonal pathway? How can this be resolved so all needs are met? The solution is simple, yet not so very easy.

It is important to be who we are. It is important to articulate the myriad of feelings that arise as a result of pregnancy. You are not alone in these feelings. You are alone when you don't speak of them, when you isolate yourself and distance yourself from your mate. There is an appropriateness to taking a retreat during pregnancy. However,

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this should not be done in a hostile way, but in a self-searching, loving way. It is proper and fitting for the father to go off by himself in nature for three days or so, and for the mother to do the same – a time for a vision quest of sorts, a time to get in touch with one's own spirit and life force and true inner desires and needs. When we are quiet it is easier to know what we really want and need. When we really know what we want and need, we can more readily ask directly for it or give it to ourselves. When we meet our own needs it is then easier to meet the needs of our partner and of our children. All of these emotions, thoughts and feelings affect the onset and outcome of true labor. Thus, you can see the importance of the preparatory stage. This perhaps is the most important stage of all.

The preparatory stage of labor is a time of listening – listening to your own inner voices, to the voices of your partner, and to the messages of your baby. The baby's main path of communication is through kicking. The baby often kicks when the mother moves from one position to another. He stops kicking when he/she is again comfortable. Loud noises can also stimulate a baby to kick vehemently, as can foetal distress. Extreme negative emotions felt by the mother can also create an uncomfortable environment for the baby, which he manifests by kicking.

Writing Exercise

1. Write out all your reasons for wanting a child, and be as honest with yourself as you can. Write all your reasons for wanting a girl child. Write all your reasons for wanting a boy child.
2. Now separate all the reasons for having a child – boy or girl – that fall under the category of persona (i.e., the personality that you want to present to the world).
3. What is your purpose in life?
4. How will having a child enhance your purpose in life?

After you and your support person have done this exercise, read it aloud to someone of the same sex and discuss it, and then read it aloud to each other and discuss it.





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Heather Hart is the happy mother of Jax and Yale and owner of A La Mode Photo, the top #1 go to fine art maternity and family photography business based in Los Angeles. Being a mother is the most amazing thing in the world. It's an experience of joyful emotion, love, caring, sweetness, hard work and exhaustion all wrapped into one!

Quick Tips to Make Your New Parenting Life Easier!

by Heather Hart

So the baby's almost here and you've done all of the hard stuff. You've made up the baby's room, figure out the perfect name, memorialized your belly with a professional photo shoot, figured out the pros and cons of cloth vs. disposable diapers (and have called Dy-Dee for your delivery!)....*what are you missing?* Being a mom of twins and running my own business, the #1 advice for all "big bellies" — *make sure to cook ahead!* This is what happens: before you know it, it's 8pm and you haven't even *thought* about dinner, let alone eaten yet.

The secret antidote — *take something out of your freezer that you've cooked ahead of time.* Not just the teriyaki chicken but the whole meal, rice and veggies included. I've found that there are many affordable disposable cookwares that lets you bake, microwave, serve, freeze, or refrigerate — all in the same container. Reynolds Pot Lux cookware is safe for use in both conventional ovens up to 400° F and in microwave ovens, and its attractive porcelain-like appearance and decorative detail complement any table.

When my children were little, I would make batches of food ahead of time and freeze single portions for later. It's a healthy and cost-effective alternative to the restaurant delivery and you'll have more quiet time for yourself...maybe now you can sneak away and take that relaxing bath you've been dreaming of?



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Help with Post Partum Disorders

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Classic symptoms can include sleep problems, difficulty bonding with the baby, feelings of hopelessness, anxiety, guilt, sadness, sense of overwhelm.



You, Your Baby & Thrush

by Nikol ZumMallen

The ZumMallen ladies have thrush :(

I realized this on Monday and decided to do some at home remedies because at the time I was the only one with symptoms, since it was a holiday I wasn't able to head to my doctors and I wasn't sure how much of an "emergency" it was.

After my usual Google research I found out this is very common, especially in the summer months. With how hot and sweaty we have all been I guess I am not THAT surprised that this happened. Especially adding in the antibiotics that the hospital gave me after my surgery I should have been more prepared [Antibiotics change the normal balance between germs in the vagina by decreasing the number of protective bacteria.]

The symptoms that we were experiencing:

- pain while breast feeding, it felt like shooting pains deep in the tissue while she ate and after she ate.
- itchy and raw nipples [this can be normal if you have a bad latch with your baby but after three weeks of good breast feeding I knew this wasn't normal]
- white patches in Claire's mouth that I could not wipe away [if I could wipe it away then it would just be milk residue]

Thankfully we were able to get in

and see our pediatrician pretty quickly, the treatment is not so bad but it can take a few days to a few weeks depending on us and how thorough we are.

- I have to give Claire a liquid medication 4 times a day and make sure she gets it on the inside of each cheek
- I have an ointment that I need to apply 4 - 6 times a day after she is done nursing.

So none of that is too bad BUT there is more, I have to wash my bras in hot water daily and hang dry in the sun [what?! lol sorry neighbors] Anything that comes in contact with her mouth or my nipples has to be sanitized. Wash my nipples with vinegar and change nursing bad after each feeding.

These are a bit annoying but oh well I am ready to get rid of this infection.

Thought I would share this with you in case you have a summer baby or just happen to have this happen to you.

NIKOL ZUMMALLEN
CELEBRATEWEWILL.WEBLY.COM/BLOG

Nikol is a working, breastfeeding mom, with one daughter, Claire. Check out her really fun blog as she shares her journey of being a mom at www.celebratewewill.weebly.com/blog

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Safety... In The News

by Richard Pass, RN, BS

The following article summaries are relevant to expectant, new and more experienced parents, families & friends. They are intended to sharpen your understanding of safety risks as they exist or can be anticipated.

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Richard Pass, RN,BS is the founder of “Save A Little Life” inc., a local provider of both CPR and First-aid for infants & children. He has been a Registered Nurse & Health Educator for over 30 years. He is on staff at Cedars-Sinai Medical Center in Los Angeles and is currently a part-time clinical instructor of nursing at California State University, Northridge. The goal for Save a Little Life is to provide a simpler, more “user friendly” CPR course.



California Car Seat Laws/Recommendations Revisited

Motor vehicle accidents remain the leading cause of accidental deaths in the 1-12 year age group. Reminding ourselves of what these laws consist of is always a smart and safe thing to do.

Infants: Those under one year are required to be in a rear-facing car seat in the back seat of any vehicle. The strongest recommendation, however, is to keep these little ones facing rear up to 2 years as this remains a safer position in the event of an accident.

Child: Keep children in a forward facing seat with a harness until they reach the age and weight recommendation of the car seat manufacturer. Using a top tether is always safer and should always be used. The 5-point restraint system is also crucial for safety and should be standard practice until the child is ready for a booster seat.

Booster Seats: These seats help elevate your child in order that the shoulder strap fits properly across the chest. The lap portion should be low, over the hips and knees bent over the seat edge. Children can be kept in these booster seats until they weigh 120 lbs.

Standard Seat Belt Use: The graduation to a standard seat belt can occur:

When seated, their knees bend properly over the edge

Keep the lap belt low on their hips, touching the upper thighs and...

Have the shoulder belt cross the center of their chest, avoiding the neck and face.

There are several informative websites you can quickly access to review the laws and recommendations. The national site is: www.nhtsa.gov.



New Peanut Allergy Revelationsand New Questions

An unexpected turn of events regarding peanut allergies in pediatric patients has caused quite a stir in recent weeks. For years the word avoidance was the key to keeping little ones safe from a potential life-threatening peanut allergy. But in February of this year the results of the “LEAP” (Learning Early About Peanut Allergies) study may have turned this practice on its head.

The study, conducted in Britain, and published in the New England Journal of Medicine, challenges the avoidance approach with its opposite viewpoint. The study challenges decades of previous practice by suggesting that “introducing peanuts early can actually help prevent allergies” according to the researchers findings.

“Timing is the key; there’s a narrow window of opportunity to intervene early” according to LEAP investigator Gideon Lack from Kings College in London. He maintains that all at-risk infants should receive skin-prick testing for peanuts and that a negative (normal) finding simply means no risk for peanut consumption. However, those with a positive result (at risk) should undergo an oral food challenge and, depending on the results, a small amount of peanut should be introduced in a carefully monitored way. Those at higher risk, including those infants with a sensitivity to eggs, milk and or with atopic eczema are apparently in a higher risk category.

Allergy and asthma experts in the U.S. have been receptive to the study findings but with some caution. Dr. Matthew Greenhawt from the University of Michigan, Ann Arbor, stated: “I’d love to see this study replicated in the United States, and I’d love to know whether you need to do this for 5 years or 3 years or 12 months.” He added: If you’re going to make a recommendation like that, there should be an infrastructure in place to handle the volume of patients that we’re going to see.”

Use of Epi-Pen’s in Schools Reviewed

The Chicago Public School System was the first in the nation to supply undesignated doses of Emergency Auto Injectors (EAI) to treat acute and severe allergic reaction in the student population.

During the 2012-2013 academic year 38 doses of epinephrine were administered to various age groups. Of these, 63.2 % were for elementary school aged children while high school children received the remainder, or 38.6%. In about 75% of these cases, the school nurse administered these doses. Emergency assistance (9-1-1) calls occurred in 81.6% of the cases.

Study results revealed that first-time use of the EAI was 55%, or more than double the previously published estimates of life-threatening allergic reactions among school children with no prior allergy history. The authors of the study pointed out that in the poorer sections of the city (Chicago’s South Side) were much less likely to have any documentation of an allergic history.

Another important finding was that 30% of the doses administered to students in severe allergic conditions were not, in fact, prescribed to them but were available from other student’s EAI’s.



Experts Advise Against Use of Retail Clinics

Free-standing retail medical clinics for pediatric care have been growing in popularity over the last decade. As it currently stands, many in the field of pediatric medicine think their use is a bad idea.

The American Academy of Pediatrics (AAP) clearly agrees. About 15% of parents surveyed stated that they would use one of these clinics for at least part of their health care needs.

The AAP’s position is based on what they term “fragmented care” which is detrimental to the on-going care for pediatric patients. They added that “as young patients grow older and their health issues become more complex, personnel at these clinics are unfamiliar with the patient’s medical history and may miss important diagnoses.”

The AAP did acknowledge that “situations may arise in which scheduling or other considerations make a visit to (these clinics) a reasonable alternative to a physician visit.” They added the importance of keeping the primary physician updated on the reason for the visit and copies of any relevant findings be made available to the primary doctor as soon as possible.

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Bradley Method.....Shelia C. Feldman

Roza Baghdassarian, MA, LLLL, IBCLC – I am an experienced mother, La Leche League Leader and Board Certified Lactation Consultant. Roza is an experienced lactation consultant. She teaches classes, offer bra fittings and private consultations in her office, in home anr at bedside in the hospital setting.

Debbie Benton – I am a ICEA certified Childbirth Educator, a Midwife Assistant, as well as a birth and postpartum doula. I have been a birth professional for 15 years. My greatest goal is to help expecting families build confidence in preparing for birth and the role as parents.

Bini Birth – Bini’s vision is to connect new families to the birth community while honoring each family’s beliefs and backgrounds. Bini is committed to helping new parents, supporting birth professionals, and facilitating dialogue and discussion between birth providers and pregnant women.

Birth Partners – Birth Partners is a collective of Childbirth Educators, Lactation Consultants, Yoga Instructors and Doulas. We have a wide range of experience in the field of maternal health and newborn care. We are available to help families prepare for this incredible experience into Parent-ing. Group and private classes available.

Tonya Brooks M.S.,L.M. – I am a research scientist and midwife. I have taught all kinds of pregnancy and birth classes based on a marriage of in depth , evidence based science and alternative wholestic approaches to pregnancy, birth and womens health care.

Jennice Burris – Formerly know as Jennice Razza, I have been a Certified Childbirth Educator and Labor Doula for 22 years. I am now also the Educator Coordinator at PVHMC. Students that attend my classes will leave with a wealth of knowledge!

Sue Coffman, CD(DONA), AAHCC, BA(Soc) – Empowered Woman Support. • Certified Birth Doula. Childbirth Educator of The Bradley Method®

Shelia C. Feldman – Shelia has been teaching and attending births as a certified birth doula since 2002. Her experiences using hypnosis, massage techniques, and exercises for healthy pregnancies, are passed on to educate parents and training women who are learning birth doula skills.

Andrea Gamble - My husband and I love teaching The Bradley Method - a 12 week natural childbirth preparation class, focusing on staying healthy and low risk, exercise, nutrition and relaxation. Also called Husband-Coached Childbirth. The coach will learn how to help the laboring mother avoid unnecessary pain. Sign up today!

Nancy Griffin, MA, AAHCC – is a certified Bradley Method childbirth instructor, a breastfeeding educator, a certified pregnancy/recovery fitness instructor and personal trainer, a child development expert and lactation consultant.

Robin Gruver, ICCE – I have been teaching Childbirth Classes and Prenatal Yoga Classes for over 30 years. I enjoy guiding Pregnant Moms, Dads and Couples through their journey of Pregnancy and Parenthood, helping them to find their strength and wisdom.

Cordelia Hanna-Cheruiyot – Master’s in Public Health, Health Educa-tion & Promotion/Maternal Child Health. Certified Health Education Specialist,Certified Childbirth Educator, Certified Birth Assistant, Certified Lactation Educator since 1991. Expectant mothers develop trust in birth, cultivate acceptance of unexpected outcomes and make informed choices for giving birth in the hospital, birth center or home.

Henry Mayo is a Baby Friendly Hospital offering prenatal breastfeeding classes,weekly support groups, and inpatient/ outpatient consultations. The Lactation Consultants (IBCLC)and educators (CLE) work closely with you and your physician to develop a breastfeeding plan of care.

Christine Low - I have been a Bradley Method instructor and labor/postpartum doula for over 17 years and continue to be passionate about guiding my couples through a comfortable, memorable birthing experi-ence. I keep my classes small, no more than five couples, to provide lots of individualized attention.

Tiffany Muscarella - Backs Babies & Bellies is a Midwifery/Chiropractic. We have 4 home birth Licensed Midwives, a Chiropractor that specializes in pregnancy and infants, a massage therapist and a natural parenting store Rosie Posie Baby. We also have a instructors that teach The Bradley Childbirth Method and Hypnobabies.

Yvonne Novak – Birth doula, childbirth educator, lactation support for more than 20+ years. Certified with DONA and CAPPA

Susan Orr, PT, IBCLC - 26 years of experience working with moms and babies with breastfeeding issues. pedatric physical therapist. I have taught every thing from Lamaze to Returning to work and nursing.

Lara Pujdak – Lara is a certified birth doula (CBI), Hypno-Doula, Hypnobabies Childbirth Hypnosis Instructor, doula trainer, Reiki Master & holds a Master’s degree. It was her own experience with childbirth that gave her an understanding of how crucial attending a “complete” childbirth class, one that is outside of the hospital setting.

Romy Karz Rapoport – I became passionate about empowering new families after the birth of my son. I have been teaching classes for 7 years. My classes will prepare you to welcome your baby with confidence and excitement whether you are planning a Hospital or Homebirth. Please call or email me for more information!

Pauline Scharf – Teaching for 19 years. Labor assistant attending over 50 births. Have had 5 un-medicated births to VERY large babies. Passionate for mamas and babies. Class covers nutrition, exercises, coaching,labor, pushing, new baby care and breastfeeding.

Ellie Shea, RN, HBCE – Ellie has taught birth preparation classes for more than 30 years. She has trained many doulas in the Los Angeles area. She is a faculty member of HypnoBirthing Institute providing training to practitioners and expectant parents. Ellie is the founder of Doulas Associa-tion of Southern California (DASC).

Lisa Spiegel – I am a Lamaze Certified Childbirth Educator with 16 years of teaching experience I am also a Lacation Educator and Certified Doula. I have worked with thousands of couples to help them have the best possible birth experience and look forward to helping you create the best birth possible, too.

Cindee Robinson Takeda, MS, CLE, IBCLC – Consultant and Certified Lactation Educator for over 15 years and have years of experience in private practice and hospital settings(postpartum and NICU). I am experienced working with the range of situations, from private prenatal instruction to challenging and special needs cases.

Alisha Tamburri CCHT, MH is a certified hypnotherapist. She teaches HypnoBirthing, The Method to Ease Fear and Pain in Birthing. Class loca-tions or privates. She also specializes in turning breech babies and lactation.



Doulas and Scheduled Cesarean Births

How a Doula Can Help Preserve the Sacredness of Your Birthing Experience

A few women, for different reasons, will have to face and prepare for a schedule c-birth (cesarean birth, I prefer this term to c-section). Too often a c-birth is treated only as a medical procedure and the sacredness of the birth is somewhat lost. Doula’s emotional and informational support can help couples go through this “procedure” with a new and renewed sense of empowerment and can help preserve the sacredness of the birthing experience and help you write a birth plan.

Here’s the nitty-gritty of what happens during a c-birth.

Preparation for the surgery includes starting an IV, shaving the pubic hair around the area of the incision, and the nurse inserting a bladder catheter, as you will not be able to go to the bathroom on your own. Your belly will be washed with an antiseptic solution and sterile drapes will be placed around the incision site. A blood pressure cuff on your arm and sensors on your chest and finger will monitor your blood pressure, heart rate and blood oxygenation. A curtain will be hung across your upper chest so that you cannot see the operation. Many hospitals permit your partner to be present. If so, he or she will be seated next to you and behind the curtain as well.

Most cesareans are performed under epidural anesthesia because it is safer than general anesthesia. In case of an emergency, you may need general anesthesia. If general anesthesia is used, you will be put under by injection of a medication into your IV. Once you are unconscious, the anesthesiologist will put a tube down your throat to maintain an airway and deliver a gas anesthetic.

The operation generally takes an hour or so, with the greater part of the time spent after the delivery suturing the various tissue layers. With rare exceptions, the roughly four-inch incision is made

horizontally just above the pubic bone. A horizontal uterine incision is preferred because it produces a much stronger scar. However, in certain situations, such as when the placenta is covering the cervix, the incision is made vertically. During the surgery, you will feel pulling and tugging but no pain. The manipulations can make you queasy.

At the delivery, the obstetrician hands off the baby to be examined. Some hospitals permit healthy babies to remain with your partner and you during the rest of the operation. In others, staff will take the baby to the nursery, regardless of the baby’s condition. As the hospital staff examines the newborn, the obstetrician delivers the placenta through the incision, suctions out fluid and begins closing the uterus and inner tissue layers with stitches. The skin incision may be closed with conventional stitches, staples, or even with tape strips. Finally, the surgical wound is covered with a dressing.

After the surgery, you will be taken to a recovery area where you will be closely monitored for the next couple of hours. In some hospitals, the staff will bring you the baby to hold and breastfeed. Policies vary as well as to whether your partner may be with you in recovery and whether your partner may be in the nursery with the baby.

An experienced doula can help you prepare a birth plan, after all you will be under sedation and unable to express your desires for yourself and the baby during or shortly following the c-birth. One of the most important things about creating any birth plan is to make it no longer than a page in length with a friendly tone. Remember, you are asking for the doctor’s and the nurses’ support, not to give them directions.

Here are eight questions to ask yourself to help you create a Cesarean birth-plan:

- 1) Do you want your doula to be present? You may also request she be there with you during the cesarean birth. It is usually up to the anesthesiologist to give the green light for this, but if mom approaches him with a sincere need for her doula to help her stay calm, you might succeed.
- 2) Would you prefer to be awake?
- 3) Would you like to see and touch the baby right away?
- 4) How would you like the baby to be cared for?
- 5) Are you breastfeeding? Tell them you like to breastfeed your child within an hour of the birth even a cesarean birth.
- 6) What about bottles or pacifiers?
- 7) Does the baby need eye ointment (since it is primarily given for vaginal births) and the Vitamin K shot? Be sure to tell them you will like to nurse before you receive pain killers.
- 8) What pain killers should you take and how in relationship to breastfeeding? You should be ok without them for a little while, while the baby nurses and you bond with the baby.



GIUDITTA TORNETTA
310.435.6054
WWW.JOYINBIRTHING.COM

Giuditta is a birth doula, a lactation educator, a clinical hypnotherapist, and an NLP practitioner. She is the author of the bestselling book *Painless Childbirth: An Empowering Journey Through Pregnancy and Birth*. Giuditta practices clinical hypnotherapy and a method of natural childbirth that uses hypnotic techniques to reduce stress and fear during labor and delivery. Her love for women and the birthing and parenting experience has enabled her to help hundreds of women in her practice and thousands with her book and lectures, to obtain the birthing experience they deserve and desire. For more information on Giuditta visit www.JoyInBirthing.com.



continued on page 9



Touching Earth: Outings to Help Your Baby Appreciate Our Planet

By Dr. JoBea Holt, Author of *Baby's Day Out in Southern California — Fun Places to Go With Babies and Toddlers* (Gem Guides Co.) — a travel guide to helping you find more adventures for your baby.

DR. JOBEA HOLT
WWW.BABYSDAYOUT.NET

Dr. JoBea Holt was a research scientist at NASA's Jet Propulsion Laboratory from 1976 through 1999 where she studied climate change in arctic forests using satellites and the Space Shuttle. She received her Bachelor's degree from UC Berkeley, and her Ph.D. from Caltech in Planetary Science. In 1999, JoBea left JPL to raise her two children. She is an active leader in Girl Scouts and Cub Scouts, is on the board of her children's Little League organization, and is currently a member of Al Gore's Climate Project. Her first non-NASA book, *Baby's Day Out in Southern California*, was released in 2003 and again in 2006. (Published by Gem Guides Co.) It is a travel guide to help moms and dads find more adventures for baby. Her most recent book is *Climate Moms*, an iBook. Her website is www.climate moms.com.

Earth Day is a time to celebrate the progress we have made in protecting our planet, and create new visions for even better care in the future. Many believe the photograph of Earth taken from the moon by the astronauts of Apollo ignited the environmental movement:

"The Earth reminded us of a Christmas tree ornament hanging in the blackness of space. ...That beautiful, warm, living object looked so fragile, so delicate, that if you touched it with a finger it would crumble and fall apart." James Irwin, Apollo 15.

A good way to start celebrating Earth Day is to simply teach your baby to appreciate and enjoy Earth. There are many opportunities to get to know our planet, from finding an earthworm in the back yard to joining a special Earth Day celebration. Here are a few ideas your baby may enjoy.

Imagine Our Planet

It is hard to image that we are standing on a big round sphere called Earth. Most people who lived before the days of Columbus had a really hard time with this concept. You, however, have the opportunity to show your baby a model of the Earth at the Cerritos Children's Library or the Huntington Library's Children's Garden. Both places have giant Earth models built just for children.

Hug a Tree

Find a nice big tree and give it a hug. Really! Invite your baby to give it a hug. Talk about how a tree is like a person: its trunk is like your body, its limbs like your arms, its leaves like

your hands and its roots like your feet. It needs food and water just like you. If you can't find a tree in your back yard, take a trip to the Los Angeles County Arboretum or the South Coast Botanical Gardens where you may choose from a whole variety of trees including oaks, banana trees, redwoods and ginkgos.

Join a Celebration

Los Angeles and Orange County are teeming with Earth Day celebrations. Most are excellent but often busy and crowded. For a young child, you might try celebrations organized by the STAR Ecostation or the Cabrillo Marine Aquarium. You will find crafts, exhibits, and usually a clean-up activity. For example, Cabrillo Aquarium offers a beach clean-up in the morning before the festivities begin.

Recycle Your Juice Box

Part of taking care of our planet is keeping it clean. Help your baby throw her juice box in the trash. If you want to take a step further, stop using juice boxes — they are one of those things that cannot be composted or recycled and end up in the landfill. Get a reusable juice bottle instead, or even better, give up the juice habit and try fresh healthy tap water. To take the next big step in understanding garbage, visit a landfill where trash is sorted and recycled or buried. Sunshine Canon Landfill even encourages visitors!

Pick a Carrot

Have you read "The Carrot Seed" by Ruth Krauss and Crockett Johnson? If you happen to have a vegetable garden, your baby may enjoy planting some seeds or pulling up a carrot. If you don't have your own garden, the Underwood Family Farm has acres of crops offering a great variety of vegetables planted specifically to be picked by children. Wagons are available for your baby and your vegetables. Did you ever have to figure out what to do with twelve large cucumbers or 48 ripe tomatoes?

Listen to the Wetlands

Wetlands are particularly valuable areas for migrating birds but are fragile and are fast disappearing or being polluted. Nearly half the species of birds found in the United States have been spotted in Huntington Beach — home of the Bolsa Chica Wetlands. These wetlands are slowly being restored and preserved and today are home to a fascinating variety of birds. Take a walk along the paths and bridges, and listen to the wonderful sounds of the loons, geese, egrets, and, of course, Mallard ducks!

So give your planet and your baby a big hug and have a great Earth Day.
Happy trails!

JoBea Holt

Locations

Cerritos Children's Library, Cerritos
<http://menu.ci.cerritos.ca.us/kids/>

Huntington Children's Garden, San Marino
<http://www.huntington.org/WebAssets/Templates/content.aspx?id=16566>

Los Angeles Arboretum, Arcadia
<http://www.arboretum.org/>

South Coast Botanical Gardens, Palos Verdes Peninsula
<http://www.southcoastbotanicgarden.org/>

Sunshine Canyon Landfill, Sylmar
<http://www.sunshinecanyonlandfill.com>

Underwood Family Farms, Moorpark
<http://www.underwoodfamilyfarms.com/moorpark.html>

Bolsa Chica Wetlands, Huntington Beach
<http://bolsachica.org/>

Earth Day and Beach Cleanup at Cabrillo Marine Aquarium, April 18
Cabrillo Marine Aquarium, San Pedro
<http://www.cabrillomarinaquarium.org>

Children's Earth Day, April 19
STAR Ecostation, Culver City
<http://www.ecostation.org/ecostation/>



Lactation SMOOTHIE



- 1/2 frozen banana
- 1 Tbsp almond butter
- 1 1/2 tsp brewers yeast
- 1 1/2 tsp ground flax seed
- 2 tbsp rolled oats
- 1 cup strawberries
- 1 1/2 tsp maple syrup
- 3 ice cubes
- 1 cup almond milk

GET MORE RECIPES VISIT
SEXYTURNIP.COM

continued from page 7

Cesarean Births continued...

Remember the more loving and gentle the tone of your birth plan is, the more likely you will be listened to. Bring in some treats for the nurses (box of chocolate, a gift basket) so they can munch while they are reading your birth plan.

As a doula I meet the couple pre-natally, help them with their birth plan, and spend a couple of hours on breastfeeding and baby care techniques. I schedule to meet them at the hospital during their prep time, and guide them through a sacred ritual before the birth (it can be as simple as a prayer for a safe and medically-uneventful outcome, or something more elaborate), then I wait for the mother in recovery. If I am allowed in the operating room, I remind mom that when she feels the pressure of the doctor pushing on her stomach to get the baby out, she closes her eyes and become conscious of the moment she is giving birth to her baby. Then she and her partner can sing her baby’s song to let baby hear her voice. Doctors really become quiet in that moment, and magic hangs in the air. I make sure I am there to help her with the very first latch on is essential since both mommy and baby are slightly off due to medication.

We complete the birth with a welcoming ritual for the baby and I wait till the parents are safely settled in their private room. I visit once more at the hospital before they are released to discuss the birth and make sure breastfeeding is proceeding well. Finally I usually meet the parents at home once more to help with the transition, and discuss scar tissue massage (not to be started before the ok from the doctor usually 6 to 9 weeks post-op). Later I might encourage mom to take bath with the baby (not before 6 weeks post-op) and reenact a water vaginal birth as a healing ritual.



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in Southern California

Fun Places to Go With Babies and Toddlers

by JoBea Holt

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“Breastfeeding is a mother’s gift to herself, her baby and the earth.” — Pamela Wiggins



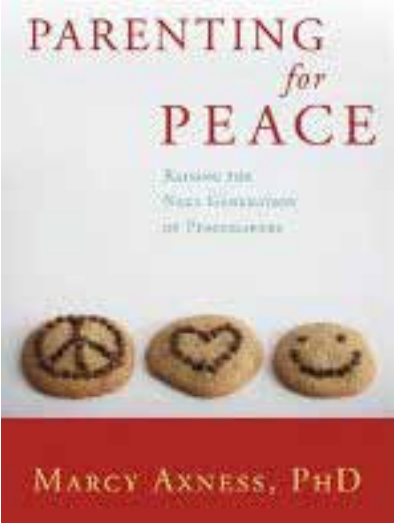
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Sat 11am to 5pm

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Parenting for Peace

by Marcy Axness, PhD



In the midst of our global human, economic and environmental crises, we have been overlooking a powerful—perhaps the most powerful—means of fostering peace and prosperity: the consciousness with which we bring our children to life and shepherd them into adulthood. If we really want to change the world, we need to raise a generation “built for peace” from their earliest beginnings. Parenting for Peace is a scientific roadmap for how to hardwire kids with the brain circuitry for such essential peacemaker capacities as empathy, trust, self-regulation and imagination. The win-win is that a child wired in this vibrantly healthy way is a joy to parent, and later he or she will go out into our world equipped to creatively and confidently innovate solutions, and take pleasure in doing so!

Parenting for Peace offers readers a user-friendly shortcut around today’s information overload, because it gives them the most important research from dozens of leading experts woven together with its own empowering perspectives on bringing more joy into family life.

La Leche League International A Great Place To Start

By Melissa Ryan O'Keefe La Leche League Leader and Certified Lactation Educator



La Leche League of Southern California/Nevada
presents



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A Parenting & Health Care Professional Conference
May 22 - 24, 2015

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From a Dad's Perspective

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Infant Massage: Start the Healing Touch Early

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Allergies and the Breastfeeding Dyad

Grandparenting is Not for Wimps

Becoming a La Leche League Leader

(information for interested mothers)

AND MANY MORE...

LLL members receive reduced registration!
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Children's Activities ~ Opportunity Drawing

The Marriott Newport Beach Hotel & Spa offers a special rate for LLL Conference attendees, \$124 for up to 4 people in a quad room. Call (949) 640-4000 and ask the agent for the "La Leche League Parenting Conference" rate, available May 21 - May 24. The hotel is located at 900 Newport Center Drive, Newport Beach CA, 92660.



For more information and to register go to www.lalecheleaguescnv.org



Where can you go to get childbirth education, breastfeeding support and gentle mothering tips all free of charge?

La Leche League International is a nonprofit organization that offers mother to mother support and help with breastfeeding from experienced mothers that understand the importance of mentoring new mothers. Because La Leche League is the foremost authority on breastfeeding in the entire world, you know that you are getting the best information available.

LLLI was founded in 1956 by seven mothers who knew that breastfeeding was a wonderful way to nurture their babies. They also knew that mother to mother support would be crucial to breastfeeding support.

La Leche League meetings are usually a once a month gathering of mothers sharing what has worked for their families. They are a great place to meet new moms and develop friendships that last a lifetime. Meetings follow a schedule of topics covering the practical, physical, and psychological aspects of breastfeeding. Breastfeeding mothers having questions and concerns, as well as those already doing beautifully, are welcome to share their experiences. No two meetings are exactly alike, since we are all growing in our understanding of child development, mothering and family life.

As we share our knowledge of mothering through breastfeeding, we can all learn and support each other during this important time in our lives and the lives of our families.

One of the main beliefs of La Leche League is that every mother is the expert on her own baby so take what works for you and leave the rest. There is no judgment only compassion and support. So if you are expecting your first baby or are an experienced mother, come and join the fun.

Information about meetings and phone numbers for breastfeeding support can be found online at www.LLLI.org. Hope to see you at the next meeting!

Suggested reading for new mothers is *The Womanly Art of Breastfeeding* by La Leche League International. Other recommended books can also be found at the website or can be borrowed through the lending libraries of your local group.

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Breastfeeding Consultants

The following information is provided courtesy of the Breastfeeding Task Force of Greater Los Angeles. For more information go to: www.breastfeedla.org

Beverly Hills / West Los Angeles / Santa Monica

Cedars-Sinai Lactation Education Center310-423-5312
8700 Beverly Blvd., Suite 3202, Los Angeles, CA 90048. www.cedars-sinai.edu
Also serves Greater Los Angeles Area. Linda Kingsley, B.A., IBCLC, RLC Program Coordinator. Mon - Sat 8:00 AM - 4:00 PM Prenatal breastfeeding classes. Consults in hospital. NICU Lactation Program. Breast pump rentals & related sales. Medical translators for most languages, serve hearing impaired.

Epps, Cynthia, MS, IBCLC.....310-458-6430; 310-968-0387
457 25th Street, Santa Monica, CA 90402 - 3033 www.cynthiaepps.com
Also serves Los Angeles , South Bay, San Fernando Valley Prenatal breastfeeding classes, private instruction. Consults in hospital, client’s home. Credit cards accepted. Available weekends by appointment only.

Katznap-Yackman, Yana, BA, IBCLC, RLC 323-240-6002
Serves Marina Del Rey and West Los Angeles. www.headfirstdoulas.net
Private breastfeeding instruction. Consults in client’s home. Available weekends and evenings.

MCH Services Inc., Rona Cohen, RN, MN, IBCLC..... 800-822-6688
P.O. Box 6241, Beverly Hills, CA 90212-1241. www.mchservicesinc.com
National & International Corporate Lactation Program. Prenatal education through corporate lactation programs only. Breast pump sales. Credit cards accepted.

Slavick, Suzy, RN, IBCLC310-871-3554
145 South La Peer Drive, Beverly Hills, CA 90211-2601. www.bhpumpcenter.com
Also serves Culver City. Private breastfeeding instructions. Consults in hospital, office, client’s home. Breastpump and rental and sales of related supplies. Credit cards accepted. Available weekends and evenings. Hebrew spoken. Experienced in hospital setting, warm and supportive approach.

Tellalian, Louise Arce, RN, CLC, FACCE.....310-274-2272
1911 San Ysidro Drive, Beverly Hills, CA 90210-1520. Serves Greater Los Angeles.
Prenatal breastfeeding classes; small group in home setting on Saturday AM with phone follow-up. Private instruction available. Phone counseling.

The Sanctuary Breastfeeding Resource Center 877-552-6437
Kimberly Durdin, IBCLC 11965 Venice Blvd. Suite 307, Los Angeles, CA 90066 www.birthsanctuary.com
(24 Hours / 7 Days) Prenatal, post partum breastfeeding classes, support group. Consults in hospital, clinic, client’s home. Breast pump rentals, sales and related sales. Low cost services available.

Miracle Mile / Hollywood / Silverlake / Downtown

Wachsmann Melanie, CLE, CD. CPD. Doula Mellie310-435-6760
Los Angeles, CA 90016 Also serves West LA, Santa Monica www.doulamellie.com
Prenatal breastfeeding classes, private instruction; consults in client’s home. Available weekends and evenings.

Culver City / Inglewood / South Los Angeles

Kaiser Permanente Medical Center, WLA.....323-857-4121
6041 Cadillac Ave. Los Angeles, CA 90034-1702. Also serves WLA, Baldwin Hills.
Gwen Brown, RN, BSN, CLC, Alexanne Soltwedel, RN, BSN, CLE.
Lactation Clinic Mon.-Fri. 9:00 AM - 5:30 PM. Prenatal, post partum breastfeeding classes. Consults in hospital, clinic. Breast pump sales and related sales. Support group. Special services to NICU graduates and teens. Weekend services for inpatients. Services free to Kaiser patients.

Burbank / Pasadena / Glendale

Baghdassarian, Roza, MA, IBCLC818-353-7446
9830 Cabanas Avenue, Tujunga, CA 91042. Also serves Foothills, San Gabriel Valley
www.everydaymomstore.com www.binibirth.com Prenatal, post partum breastfeeding classes, private instruction. Consults in hospital, in office, client’s home. Breast pump rentals, nursing bras. Specializes in multiples, transitioning premature babies to breast, milk supply, latch / suck issues. Free support group. Available weekends, evenings. Armenian spoken.

Bellies, Babies and Bosoms818-541-1200
2430 Honolulu Avenue, Montrose, CA 91020 – 1824. www.bellies.biz
Also serves San Gabriel Valley, Eagle Rock, Foothills. Five Certified Lactation Educators / Consultants available. Prenatal & post partum breastfeeding classes, private instruction. Consults in hospital, office, client's home. Breast pump rentals & sales, nursing wear; baby scales. Available weekends & eves. Spanish & Japanese spoken.

Claire, Jessica, IBCLC..... 323-206-6557
In-Home Lactation Assistance. Also serves San Fernando and San Gabriel Valleys www.lactationconsultantla.com
Private breastfeeding instruction. Consults in client’s home. Discounted fee for WIC and Medi-Cal recipients. Credit cards accepted.

Glendale Memorial Hospital & Health Center 818-507-4191
1420 S. Central Avenue Glendale, CA 91204. www.glendalememorialhospital.org
Also serves San Fernando Valleys, Greater Los Angeles area. Cathy Rgagasa, RN, Director of Women’s Services
Prenatal breastfeeding classes. Consults in hospital. Breastfeeding support groups, English on Thursday, Spanish on Monday. Call for times. Mon. - Fri. 9:00 AM – 5:00 PM. Free breastfeeding hotline.

Huntington Hospital 626-397-3172
Ann Meier, RN, BSN, ANLC Mon. - Fri. 9:00 AM - 4:30 PM www.huntingtonhospital.com
100 W. California Avenue, P.O. Box 7013, Pasadena, CA 91105-7103
Prenatal, post partum breastfeeding classes. Consults in hospital. Breast pump sales, rentals, related sales.

Johnson-Haddad, Miranda, IBCLC, CLE818-621-5477
Private breastfeeding instruction. www.glendalepediatrics.net Constults in hospital, client’s home, pediatric office; also at Bellies, Babies & Bosoms www.bellies.biz. Breast pump sales and related sales. Specializes in multiples and babies with special needs. Available weekends and evenings. Credit cards accepted.

Meier, Ann, RN, BSN, ANLC..... 626-390-0139
2261 Sinaloa Ave., Altadena, CA 91001. Breastfeeding consults in clients home. Available weekends

Methodist Hospital of Southern California.....626-574-2415
300 W. Huntington Drive, Arcadia, CA 91007. www.methodisthospital.org
Serves Greater San Gabriel Valley / Los Angeles. Monday - Friday 10:00 AM - 6:00 PM. Prenatal breastfeeding classes. Consults in hospital, clinic. Breast pump rentals and sales. Spanish spoken.

San Fernando Valley

Gallant, Kathryn, RN, IBCLC “LA Baby Love” 818-465-3119
Also serves West Los Angeles / Santa Monica www.lababylove.com
Private breastfeeding instruction. Consults in hospital, client’s home. Specializes in NICU graduates, multiples. Credit cards accepted. Avialable weekends and evenings.

Ideal Birth 818-859-2478
Dahila Frydman + Malia Aharoni IBCLC and ACHI Master Doulas www.youridealbirth.com
4454 Van Nuys Blvd., #216, Sherman Oaks, CA 91403. Also serves West LA, Los Angeles. Available weekends and evenings. We are here to assist you

La Leche League of The Foothills
Kamala Norris MA,LLL, Melissa O’Keefe, CLE,LLL melissaikeefe@gmail.com
Serves La Canada, La Crescenta, Montrose, Sunland, Tujunga, Pasadena, Glendale
Meet at Crescenta - Canada YMCA 1930 Foothill Blvd., La Canada 91011. 3rd Friday of Month Noon - 1pm.
Y membership not required. Babies and children welcome. French Spoken. Experience with twins and tandem nursing. Available weekends, evenings.

My Nursing Coach, A Mobile Lactation Center 818-431-1118
Linda Hanna, RNC, MSN / Ed, IBCLC www.mynursingcoach.com 7437 Topanga Canyon Blvd., Canoga Park, CA 91303-1212. Serves Los Angeles and Ventura Counties. Mobile Lactation Service. Prenatal, post partum breastfeeding classes. Consults in hospital, clinic, client’s home. Pump rentals, sales, related sales. In-home phototherapy. Support groups. Credit cards accepted. Available weekends and evenings

Ognjanovic, Mina J. BA, IBCLC, RLC, Doula(DONA)..... 818-915-0190
818-906-2733. 17046 Burbank Blvd., Encino, CA 91316 www.bellybutterfly.com Prenatal, post-partum breastfeeding classes, private instruction. Consults in office, hospital, client’s home. Specializes in NICU graduates, induced lactation. Credit cards accepted. Available evenings and weekends; Serbian spoken.

Rosenthal, Chrisie, BS, IBCLC, RLC..... 818-216-2319
The Land of Milk and Mommy chrisier@yahoo.com Breastfeeding consults in office, client’s home. Phone consults available. Specializes in feeding difficulties, milk supply, multiples. Warm, supportive service. Available 7 days and evenings. Some insurance accepted as payment in full.

Steinberg, Ellen, RN, LCCE, IBCLC.....818-345-4439; 818-929-7584
4431 Callada Place, Tarzana, CA 91356 www.babyhelp.us
Breastfeeding consultations in Tarzana office, client’s home, and via phone. Aetna in-network provider (free consults for most Aetna patients). Works with other insurance as well. Cranio Sacral Therapy for mother and baby. Specializing in feeding difficulties, milk supply and fussy babies. Pump rentals, sales, baby scales. Available weekends, evenings. Spanish spoken, Credit cards accepted.

The Pump Connection, Rebecca Burditt, BS, CLE 818-225-8822
13940 Ventura Blvd., Sherman Oaks, CA 91432 Also serves Greater Los Angeles www.thepumpconnection.com
Breastfeeding support group and other classes. Consults in office, client’s home. Breast pump rental, sales, related sales, pump delivery. Credit cards accepted. Available weekends, evenings by appointment.

Toussaint, Yvonne, LLL..... 323-428-2587
Support group prenatal, post partum, extended breastfeeding and tandem nursing. E-mail support at MYMighty-Milk@gmail.com

Wells, Rachelle, CLE.....213-864-4118
11546 Canton Drive, Studio City, CA 91604. Also serves Los Angeles. rachelwells@gmail.com
Post partum breastfeeding classes. Consults in office, client’s home. Available weekends and evenings.

Santa Clarita Valley

Henry Mayo Newhall Memorial Hospital..... 661-253-8238
Mary Beth Sweet, BS, IBCLC, Jolli Bernier BA, IBCLC, Lisa Araki, IBCLC, Jodi Rosen, RN, CLE
23845 McBean Parkway, Suite 112, Valencia, CA 91355-2083. www.henrymayo.com
Mon.–Fri. 9:00 AM - 5:00 PM Prenatal, post partum breastfeeding classes. Consults in hospital, clinic. Services to NICU and premature babies. Breast pump rentals & sales. Spanish spoken. Credit cards accepted.

Takeda, Cindee Robinson, MS, CLE, IBCLC661-618-4570
28468 Alder Peak, Santa Clarita, CA 91387-3109 . Also serves San Fernando Valley clrtakeda@gmail.com Private breastfeeding instruction. Consults in client’s home, pediatric office. Experienced with pre- term, multiples & special needs infants. Available weekends & evenings.

Simi Valley / Conejo Valley / Ventura County

Manduke, Lori, NP, RN, IBCLC 818-822-1919
Also serves West San Fernando Valley Lmanduke@sbcglobal.net
Group prenatal breastfeeding classes, private instruction. Consults in hospital, client’s home. Phone counseling. Available evenings and weekends

Westchester / South Bay / San Pedro

Beach Cities Babies.....310-372-5511
Terry Gass RN, IBCLC and Susanna Lutton, MPH, CLE. Redondo Beach, CA 90278
www.beachcitiesbabies.com Prenatal, post partum breastfeeding classes. Consults in client’s home. Pump rentals and related sales. Weekly support groups. Available weekends.

Rosevear, Luanne, RN, PHN, IBCLC, BS 310-779-7943; 310-212-6461
Breastpump Connection. 3325 Opal Street, Torrance, CA 90503. www.brstempconnection@sbcglobal.net
Also serves Long Beach. Breastfeeding consults in office, hospital, client’s home, pediatric office, WIC center. Breast pump purchase, rental, related sales and delievery. Specializes in teens and NICU graduates. Support groups Sat., Sun. @ noon for \$25. Available weekends and evenings.

South Bay Baby Beginings310-619-6083
Patty Elder, RNC, IBCLC and Hillary Gray, RNC, IBCLC www.southbaybabybeginnings.com
2200 Pacific Coast Highway, Hermosa Beach, CA 90254 Breastfeeding consults in hospital, clinic, client’s home. Low cost support groups Mon. Wed. Fri. 10:00 AM - Noon. Available weekends and evenings.

Torrance Memorial Medical Center..... 310-325-9110 Ext. 4225
3330 Lomita Blvd., Health Links, West Tower, Torrance, CA 90505-5073 www.torrancememorial.org
Susan Orr, PT, LCCE, CLC, IBCLC; Nancy Kraus, BA, LCCE, CLE; Tricia Suarez, CLE, Catherine Hargrove, RN, CLE. Prenatal, post partum breastfeeding classes. \$30 consults in clinic Mon. & Sat. mornings. Breast pump rentals & sales, nursing wear, books, baby items. Credit cards accepted. Tagalog Spoken.

Long Beach / Orange County

Breastfeeding Support Inc......562-922-1474
9819 Palm Street, Bellflower, CA 90706 www.breastfeedingsupportinc.com
Serves Greater Los Angeles and North Orange County. Private breastfeeding instruction, prenatal and post partum classes. Consults in hospital, office, client’s home. Pump rentals, sales, related sales. Low cost support group. Credit cards accepted. Available weekends and evenings. Spanish Spoken

Orr, Susan, PT, CLC, IBCLC 562-427-3782
Columbia Pediatrics, 2880 Long Beach Blvd., #425, Long Beach, CA 90806 www.columbiapediatrics.com
Also serves South Bay. Prenatal, post partum breastfeeding classes, private instruction. Consults in hospital, clinic, office, client’s home, pediatric office. \$20 consults at clinic Tuesdays and Thursdays. Breast pump sales and related sales. Available weekends & evenings

San Gabriel Valley / Inland Empire

Pomona Valley Hospital Medical Center..... 909-623-6455
1798 N. Garey Ave. Pomona, CA 91767. Terry Bretscher, RN, CLC, IBCLC www.pvhmc.org
Mon. - Sat. 9:00 AM - 2:30 PM. Prenatal breastfeeding classes. Free consults in hospital, Lactation Center. Breast pump rentals & sales. Lactation Center Mon., Thu., Fri. 9:00 AM – 12:00 PM., Tues., Wed. 12:00 PM – 3:00 PM. “Breastmilk Expressions” program for mothers returning to school or work. Medical translators available for many languages. Medi-Cal reimbursable services

Key to Credentials

ANL: Advanced Nurse Lactation Consultant
BA/ BS/ BSN: Bachelor of Arts/Science/Nursing
CCE: Certified Childbirth Educator
CLE(C): Certified Lactation Educator (Counselor)
Has successfully completed a one week course in basic lactation and its management, and required post seminar homework which may include a clinical component.
CLC: Certified Lactation Consultant Has had advanced formal lactation education and supervised clinical training
CLC: Certified Lactation Counselor Has taken a one week course in lactation counseling and passed a post test.
CNM / CPM: Certified Nurse Midwife/Certified Professional Midwife
CNS: Clinical Nurse Specialist
DC : Doctor of Chiropractic
FACCE: Fellow of American College of Childbirth Educators
IBCLC (RLC): International Board Certified Lactation Consultant Most have had extensive formal lactation education and clinical training; has passed an international certification exam and has continuing education requirements in lactation. Recertifies

every 5 years. May also use term “Registered” (RLC).
LCCE: Lamaze Certified Childbirth Educator
LE: Lactation Educator
LM: Licensed Midwife
LVN: Licensed Vocational Nurse
MA/ MS/ MN: Master of Arts /Science /Nursing
MD: Medical Doctor
MPH: Master of Public Health
(R) (CP) NP: (Registered) (Certified Pediatric) Nurse Practitioner
OTR/L: Occupational Therapist, Registered/Licensed
PCD: Postpartum Certified Doula
PHN: Public Health Nurse
PT: Physical Therapist
RD: Registered Dietitian
RN (C): Registered Nurse (Certified)
All licensed health practitioners have additional continuing education requirements to remain current in their respective fields.

Everyone Needs a Doula!

(What on earth is a doula?)

by Judy Eastman, BA, Trained DONA Post-Partum Doula

doula / [doo-luh] / *noun* 1. a woman who is trained to provide support to women and their families during pregnancy, childbirth, and the period of time following the birth
(British Dictionary definition for doula)

When I began my training as a doula I shared with friends and family how excited I was to be part of this wonderful sisterhood; most of them had no idea what I was talking about! Doulas have been around since the Stone Age. In most cultures a knowledgeable grandma, sister, mother, or friend would be present in the home of a new mom to provide a second pair of hands to help with many different tasks. This women would teach Mother how to bath her baby, breastfeed, swaddle, comfort and nurture her infant. Today the professional name for this service is Post-Partum Doula. Midwives, who have delivered babies over the centuries, often enlist the services of another knowledgeable experienced woman to assist. For our purposes we will call her a Birth Doula.

More and more young families find themselves far away from relatives at the time of the delivery of their babies. Thus, the doula industry is meeting these very real needs. In Southern California we are witnessing great growth in the doula community. More and more families

are realizing their need for the comfort, nurturing, and advice of an experienced trained doula.

Services provided by doulas range from pre-natal information and care to many others: labor and delivery aid; education on breastfeeding assistance; diapering training; bathing instruction; baby massage; a sympathetic listening ear, and a knowledgeable pair of hands to assist in meal preparation; baby laundry; and more. Each doula has her areas of expertise. Somewhere out there is the perfect doula for you!

Women ardently train to serve their clients thoroughly in their time of need. DONA (Doula Organization of North America) is the primary body providing direction for the training, education, certification, and management of doulas in the US. There is a very specific and rigorous program through which potential doulas learn their craft. It usually takes two years or more for a doula to complete all the requirements for certification.

The doula industry is truly a community. More experienced doulas oversee the training and education of the newbies, by offering workshops, mentoring, and shadowing (following an experienced doula around as she performs her services.) There is a genuine desire for a well established doula industry to maintain a high level of services and uniform standard of conduct. If clients are well served

by their caregivers, they will be more likely to recommend the services of doulas to their friends and family.

Here are a few informative questions about the services provide by doulas:

What services should I expect from a birth doula?

A birth doula will meet with you for one or two pre-natal sessions. At these meetings you will discuss your expectations for your delivery, your over all health, items you will need once baby has arrived and more. She will educate you on what your body will be doing during the birth process, how you can be best prepared, and what questions to ask your healthcare professional. The birth doula will be with you during your labor either in your home or at the hospital with the permission of your midwife or physician.

What are the responsibilities of a post-partum doula?

A post-partum doula comes into the home of a newly delivered mother and her family. The doula educates the mother and her family in how to care for their new baby. Doulas also provide wonderful services to families experiencing adoption or surrogacy. Topics of discussion can include breastfeeding, diapering, bathing, baby carriers, and more. The doula will touch on any topic of concern decided on by the parents. The doula may help with

JUDY EASTMAN, BA
714.658.0020
EASTMANDOULASERVICES.COM

Judy resides in Orange County, California. She is the mother of 5, having experienced many differing birth experiences personally. Judy graduated from the Univ. of Cal Irvine with a degree in Social Ecology (counseling). She is a trained doula working on her DONA certification.

food preparation, run errands, and provide other resources for the family. At the time of the initial interview the doula will discuss the needs of the family, coming to an agreed upon list of services. Doulas also help families with special issues specific to the particular needs of their situation.

How do the responsibilities of a doula differ from other professionals a family may hire?

A doula is in the home specifically to educate and serve mother and baby. The doula will interact with other members of the family with the intent of helping them acclimate to the new relationships in their home. The scope of the doula's services are delineated in the contract agreed upon prior to the start of services. Each situation differs, however the doula's purpose is specifically to care for mom and baby and educate the family on how to best meet their needs.

How would you describe the long-term purpose of a doula?

A doula's goal is to work herself out of a job with the family in question by the end of the agreed upon contract. This is

continued on page 15



BreastfeedLA offers a variety of opportunities for education and involvement for professionals and laypersons alike, through community meetings, seminars, and email newsletter to join forces with others to create the kind of supportive climate we would wish for mothers, babies and families who choose breastfeeding. Consider attending the next FREE, BreastfeedLA Community Meeting. Register online at www.breastfeedla.org.

The Association for Wholistic Maternal and Newborn Health

Maternal, child health education, consultation, training, support Promoting Mother and Baby Friendly Care

Parent Support Services include:

- Childbirth Education Classes
- Community-Based Doula Program
- Breastfeeding Peer Counselor Program

<http://wholisticmaternalnewbornhealth.org/parent-support>

(626) 388-2191

Postpartum Doula

Janine Sabin
Certified Postpartum Doula

Empowers new parents with pre-natal confidence & nurtures mom with rest, meal prep, sibling support & bonding photos.

www.nurturedmamadoula.com

(818) 468-8389

5 Star Yelp Reviews

Glendale

Doula/Midwifery Assistant

Alana Peterson
Advanced Doula/Midwifery Asst

Nutrition Counseling and Education, ACHI trained

www.thewayofbirth.com

Serving N. Orange County to South Bay

(562) 983-6181

310-743-9256

Looking for help through your birth and/or postpartum days?

DASC
(Doula Association of Southern California) offers a FREE doula referral program to expectant parents.

Go to www.DASCdoulas.org or call **(877) 4-A-DOULA** (toll free) for referral to certified and/or trained birth and postpartum doulas in your area.

Birth Doulas and Postpartum Doulas

Groups

The Association for Wholistic Maternal and Newborn Health.....626-388-2191
www.wholisticmaternalnewbornhealth.org support@wholisticmaternalnewbornhealth.org
We are a non-profit organization offering childbirth, lactation and postpartum support throughout all of Los Angeles County. Mother- and Baby-Friendly approach. Childbirth education classes, labor and postpartum doula support, breastfeeding education and consultation, and referrals to holistic perinatal health practitioners.

B*E*S*T Doula Service.....877-I-DOULA-U
www.bestdoulas.com
B*E*S*T (Birth Empowerment Support Team) Doula Service has supported hundreds of birthing families through pregnancy, labor, childbirth and postpartum since 1996. A group of experienced, certified doulas with a wide variety of credentials, including HypnoBirthing, Reiki, Birthing From Within, Spinning Babies, newborn care and more.

Bini Birth..... 818-286-3944
www.binibirth.com

Birth Partners & Birth and Beyond
310-837-5686 www.birthandbeyond.net
Birth and Beyond is a childbirth education center with experienced instructors in all areas of pre-and post-natal education. The doulas have attended over 800 births collectively and are the most caring women to help with labor and postpartum care.

Blessed Baby Doula Services (949)-235-9834
Leslie Sandoval www.blessedbabydoula.com Birth is a beautiful and life changing event in a woman’s life, and should be treated with joyful respect. Allow me to help you celebrate the arrival of your blessed baby! I also offer Childbirth Education Classes, focusing on relaxation, meditation and visualization methods for a Calm & Gentle Birth.

Gentle Choice Birth & Parenthood Support 949-300-0291
Lindsey Meehleis-Matthews, Sheill Sedillo, Nancy Palmer, Angelique Vink, Courtney Ellis, Chelle Goodfriend
www.ocdoulas.com
Gentle Choices Childbirth and Parenthood Support is operated by a group of passionate women who are committed to providing you with the best service you can find including birth and postpartum doula services, childbirth education, lactation education and infant massage instruction.

GraceFull Birthing INC..... 323-379-4614
Elizabeth Bachner, California Licensed Midwife www.gracefull.com

Head First Doula Services 323-240-6002
Yana Katzap-Nackman, Aimee Oswald, Alison Lerher, Aria Mayland, Gloria Hennessee, Janna Slack, Joan Durham, Lorin Hart, Mandy Schutt, Ruth Olafsdottir, Vera McCaughan
www.headfirstdoulas.net
A West Los Angeles based company, offering a birth and postpartum doula registry. Classes (Child birth prep, Breastfeeding, Newborn Care, Happiest Baby and C-birth Prep) and Support group. Been in business since 2003 and growing.

Joy In Birthing..... 310-435-6054

Individual Doulas

Gail Barela.....(310) 308-8947
birthoptionservices@yahoo.com www.birthoptionservices.com
We have five children, all born natural and breastfeed. I became a childbirth educator because I love helping others. I have attended over 100 births. My husband and I have educated over 150 couples in childbirthing. We teach baby wearing and breastfeeding. We sell baby carriers and other related products.

Quincy J Bates, LM, CPM.....(760) 228-1011
RevelationMidwife@gmail.com www.RevelationMidwifery.com I am devoted to preserving the art of midwifery. I look forward to serving women and babies for a better future of childbearing. I have a special place in my heart for women seeking VBAC. I am on 200+ babies!

Supportive Doula Services.....(818) 994-6800
Margie Levy www.supportivedoula.com
Margie Levy of Supportive Doula Services has supported over 300 families of the greater Los Angeles area 2002.

Debi Benton (818)-850-2478; (818)-259-8950
www.youridealbirth.com 10 years experience as a Midwife Assistant and Master Doula. I offer prenatal, labor and postpartum support, childbirth education, and more. I believe in supporting the family to have the best birth experience possible!

Debbie Benton..... (323) 334-0889
Authenticbirth@gmail.com www.birthhappensnaturally.com
I am a certified Midwife assistant, Doula, a ICEA childbirth educator, Natural Health consultant, and Certified Dr. Sears L.E.A.N. Expectations coach. I have attended over 200 births-home, hospital and birth centers. I offer support, education and encouragement to empower birthing women and families to have the birth they envision.

Darla Burns (661) 645-3726
darla@douladarla.com I am a labor & postpartum doula serving the Santa Clarita and San Fernando Valleys. I am also a Postpartum Doula Trainer and the CAPPA Executive Director of Postpartum Doula Programs.

Sue Coffman(714) 337-4331
doulasue@yahoo.com http://www.doulasuecbe.vpweb.com CD(DONA), AAHCC, BA(Soc) certified.
In addition to my services as a labor support doula, my husband and I co-teach our Bradley® classes together. We love to help new families navigate the world of pregnancy, babies, breastfeeding, and parenthood with thoughtfulness and insight so that they can make healthy & safe decisions.

Tanya Colligan(818) 939-9754; (818) 539-4401
colligantanya@aol.com I can to Lamaze, Baby Care and Breastfeeding classes and services. I am a certified Lamaze Childbirth Educator and Internation Board Certified Lactation Consultant.

Vonda Dennis(310) 226-7097
www.TheBabyGuru.com Postpartum Doula. Certified Newborn Specialist, Parenting Coach, Lactation Counselor, Baby Sleep Expert & CPR/FA Instructor. 30 Years of Experience.

Green Belly MaMa (805) 341-2595
greenbellymama@gmail.com Facebook: Green Belly MaMa
I am a 24 year old mother of two, Dona Trained Birth Doula. I am also a pregnancy eco consultant, and offer placenta encapsulation. I have attended one birth and am working towards my certification.

Barbara Joan Grubman(818-884-6236) 6236
Calming Presence Doula Service bgrubman@sbcglobal.net Have attended and supported about 65 births. Always calm and caring to Mom and others who may be in the room.

Cordelia Hanna-Cheruiyot, MPH, CHES, ICCE, CLE, CBA(626)388-2191
On Facebook:The Association for Wholistic Maternal and Newborn Health
support@wholisticmaternalnewbornhealth.org
She has Master’s in Public Health (MPH) in Health Education and Promotion/Maternal Child Health from Loma Linda University, is a Certified Childbirth Educator, Certified Birth Assistant and Certified Lactation Educator, Certified Health Education Specialist and Assistant Midwife. Supporting expectant parents planning natural childbirth in the hospital, birth center or home.

Felicia Henry.....(805) 218-6156
flhenry@mybirth.net www.mybirth.net “IBCLC
One free lactation visit with full Bradley series.”

Miranda Johnson-Haddad.....(818) 621-5477
mirandajhaddad@earthlink.net International Board Certified Lactation Consultant (IBCLC). I’m passionate about helping mothers and babies with breastfeeding!



Sparrow Harrington, CMT (626) 590-9206
www.sparrowmassage.com
Sparrow Harrington, CMT, specializes in Pre & Postnatal Massage & Infant Massage Instruction. Sessions with Sparrow are like a lullaby for the body; reconnecting mind, body and spirit and helping facilitate the growing bond between you and your baby. Sparrow is also a trained birth doula through Hearts and Hands.

Rená Koerner (562) 925-6948
doularena@integrativechildbirth.com www.integrativechildbirth.net
Integrative Childbirth Services and The Lullaby Lounge has a certified Doula, Educator and Doula Trainer with over 10 years experience at a location for local families to come and get the support that they need throughout pregnancy, labor/birth and their postpartum period.

Cheri Masek(323) 717-5464
aperfect10doula@earthlink.net “Serving women and families since 2000. 300+ births.
Lactation support. Welcoming life gently. “

Moon Cylce Arts..... 323-899-7396
Sabrina Roberson www.mooncyclearts.com
I am a massage therapist, placenta encapsulation specialist and aromatherapist in addition to being a doula (DONA cert pending). I teach prenatal massage at IPSB in Culver City. This means that I have a very hands on approach to birth support.

Yvonne Novak (626) 390-3555
yvonne@doulawithlove.com I have been in the birthing business since 1979, after becoming a La Leche League leader and Bradley teacher, I moved on to doula-ing full time. I have attended births for single moms, teens, same sex couples, surrogates, multiples births.

Melissa Parker (949) 351-4236
melskater@yahoo.com melissasbirthservices.com 22 plus years of experience in childbirth education, doula work and assisting with breastfeeding issues and solving them. Lactation assistance available 24/7.

Lysa Quealy Beach City Doula.....(310) 831-5700
frontdesk643@yahoo.com www.beachcitydoula.com State certified massage therapist, DONA certified birth doula. Trained as hypnobabies-doula. Individualize each clients birth to make their birthing day ideal for their family. I have attended over 75 births and truly love my job. Serving the South Bay community from Manhattan Beach to Long Beach.

Romy Karz Rapoport.....(310) 483-3987
mothernaturebirth@yahoo.com lovethebirth.com Romy has Worked with over 50 couples helping to empower parents to Love the Birth! Birth is sacred and should be celebrated, not feared! Call or email me to set up an interview!

Janine Sabin, CPD(818) 468-8389
www.nurturedmamadoula.com Janine specializes in nurturing new parents or empowering growing families with tools & support of a rhythm to thrive in postpartum.

Serenity Birth310-749-2636
Patricia Grube www.serenitybirth.com
I am a certified birth doula for 3 years and attend hospital and homebirths. I have attended 87 births to date. I am trained as a Hypnobirthing doula and Pregnancy Yoga teacher. I have published articles about yoga, childbirth and pregnancy and am currently working on a childbirth book.

Mary C. Stelter(310) 462-5218
marystelter@hotmail.com www.oceanbirth.weebly.com A positive birth experience for you is my goal! I’m a DONA trained doula, an ICEA trained educator, with a B.A. in Theatre and 10 years of additional experience as a labor companion and a mother, with 5 kiddos myself. Multiples are my specialty and compassion is my philosophy!

Thirteen Moons Birth Preparation & Support(310) 736-8548
www.birthingmoon.blogspot.com I’m a birth doula, birth advocate and Intuitive bodyworker whose focus is supporting womyn/mothers and their partners in creating a satisfying experience from conception to birth.

Peggy Wehrle(714) 615-5927
momsbundleofjoy5@sbcglobal.net 17 years of nursing then decided to become a postpartum Doula. I am a Mom of 5 and proud Grandmother of 5 little Blessings. I work nights or days and I am an excellent cook.

Key to Credentials
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BA/ BS/ BSN — Bachelor of Arts/Science/Nursing
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DC — Doctor of Chiropractic
FACCE — Fellow of American College of Childbirth Educators
LCCE — Lamaze Certified Childbirth Educator
LE — Lactation Educator
LM — Licensed Midwife
LVN — Licensed Vocational Nurse

MA/ MS/ MN — Master of Arts /Science /Nursing
IBCLC (RLC) — International Board Certified Lactation Consultant
Most have had extensive formal lactation education and clinical training; has passed an international certification exam and has continuing education requirements in lactation. Recertifies every 5 years. May also use term “Registered” (RLC).
MD — Medical Doctor
MPH — Master of Public Health
(R) (CP) NP — (Registered) (Certified Pediatric) Nurse Practitioner
OTR/L — Occupational Therapist , Registered/ Licensed
PCD — Postpartum Certified Doula
PHN — Public Health Nurse
PT — Physical Therapist
RD — Registered Dietitian
RN (C) — Registered Nurse (Certified)

All licensed health practitioners have additional continuing education requirements to remain current in their respective fields.

Breastfeeding and Birth Retail Stores

Bellies, Babies & Bosoms818-541-1200
www.bellies.biz
2430 Honolulu Avenue, Montrose, CA 91020
Lactation center and retail store carrying breastfeeding related items; free 1/2 hour breastfeeding consults with lactation educator.

Bini Birth..... 818-286-3944
www.Binibirth.com
13743 Riverside Drive, Sherman Oaks, CA 91423
Green Boutique. Eco-friendly products. Childbirth workshops.

A Mother’s Haven818-380-3111
www.shopthehaven.com
15928 Ventura Blvd., Suite 116, Encino, CA 91436
Boutique that carries pregnancy thorough baby items, nursing bras, baby clothing and personalized baby registry. Infant care class, breastfeeding, infant massage & sign language for babies, Hypnobirthing Classes.

The Pump Station & Nurtury™
www.pumpstation.com
2415 Wilshire Blvd., Santa Monica, CA 90403 310-998-1981
248 Vine St., Hollywood, CA 90038323-469-5300
Village Glen Plaza, 2879 Agoura Rd., Westlake Village, CA 91361 805-777-7179
“The Ultimate Breastfeeding & Baby Care Resource Center and Boutique”

The Sanctuary Birth & Family Wellness Center310-566-7690
At the Eco-Boutique, we offer a complete selection of only the best eco-friendly essentials for mama and baby. Also offers comprehensive, holistic and compassionate wellness and maternity care, doula services, birth and parenting education and lactation support. Lactation consulting, breastfeeding classes and support groups.
www.birthsanctuary.com

Free Breastfeeding Resources

Birthing Project, Healthy Babies Alliance 626-296-1000
Breastfeeding support group

LA LECHE LEAGUE800-LA-LECHE
Monthly meetings for pregnant & breastfeeding women. Babies welcome. Call 800-LA-LECHE for a local leader or www.lalecheleague.org.

LA County USC MC 323-409-2236
Free prenatal Breastfeeding Class-Eng/Span

Glendale Memorial Hospital Breastfeeding Resource Center 818-502-2378
Free breastfeeding support group and classes; Board Certified Consultants.

Hoag Hospital..... 949-764-2229
Babyline is manned by an IBCLC certified RN available to answer questions M-F, 9am - 5:45pm.
Free online breastfeeding course. Register online at
http://www.hoag.org/Specialty/Womens-Health/Pages/OB-Education/Breast-feeding.aspx

Pasadena Public Health Dept. Black Infant Health Program 626-744-6093
Breastfeeding & Childbirth & parenting education classes. Free for Medi-Cal eligible

Infant/Child CPR, Safety, and Car Seat Safety Classes

Save a Little Life818-344-1442
Savealittlelife.com
18607 Ventura Blvd., # 207A, Tarzana, CA 91356
CPR & First Aid Richard Pass,

White Memorial 323-265-5050/ 323-267-4352
http://www.whitememorial.com/medical-services/lamaze-and-other-classes
Infant CPR Eng 323-265-5050 Span 323-267-4352

Hoag Hospital..... 949-764-BABY
http://www.hoag.org/Education/Pages/home.aspx?Specialty=Womens
Infant CPR & Safety

CPR & First Aid, English/Spanish 818-345-4439
babyhelp@roadrunner.com
CPR, Etc. - Private. Offered at home, church, temple, for groups & individ. In Eng. & Span. Ellen Steinberg RN

Glendale Adventist Medical Center818-409-8100
http://www.glendaleadventist.com/childbirth-parent-education-classes
Infant CPR & Safety

Training Solutions 818-789-8907
www.ezcpr.com
Infant & Child CPR. Eng & Span. Official American Heart Association Training Center.

Methodist Hosp Arcadia1-800-950-BABY
http://www.methodisthospital.org/services/Maternal%20Child%20Health/Pages/Maternity-Classes.aspx
Infant CPR. Span & Mandarin.

Clarence Calhoun 626-357-3100
http://safetycpr.com/
Monrovia. Infant CPR

Huntington Memorial 626-397-8768
http://www.huntingtonhospital.com/Main/FamilyCPR.aspx
Infant and Child CPR & Safety

Safety In Motion 714 264-2924
www.safetyinmotion.org
Car Seat Education. At-home car seat installation & education
day/evening/weekend appts available

The Baby Guru 310-226-7097
www.TheBabyGuru.com
CPR & First Aid Classes in the privacy of your home or office.



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www.mikeboh.com

Midwives & Birthing Centers

Beach Cities Midwifery & Women’s Health Care
949-215-7575 www.beachcitiesmidwifery.com
B. J. Snell, PhD, CNM, FACNM. 24902 Moulton Parkway, Suite 120
Laguna Hills, CA 92637

Blessed Beginnings Midwifery
714-222-8759 www.BlessedBeginnings.net
Susan Scott Gill, LM, CPM. Home Birth, water labor and/or birth, supportive environment, support of birth choices and plans, no separation of mother and baby, immediate care of the newborn including full pediatric exam. Dedicated to supporting women through childbearing years including prenatal, labor & birth, postpartum, and well-woman support.

Candace Leach, LM, CPM
562-272-4541 www.birthgoddess.com
Pre-conception, prenatal, homebirth, waterbirth, postpartum, well-woman & well-baby care. Free consultations.

Tender Loving Childbirth
310-278-6333 www.tenderlovingchildbirth.com
Give birth to your baby in the warmth, love and comfort of your own home. Homebirth is safe, natural and empowering. Call today to schedule a FREE homebirth consultation.

The Sanctuary Birth & Family Wellness Center
310-566-7690 www.birthsanctuary.com
Comprehensive, holistic and compassionate midwifery services to families in Los Angeles and surrounding areas. Home birth, water birth, prenatal care, postpartum care, lactation support and well-woman gynecological care. The only Birth Suite in Los Angeles proper.

South Coast Midwifery and Women’s Health Care
(949)-654-2727 www.southcoastmidwifery.com
Orange County’s oldest and most established birth center. A warm, nurturing place. Birthing options include home, birth center and water birth. Free consultations.

Natural Birth & Woman’s Center
818-885-1012 www.gr8birth.com
Breastfeeding classes and support, parenting classes, doulas, nutritional support, individual birth plans - home, birth center, hospital, water labor, water birth, and VBAC. FREE TOUR.
Canoga Park, CA

UCLA Nurse-Midwifery Associates
310-794-7274 www.midwife.ucla.edu/
We provide comprehensive pregnancy, birth, and post-partum care within a midwifery model of care. We believe labor and birth are normal physiological processes and technology should be used judiciously. We care for women who desire a VBAC.

Ventura Birth Center
(805) 667-2229 www.Venturabirthcenter.net
We offer Birth Center Birth, Homebirth, Waterbirth, Lactation classes, and Well Woman Services

Photography

Anamaria Brandt Photography 714-730-5050
http://www.bellybabylove.com
Ana has been specializing in pregnancy and newborn imagery for 14 years. Sessions can be in studio or on location

Baby’s First Impression 909-946-5410
www.babysfirstimpression.com
4d ultrasound images.

A La Mode Photo310-770-2676
www.ALaModePhoto.com
Award winning maternity and newborn photographer, Heather Hart, creates beautiful memories that last a lifetime.

Brubaker Photography.....310-476-1992
http://www.brubakerphotography.com
Maternity, babies, children, weddings & head shots.

Day One Photography 310-820-2505
www.dayonephoto.com
Pregnancy, birth, adoption, babies, families and events.

First Look Sonogram.....310-543-5152
www.firstlooksonogram.com
4d Sonogram and newborn imaging.

La Neve Studio 714-529-3686
www.lanevephoto.com
Pregnancy, infant and children and family portraits. Monthly specials. Downtown Brea.

Linnea Lenkus Fine Art Portrait Studios
www.linnealenkus.com
Long Beach(562) 981-8900
Pasadena.....(626) 744-9104
Fine art pregnancy and baby portraits, cards, albums, boxes. By appointment only.

Little Darling’s/Precious Memories Portrait Studio..... 888-276-2229
Photography in your home.

Lori Dorman..... 818-247-0200
www.loridorman.com
Pregnancy, baby and family photography.

Margaret Gruesbeck Photography 626-836-7761
www.margaretgruesbeck.com
Fine art photography, birth, pregnancy, infancy and children.

Milk and Cookies Photography 323-533-4268
www.milkandcookiesphotography.com
Specializing in unique maternity and child portraits, from the tummy to six years old.

Peek-a-Boo Ultrasound 909-579-8229
http://www.myfirstpeekaboo.com/
Non-Diagnostic for family, fun, & entertainment

Pregnancy Portraits818-905-3213
www.pregnancyportraits.net
Specialize in pregnancy photos and newborn sessions

Prenatal Peek818-390-1141
www.prenatalpeek.com/sfvalley
Newborn imaging. 23161 Ventura Boulevard Suite #207, Woodland Hills, CA. 91367.

Marlo Yoshimoto Photography.....760-679-6136
www.msyoshphoto.com
Pregnancy, baby and child photography.

Tanya Young Photography 310-920-9444
www.TanyaYoung.com
Artistic pregnancy, baby and child photography.

Motherhood Consortium

THE MOTHERHOOD CONSORTIUM
818.887.1312
WWW.THEMOTHERHOODCONSORTIUM.COM

The Motherhood Consortium is a Southern California-based professional networking group offering premiere service providers for presentations on the field of mothers, babies, and families, as well as the highest quality business-to-business resources and referrals throughout the region.

Breastfeeding Task Force of Southern California

www.BreastfeedLA.org

Info on upcoming workshops and brochure and registration forms available online:
www.facebook.com/BreastfeedLA

310.792.0990



BreastfeedLA

Pre/Postnatal Fitness

Camarillo Yoga Center	805-504-3920
http://www.camarillyoyoga.com Prenatal Yoga Classes. Weekly prenatal yoga class, start anytime after 13 weeks. Tara Stivers, Instructor	
Equilibrium Fitness Pilates	909-593-1717
Pre/postnatal exercise, Phyllis Douglas	
Exercise for Two	310-453-2380
Private training & consult. Lauri Reimer Mihailov	
Fit4Mom	562-879-4214
http://longbeach.fit4mom.com Stroller Strides. Work out by the beach with your baby in the stroller! Stacy Hinkel, Instructor	
Karuna Yoga	323-665-6242
Prenatal class	
Khalsa Way Pre-Natal yoga	310-483-3987
Romy Rapoport. Malibu mothernaturebirth@yahoo.com	
LeClaire Childbirth & Mind/Body Cntr	310-454-0920
Mommy & Me, Meditate class	
Live Arts Los Angeles	323-594-0089
www.rockscissorsyoga.com Prenatal Yoga with Jenn Nelson.	
Long Beach Parks, Recreation and Marine	310-454-0920
http://www.longbeach.gov/park/ Stroller Roller Exercise Class; Pregnancy Fitness Class	
Natasha Maidoff	310-358-6769
Dance class for moms & babies at Electric Lodge	
Rose Mary Mosher, RN, CNP	310-375-1145
Pre/postnatal exercise & prenatal yoga. Or call 310-374-3426 ext 126	
Mommy Care	310-394-6711
The official workout program for St. John's Hosp. Group/personal training. Baby massage, Nancy Griffin	
A Mother's Haven	818-380-3111
Pre-post Yoga Classes	
Prenatal Yoga	818-707-0894
www.BirthingWithWisdom.com Robin Gruver. Westlake Village.	
Prenatal Yoga with Juanita	626-202-9594
www.lotusoflight.com Prenatal Yoga, Lotus of Light, 526 E Route 66, Glendora.	
The Pump Station	805-777-7179
Robin Gruver.	
Santa Monica Family YMCA	310-393-2721
Aqua prenatal & land postpartum classes	
Verdugo Exercise & Gym	818-790-0123
YMCA (in the pool)	
Yoga at the Village	818-265-9833
http://www.yogaatthevillage.com Prenatal / postnatal classes MOMMY & ME, Yoga for kids, Family Yoga; Glendale	
Yoga Body	818-566-1166
Toluca Lake Sat 12-1:30pm Pre/ postnatal yoga - kundalini teacher/doula Linda Rose	
Yoga Kingdom Sanctuary	626-792-7871
www.yogakingdom.com Prenatal Yoga. Pasadena.	
Yoga Works	805-371-3030
Prenatal yoga / mommy & me yoga. Westlake Village. Robin Gruver	
YWCA of Santa Monica/Westside	310-452-3881
"Mommy & Me, Pilates & More", Infants & Me (age 0-1)/Toddler & Me (age 0-3), Pre & Post Natal Yoga classes.	

Childbirth Educator Training and Organizations

Birthing From Within

Learn more about BIRTHING FROM WITHIN workshops for birth-related professionals.
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www.birthingfromwithin.com
805-964-6611

BirthWorks

Become a Doula or
Childbirth Educator
888-862-4784
www.birthworks.org

Childbirth and Postpartum Professional Association (CAPPA)

2015 Childbirth Education and Labor Doula Trainer Certification Courses
Labor Doula Training
Childbirth Educator Training
Lactation Educator Training
Postpartum Doula Training
For training workshop dates and locations visit
www.icappa.net

Childbirth International

www.childbirthinternational.com
415-992-5602

DONA International

Birth Doula and Postpartum Doula Workshops
For more information call:
818-286-3944 or 405-831-4473 or
visit www.dona.org

International Childbirth Education Association (ICEA)

For more information on workshops and conferences please call:
919-863-9487 (eastern time)
or visit www.icea.org

The Baby's Perspective

A course for those experienced with newborns, RN's, LVN's, LC's, CLE's, Doulas & Infant Care Specialists who have been working with newborns for a while and want to learn the baby's perspective.
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Kittie Frantz, RN, CPNP-PC

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www.savealittlelife.com
Richard Pass, RN, BA

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Newborn Specialist (Level 2)
Postpartum Doula Training
Professional Nanny Training
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www.thestorkstopshere.com
310-226-2845
Vonda Dennis

continued from page 12...

Everyone Needs a Doula

achieved through learning the best ways in which to introduce the skills necessary to care for both mother and baby. Some families like to talk about the things they need to do to care for their babies. Others appreciate the doula showing them how to diaper, bath, comfort, etc. If the level of confidence in these skills has not been met to the satisfaction of the family at the end the contract, the family will either renew their contract with the doula or, if she is unable to do this, she will find another doula able to meet their specific needs.

What does an average day in the life of a doula look like?

The hours a doula would work in your home vary depending upon your needs. Some doulas work regular 8 hour days, arriving in the morning and working through the day. In other homes the doula arrives in the evening and cares for the mother and baby throughout the night. Some families have family helping so the doula comes for the hours when the family members are not available. Your doula will work out a schedule with you that best meets your needs.

What is the average time a doula would expect to serve a particular family?

This varies depending upon the needs of the family in question. The family and doula will agree upon a set number of days and/or weeks with the hours per day described in their contract. Some families want help several days per week. Some only want help when dad or grandma are not available. You will discuss your needs with your doula and she will help you decide how your needs will best be met.

Is there anything else I should know before hiring a doula?

The purpose of the doula industry is to provide nurturing care, education, and assistance in the lives of expecting and new parents. This includes developing the confidence and skill level in both parents so they will be able to care for their family once the doula is no longer needed. In areas of special need such as postpartum depression or other medical issues, the doula will evaluate the situation and provide necessary referrals. This will be done with the knowledge and approval of all involved.

There are many ways to find a doula in your area. Perhaps you have a friend who knows a doula she recommends. There are agencies specializing in doula needs. More and more the web is becoming an avenue for finding a doula, check the DONA (Doula Organization of North America) and DASC (Doula Association of Southern California) websites. You want to be sure your doula is trained and has studied topics particular to your situation. Ask any questions you have during the interview process.

Congratulations on your coming baby! Life will never be the same again—it gets better and better. When I was expecting my first baby, a friend told me, "It is like falling in love all over again!" It truly was! Becoming a mother is like nothing you have ever experienced. Others can tell you about it, but until you are there you are not able to understand! I hope you find the perfect doula to usher you into the wonders of motherhood!

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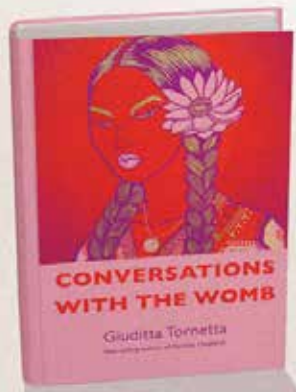
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CONVERSATIONS WITH THE WOMB



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