

# BIRTH

bringing information and resources to houston



**2022**

**RESOURCE GUIDE**



**It is through education that we make changes in our lives. It is through new information, new insights, and new realizations that we change our purpose, our intention, our goals.**



This is what B.I.R.T.H. is about, giving you information and resources to understand the choices you have in your birth and parenting experience.

Even if you are not a new parent or a parent to be, maybe you know a young family that you could educate – maybe you know a pregnant

woman to whom you can impart important information which can change the course of the lives we are creating.

B.I.R.T.H. is here to present and explore information and resources - to expand our understanding of the ways we can enhance the experience of birth for mothers, fathers, families and, of course, our babies. We have seen major changes in the way we birth our children, and the way babies are treated in their first moments after their birth. We now understand the need for respect for the way babies are welcomed and treated from their very first breath and even before this.

Birth is a sacred event. It is our responsibility when we bring life into the world to know the risks and benefits of every choice we make. It is our responsibility to be sure that every child, every baby, is respected and valued as a human being with a right to a good life. We have resources from earth-based wisdom and modern technology to create the best possible outcomes.

Let us realize the awesome truth that all humans are born good! All humans are born without hate, judgement, shame, or jealousy. All humans are born with the same needs - for love, connection, touch, caring and trust.

All babies are born exactly the same in their goodness, in their innocence, in their curiosity, their brilliance, their ability to love, and to trust. They are all born the same in their delight with the world, in their happiness. It doesn't matter what country they are born in or what their skin color or what language they are learning to speak or how much money is in their family. We are

all born with the same goodness. We all come into the world with the same potential. How can we best preserve and expand this goodness and this potential?

It is important that women and men stand up to make a difference in the lives we are creating. We must raise our consciousness toward loving our unborn and our born children and understand the differences we can make by consciously sending love and respect, especially during the pre and perinatal period. It is my belief that we learn about life and make decisions about life from the very first moment we appear or are born.

If this is true, then the first moments, first hours, first days, first weeks are important to tell our baby that their needs will be met, it is safe, and they are cared for. If we want to live in a peaceful world, don't we need to begin life in a peaceful world? If we want to teach our children peace - love - harmony - respect - don't we need to give that first?

It is now more important than ever for us to allow parents the moments of attachment with which they are initiated into the sacred role of parenting. Connection to another human being, particularly with those we love, is at the heart of our spiritual lives, and the baby's first impression of the world is created in the moments, hours, days, immediately following being born.

We can make a difference, we do make a difference, and we should make a difference. .

Remember the words of Margaret Mead who said "Never doubt that a small group of thoughtful, committed citizens can change the world, indeed it's the only thing that ever does . . ."

We here at BIRTH FAIR are a small group of citizens committed to changing the world. It is my intention and my hope you will acquire new information here at BIRTH FAIR gain new insights and learn about the choices you have when you are developing your birth plans so you can experience the sacred blessing of birth in the way it is most important and meaningful to you and to the children who will be welcomed into this world.

With love,

Pat Jones, CNM

President and Founder of BIRTH

# BIRTH FAIR SPONSORS

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EMAIL [INFO@HOUBIRTH.ORG](mailto:INFO@HOUBIRTH.ORG)

**ON THE COVER, WARRICK JOHNSON CARUSO,  
SON OF DR. WHITLEY JAGNANAN CARUSO AND  
DR. JOHN CARUSO**



bringing information and resources to houston

## Mission & Vision

B.I.R.T.H. is Bringing Information and Resources to Houston.

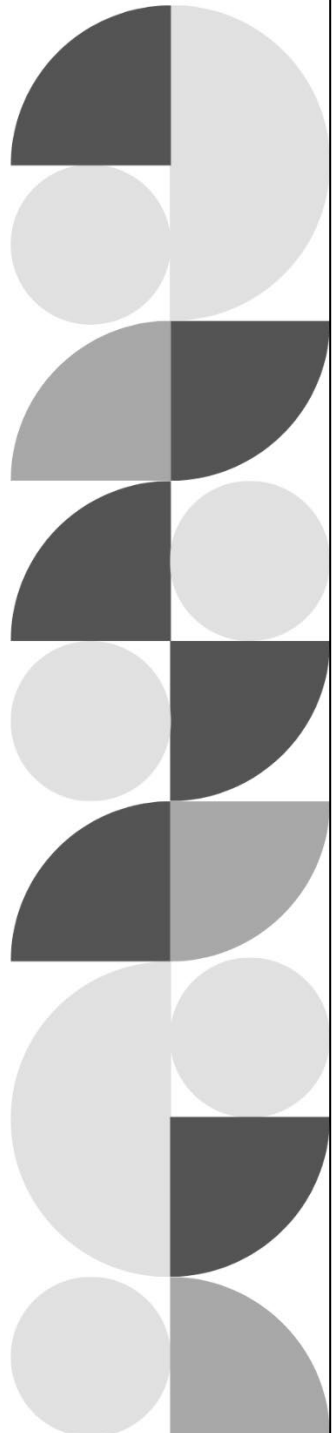
Birth is our opportunity for closeness, for meaning, for love. These are basic human needs which all occur in the birthing process for everyone involved. Anyone who is present and aware during the birth of a new human being is touched in some deep way by the experience. It is a peak experience of life - it is the underpinnings of life itself.

For these reasons, we encourage your birthing decisions to be contemplated and based on sound education. It is important that the unique opportunity for growth of a woman's instinct be valued and cultivated. A family is born with a mother's wisdom, strength, and courage.

If you have experienced a traumatic birth, recognize that education is the first step in recovery. If you are preparing for your first birth we encourage you to listen. Listen to your care provider, listen to other women's birth stories (especially those women who have felt empowered by their birthing); above all, listen to yourself.... for as you grow your baby, you are growing your mothering instinct.

Happy Birth Day!

**Pat Jones, Founder and President of BIRTH**



# Professional Directory

## Acupuncture

### **Alternative Health Center of the Woodlands**

Dr. Stephen Clouthier DC & Dr. Sara Riley DC

Phone: 281-419-9104

Website: ahcwoodlands.com

Email: ahcmailbox@gmail.com

2829 Technology Forest Blvd., Ste. 250

Woodlands Tx 77381

Webster and pediatric chiropractor using Activator methods, Acupuncture, Graston technique, Kinesio taping, Active Release Technique, and Webster technique

### **Ardent Acupuncture**

Michelle Iwama, L.A.C., Dipl.O.M. (NCCAOM), MAOM

Phone: 281-460-5042

Website: ardentacupuncture.com

7915 FM 1960 W., STE 203

Houston, TX 77070

### **Balance Houston Acupuncture**

Phone: 832-930-0590

Website: balancehouston.com

19 Briar Hollow Lane, Suite 240, Houston 77027

4840 W. Panther Creek, Suite 208, Woodlands, 77381

Specializing in fertility, pregnancy ailments, and labor preparations, serving all ages and health needs.

### **Eastern Harmony Acupuncture Clinic**

Phone: 713-529-1610

Website: easternharmonyclinic.com

Email:

info@easternharmonyclinic.com

3100 Weslayan St. 225

Houston Tx 77027

929 Gessner set 2300

Houston Tx 77024

12930 Dairy Ashford Ste, 703

Sugarland Tx 77478

### **HealthPro Family Chiropractic and Acupuncture**

Dr. Alayna Pagnani-Gendron, D.C., CACCP

Dr. Jessica Brubaker, D.C.

Phone: 281-506-0105

Website: healthprochiro.com

Email: info@healthprochiro.com

4101 Greenbriar Dr. STE 135

Houston, TX 77098

### **The Axelrad Clinic**

Phone: 713-527-9555

Website: axelradclinic.com

Email: frontdesk@axelradclinic.com

## HealthPro

family

CHIROPRACTIC & ACUPUNCTURE

**HealthPro is a boutique family centered practice that is dedicated to providing you with the highest quality of personalized care.**

### **WEBSTER TECHNIQUE CERTIFIED**

We provide perinatal, pediatric and general chiropractic care as well as acupuncture, muscle therapy and exercises treatment plans.

4101 Greenbriar Drive Ste.

135

Houston, TX 77098

281.506.0105

info@healthprochiro.com

@healthprochiro

@dralaynapagnani

@dr.jessicabrubaker



## Acupuncture Continued

### **Momentum Health**

Dr. Tiffany Poole, D.C.

Phone: 832.856.2243

Website: [drtiffanypoole.com](http://drtiffanypoole.com)

Email: [hello@drtiffanypoole.com](mailto:hello@drtiffanypoole.com)

1526 Katy Gap Rd, Suite 602, Katy, Tx 77494

Chiropractic + Acupuncture- specialty in women's health and pediatrics

### **West University Wellness**

Caroline Long, D.C., C.A.C.C.P.

Ploy Chotiratkul, D.C., C.A.C.C.P.

Hanieh Hosseini, D.C.

Menka Patel, D.C., C.A.C.C.P.

Jill Burk, D.C., C.A.C.C.P., C.C.E.P.

Phone: 713-490-2225

Website: [westuwellness.com](http://westuwellness.com)

Email: [info@westuwellness.com](mailto:info@westuwellness.com)

5107 Bellaire Blvd, Suite 210, Bellaire, Texas 77401

Certified perinatal and pediatric chiropractors and massage therapists practicing since 2000. We love birth!



## Birth & Postpartum Doulas

### **Above the Waves Birth**

April Caudillo

Phone: 979-417-2506

Website: [abovethewavesbirth.com](http://abovethewavesbirth.com)

Email: [Lakejacksonbirth@gmail.com](mailto:Lakejacksonbirth@gmail.com)

Doula Services, Birth, Postpartum and Childbirth Education

### **Aja Divine Healing LLC**

Jeanette Johnson

Phone: 346-815-7774

Website: [ajadivinehealing.com](http://ajadivinehealing.com)

Email: [info@ajadivinehealing.com](mailto:info@ajadivinehealing.com)

I am a traveling Full spectrum doula and yoga instructor

### **Baby's Best Start**

Catrice Harris, cd (Dona) childbirth educator, ,ICEA

Phone: 619-721-6762

Website: [Babysbeststart.org](http://Babysbeststart.org)

Email: [catrice.harris@gmail.com](mailto:catrice.harris@gmail.com)

Birth Doula and breastfeeding and Childbirth Education

### **Birth of a Family**

Renee

Phone: 281-832-0188

Website: [birthofafamily.net](http://birthofafamily.net)

Email: [renee@birthofafamily.net](mailto:renee@birthofafamily.net)

### **Birthing Rights Doula & Newborn Care**

Keri Davis

Phone: 904-533-6852

Website: [birthingrights.com](http://birthingrights.com)

Email: [hello@birthingrights.com](mailto:hello@birthingrights.com)

[Birth & Postpartum Doulas Continued](#)

### **Brandi Sellers Doula Services**

Phone: 601-757-0424

Website: [www.brandisellersdoula.com](http://www.brandisellersdoula.com)

Email: [brandisellersdoula@gmail.com](mailto:brandisellersdoula@gmail.com)

Postpartum, Foster Care, Adoption

### **Brave Beautiful Beginnings**

Hannah Rojas, CD-L, CD-PIC, C-PPS

Elizabeth Mannella CD-L, CD-PIC

Phone: 832-766-5740

Website: [bravebeautifulbeginnings.com](http://bravebeautifulbeginnings.com)

Email: [info@bravebeautifulbeginnings.com](mailto:info@bravebeautifulbeginnings.com)

Labor and Postpartum Doula Services, and Placenta Encapsulation Services

### **Breathe by Vero Pertuso**

Vero Pertuso

Phone: 713-817-1141

Website: [breathebodymindspirit.com](http://breathebodymindspirit.com)

Email: [Breathe.bms@gmail.com](mailto:Breathe.bms@gmail.com)

Bilingual birth, Postpartum and Fertility Doula, Fertility, Pregnancy and Postpartum Wellness and Health Coach and a Perinatal Reiki Practitioner.



## Birth & Postpartum Doulas Continued

### **Brown Girl Birthing**

Chauntá Love  
Phone: 832-477-7449  
Website: browngirlbirthing.com  
Email: browngirlbirthing@gmail.com  
Houston, TX 77082

### **Concierge Doulas of Houston**

Phone: 713-591-6402  
Website: Conciergedoulasofhouston.com  
Birth & Postpartum Care and Childbirth Education.

### **Debbie Hull, BS, CLD, CCCE, CAPP**

Phone: 281-599-1381  
Website: debbiehulldoula.com  
Email: Debbiehull.doula@gmail.com  
Making families' births better since 1999.  
Group/private/refresher childbirth classes

### **Denise Bernard**

Phone: 832-277-1966  
Website: douladenise.com  
Email: info@douladenise.com  
Certified DONA International Birth Doula, Certified Stillbirth/birth and Bereavement Doula, Certified Lamaze Childbirth Educator, Certified Lactation Counselor

### **Elizabeth Perrin-Doula Services**

Elizabeth Perrin, Doula  
Phone: 936-402-7081  
Website: elizabethperrindoula.com  
Email: epdoula@yahoo.com  
Certified birth and postpartum doula, Peer Lactation Counselor, and Certified VBAC doula.

### **First Birth Ministries**

Sharon Tilotta Aaron  
Phone: 713-502-7028  
Website: firstbirthministries.com  
Email: sharon@firstbirthministries.com  
Bible based Childbirth Preparation Classes. Doula dservices, LIVE online classes.

### **Full Moon Birth Services**

Jessica McWilliams  
Phone: 281-305-3185  
Website: fullmoondoulahtx.com

### **Gather and Bloom**

Julia Mitchell  
Website: gatherandbloom.co  
Email: julia@gatherandbloom.co

### **Harmonious Birthing**

DeShaun Desrosiers  
Phone: 281-768-1497  
Website: holisticbirthandhealth.com  
Email: harmoniousbirthing@gmail.com

### **Houston Birth and Baby**

Erin Young, Owner, Doula, LMT  
Phone: 713-714-7649  
Website: houstonbirthandbaby.com  
Email: hello@houstonbirthandbaby.com  
We provide, antenatal support, birth doulas, postpartum doulas, childbirth education, lactation support, placenta processing, massage therapy, and meal delivery.

### **Houston Postpartum Doula**

Natalie Sanchez- Postpartum Doula  
Phone: 281-701-5998  
Website: houstonpostpartumdoula.com  
Email: nsanchez.doula@gmail.com  
Postpartum doula serving families from South Houston to Galveston.

### **Houston Pregnancy Massage & Doula Care**

Patti Heimlich Owner, LMT, CD (DONA), ICCE  
Phone: 713-661-8796  
Website: hpregnancy.com  
Email: patti@hpregnancy.com  
3139 W. Holcombe Blvd. #505, Houston, Texas 77025  
Birth Doula, Childbirth classes, Pediatric Craniosacral Therapy & Myofascial Release, Infant/Baby Massage, Prenatal, Labor and Postpartum Massages, Hypnobabies, Placenta Encapsulation

### **Houston Womb Service**

Alexandra Tran  
Phone: 832-457-3448  
Website: houstonwombservice.com  
Email: alex@houstonwombservice.com  
Sugar Land, TX · Houston, TX · Katy, TX

### **Keen Doula Care**

Kristi Keen  
Phone: 225-229-4130  
Website: keendoulacare.com  
Email: keendoula@yahoo.com

### **Labor Enabler Birth Doula**

Kathleen Wilson, ALACE, BAI  
Phone: 832-444-5630  
Website: laborenable.com tlcDoulaGroup.com  
Email: kathleen@laborenable.com  
26602 Keith St  
Spring, TX 77373  
Doula services, childbirth education, Placenta services

### **Marley & Moo**

Latina, Founder CD(DONA & ProDoula), CPPS  
Phone: 713- 909-5175  
Website: marleymoomaternity.com  
Email: info@marleymoomaternity.com

# Top 10 Reasons To Hire a Doula

- 1 A birth doula empowers you to make educated and informed choices
- 2 Decreased chances of unnecessary use of forceps by 41% and cesarean birth by 28%
- 3 Doulas help increase your chances of reaching your breastfeeding goals
- 4 Doulas decrease the incidence of PPD and increase birth experience satisfaction by 33%
- 5 Birth Doulas provide an objective 3rd party at the birth
- 6 Birth Doulas allow partners to be as involved as they wish
- 7 Doulas help support mother/baby bonding while increasing your confidence
- 8 Doulas help you find your own parenting style while promoting a healthy family dynamic
- 9 Doulas help you smoothly make the transition to integrate the baby into the family
- 10 Doulas help provide a buffer to extended family's expectations

## Birth & Postpartum Doulas Continued

### **Massage and Doula Service with Noliko**

Noliko Utsuzawa

Website: [nolikomassageanddoula.square.site](http://nolikomassageanddoula.square.site)

Email: [norikobamboo@gmail.com](mailto:norikobamboo@gmail.com)

Doula- Birth and Bereavement, Massage & Craniosacral Therapy, Childbirth Education

### **Massage Momma**

Sasha Sumling, Owner, Licensed Massage Therapist, Birth & Postpartum Doula, and Evidence Based Birth® Instructor

Phone: 832-372-6174

Website: [massagemomma.net](http://massagemomma.net)

Email: [massagemomma3@gmail.com](mailto:massagemomma3@gmail.com)

Areas Served: Cypress, Katy, Houston

### **Maximum Doula Services**

Max Burrus

Phone: 206-651-0978

Website: [maximumdoulaservices.com](http://maximumdoulaservices.com)

Email: [Max@MaximumDoulaServices.com](mailto:Max@MaximumDoulaServices.com)

Doula Services

### **Michele Marquez**

Michele Marquez

Phone: 832-942-8730

Email: [letsdouladamthang@gmail.com](mailto:letsdouladamthang@gmail.com)

Postpartum Doula services overnights only

### **Mommiez, Daddiez and Me!**

Tawn Matthews

Phone: 281-773-6212

Website: [MDMPPDoula.com](http://MDMPPDoula.com)

Email: [DoulaTawn@gmail.com](mailto:DoulaTawn@gmail.com)

8544 W. Belfort St, Ste 600

Houston, TX 77071

### **Motherhood Center**

Gabriela Gerhart

Phone: 713-963-8880

Website: [motherhoodcenter.com](http://motherhoodcenter.com)

Email: [support@motherhoodcenter.com](mailto:support@motherhoodcenter.com)

3701 W Alabama St Suite 230

Houston, TX 77027

### **Motherly Transitions LLC**

Priscilla Brickey LM,CPM

Phone: 713-562-0105

Website: [Motherlytransitions.com](http://Motherlytransitions.com)

Email: [absolutetherapy@sbcglobal.net](mailto:absolutetherapy@sbcglobal.net)

Providing Families with prenatal and postpartum support

### **Newby Nurturing Postpartum Doula Services**

Phone: 281-406-1897

Website: [newbynurturing.com](http://newbynurturing.com)

Certified Breastfeeding Specialist and Postpartum Doula serving Houston and surrounding areas (Virtual services available everywhere)

### **Nichelle's Doula Services**

Brianna Nichelle

Phone: 281-468-0145

Website: [briannanichelle.com](http://briannanichelle.com)

Birth and postpartum doula, prenatal yoga instructor, PAIL Advocate, breastfeeding advocate and Calm Birth Meditation Instructor

### **Of the Earth Holistic Care**

Anna Demetra

Phone: 917-214-8100

Website: [annademetra.com](http://annademetra.com)

Email: [balanceingravity@gmail.com](mailto:balanceingravity@gmail.com)

Womb centered care utilizing Structural Integration, Arvigo Abdominal Therapy, Vaginal Steams, Herbal Medicine, Energetic Balancing.

### **Pacifiers & Peaches Doula Co.**

LaVerne Reid, Postpartum Doula & Certified Holistic Health Coach

Phone: 832-305-5451

Website: [pacisandpeachesdoulas.com](http://pacisandpeachesdoulas.com)

Email: [hello@pacisandpeachesdoulas.com](mailto:hello@pacisandpeachesdoulas.com)

Holistic Postpartum Care for Mother + Baby

Daytime & overnight newborn care, Sleep coaching & intuitive scheduling, Healing & holistic pampering for mom, Nourishing & warming meals

### **Paige Hopkins CLD**

Phone: 281-513-8978

Website: [paigehopkinsdoula.com](http://paigehopkinsdoula.com)

Email: [paige@paigehopkinsdoula.com](mailto:paige@paigehopkinsdoula.com)

Certified Labor Doula

Trained/Experienced Postpartum Doula

### **Postpartum Beyond LLC**

Anndei Gutierrez

Phone: 281-210-4911

Website: [postpartumbeyond.net](http://postpartumbeyond.net)

Email: [Anndei@postpartumbeyond.net](mailto:Anndei@postpartumbeyond.net)

Postpartum Doula and Newborn Care Specialist

providing daytime and overnight support to postpartum families throughout the greater Houston area

### **Premier Doulas of Houston**

Website: [premierdoulasofhouston.com](http://premierdoulasofhouston.com)

Email: [hello@premierdoulasofhouston.com](mailto:hello@premierdoulasofhouston.com)

Offering full family support for fertility through the fourth trimester.

### **Promise Birth Services**

Lindsey Dugas, Best Certified Doula

Phone: 936-391-4940

Website: [promisebirthservices.com](http://promisebirthservices.com)

Email: [hello@promisebirthservices.com](mailto:hello@promisebirthservices.com)

Mont Belvieu, TX 77580

Providing flexible fee birth doula services, in addition to postpartum doula care, childbirth education classes, and other pregnancy support.

# who's on your BIRTH TEAM



**you &  
your family**

**midwife**

**obstetrician**

**childbirth  
educator**

**birth & postpartum  
doula**

## Birth & Postpartum Doulas Continued

### **Rad Love Doula**

Rachel Stonebrook, MA  
Phone: 614-565-9511  
Website: radlovedoula.com  
Email: radlovedoula@gmail.com  
26602 Keith St  
Spring, TX 77373  
Doula Services, Lactation Support, Reproductive Health, Sexual Wellness & Childbirth Education

### **Ready Set Birth**

Raina Haruna  
Phone: 406-595-1894  
Website: readysetbirth.com  
Email: rainaharuna@gmail.com

### **Sanyika the Doula LLC**

Sanyika William  
Phone: 832-736-1123  
Website: sanyikathedoula.com  
Email: birthmatters@sanyikathedoula.com  
Birth & Postpartum doula, Lactation Advocate and Birth Photographer

### **Selah Birth Services of Texas**

Jaci Virgadamo  
Phone: 559-797-6086  
Website: Selahbirthservicestx.com  
Email: jaci@selahbirthservicestx.com  
Birth, Postpartum and overnight doula services

### **Susan Miller Postpartum Doula**

Phone: 832-368-9669  
Website: houstondoula.com  
Email: susan@houstondoula.com  
Birth & Postpartum Doulas Continued

### **Tally and Bean**

Natalia Block  
Phone: 612-425-8175  
Website: tallyandbean.com  
Email: nataliablock@tallyandbean.com  
Details: Postpartum doula support, Custom nursery murals, Holistic nutrition consulting (pregnancy, postpartum, and baby), LGBTQIA+ support, Military family support, Virtual and remote postpartum doula support

### **Tatiane Siqueira Doula**

Phone: 713-410-8098  
Website: tatianesqueiradoula.com  
Email: siqueira\_tatiane@yahoo.com.br  
Professionally trained and certified doula offering birth doula services in Portuguese or English in Houston/Sugar Land TX area

### **The Doula Companion**

Brittany Sawyer  
Phone: 432-312-0806  
Website: kingwooddoula.com  
Email: brittany@kingwooddoula.com

### **The Growing Nest Doula Services**

Alexis Downs  
Phone: 832-353-9958  
Website: thegrowingnest.com  
Email: alexis@thegrowingnest.com  
Birth doula and Placenta Encapsulation Specialist.

### **The Houston Birth Doula**

Reagan Sullivan  
Phone: 713-962-3343  
Website: thehoustonbirthdoula.com  
Email: bloomingbirthdoulahouston@gmail.com  
Offering birth and postpartum doula services, birth photography, and placenta prints and art

### **The Painted Doula**

Jolie Ammons  
Phone: 281-686-2877  
Website: thepainteddoula.com  
Email: joli@thepainteddoula.com  
26602 Keith St, Spring, TX 77373  
Doula, sibling doula and more

### **The Parent Prep**

Laurie Foster, CPD  
Phone: 877-768-6439  
Website: theparentprep.com  
Email: doula@theparentprep.com

### **The Wright Doula Co**

Natasha OhSo Wright, Professional Doula, Maternity Wellness Coach  
Phone: 346-298-2429  
Website: wrightdoula.com  
Email: wrightdoula4u@gmail.com  
1000 Austin Street, Suite A  
Richmond TX 77469  
Prenatal Support Services, Birthing Support Services -Postpartum Support Services, Prenatal/ Postpartum Massage Therapy Specialist, Licensed Massage Therapist, Nanny/Sitter Services

### **theVillage**

Kimberley Traylor, MA  
Phone: 281-733-5680  
Website: TBRtheVillage.org  
Email: info@tbrthevillage.org  
Lactation Consultant, Doula, Childbirth and Health Educator, CEIM Infant Massage Instructor.

# Birth & Postpartum Providers

## HOW THEY WORK TOGETHER

### Midwives

Provides medical care throughout pregnancy, labor, birth & postpartum. Midwives work to keep moms and babies healthy, safe and low risk. Midwives provide well baby care in the first 6 week postpartum to ensure that baby is doing and growing well. Some Midwives also provide well woman care.

Infant feeding specialist who provides clinical and medical support to ensure optimal infant feeding. Specifically trained to address clinical and underlying issues that are impacting breastfeeding and infant feeding, such as low supply, tongue-ties, latch issues bottle feeding issues and other concerns

Provides feeding support during the entire duration of breastfeeding

All professionals working together to support you & baby from pregnancy, labor, birth, postpartum and beyond.

Provide emotional, physical and informational support throughout pregnancy. This support becomes continuous during labor, birth and in the postpartum period. Offer support and education for typical breastfeeding issues

### IBCLCs

### Doulas

### **TLC Doula Group Education and REsource**

Birth & Postpartum Doulas Continued

#### **Haven**

Phone: 832-444-5630

Website: [tlcdoulagroup.com](http://tlcdoulagroup.com)

Email: [tlcdoulagroup@gmail.com](mailto:tlcdoulagroup@gmail.com)

26602 Keith St., Spring, TX 77373

A support network of Doulas and birth support workers in one location

#### **Yoko Tarango**

Phone: 224-280-1971

Website: [facebook.com/yoko.tarango](https://facebook.com/yoko.tarango) or

[instagram.com/lifedoula\\_tara/](https://instagram.com/lifedoula_tara/)

Email: [mamarakumind@gmail.com](mailto:mamarakumind@gmail.com)

Pregnancy care, Postpartum Doula care, Infant and pregnancy loss care. Consultation for family with special needs children. English and Japanese

#### **Your Baby Whispers**

Shinequa G. (Nurse G)

Phone:

917-280-9020

Website: [yourbabywhispers.com](http://yourbabywhispers.com)

Email: [yourbabywhispers@gmail.com](mailto:yourbabywhispers@gmail.com)

Spring, Texas 77379

In addition to being a Doula, I am also a Pediatric Nurse with 16 yrs of experience working with Newborns and their parents. I also offer Placenta Encapsulation, Child Birth Education and Belly binding services.

#### **Your Labor Neighbor**

Holly Milkowski, BBCI, BBCC, SBD

Phone: 281-813-6242

Website: [yourlaborneighbor.com](http://yourlaborneighbor.com)

Email: [yourlaborneighbor@gmail.com](mailto:yourlaborneighbor@gmail.com)

Doula support, Birth Boot Camp classes, placenta encapsulation in Katy and surrounding areas.



## **Birth Centers & Midwives**

### **Bay Area Community Birth Center**

Stephanie Palacio, CNM

Frances Jones-Coleman, MPH, LM, CPM

Kate Jones, LM, CPM

Phone: 713-472-5525

Website: [Bayareacommunitybirthcenter.com](http://Bayareacommunitybirthcenter.com)

Email: [babcmidwives@gmail.com](mailto:babcmidwives@gmail.com)

8453 Howard Dr. Suite B

Houston, TX 77017

### **BioBirth Birth Center**

Darlene Dorries-Scrivner LM CPM

Samantha Maddox LM CPM

Phone: 713-732-4326

Website: [biobirths.com](http://biobirths.com)

Email: [biobirthportal@gmail.com](mailto:biobirthportal@gmail.com)

20 Professional Park

Webster, Tx 77598

BioBirth is the largest, free-standing, teaching birth center owned/directed by midwives in the state of TX

### **Birth Center of Beaumont**

Jackie Griggs, CNM

Phone: 409-730-7076

Website: [birthcenterofbeaumont.com](http://birthcenterofbeaumont.com)

Email: [jcgriggscnm@gmail.com](mailto:jcgriggscnm@gmail.com)

1357 Broadway Street

Beaumont, Texas 77701

### **Bliss Womens Wellness and Birth Center**

Patricia Perkins, APRN-CNM

Phone: 936-271-4911

Website: [blissbirthcenter.com](http://blissbirthcenter.com)

Email: [staff@blissbirthcenter.com](mailto:staff@blissbirthcenter.com)

14157 Horseshoe Bend

Conroe, TX 77384

### **Cy-Fair Birth Center**

Patricia Ghaly LM

Phone: 281-469-0093

Website: [cyfairbirthcenter.com](http://cyfairbirthcenter.com)

Email: [questions@magnoliabirthcenter.com](mailto:questions@magnoliabirthcenter.com)

14355 Torrey Chase Blvd Ste D

Houston, TX 77014

### **Full Circle Family Services**

Frances Jones-Coleman MPH, LM, CPM

Staff Midwife: Victoria Solis, LM, CPM

Phone: 832-922-3842

Website: [fullcirclefamilyserviceshtx.com](http://fullcirclefamilyserviceshtx.com)

Email: [info@fullcirclefamilyserviceshtx.com](mailto:info@fullcirclefamilyserviceshtx.com)

2636 South loop west #550 Houston TX 77054

Provides midwifery care, Hospital birth preparation, childbirth education classes, breastfeeding education classes and support, newborn infant care classes, Sneak peek gender reveal test, Prenatal and postnatal massage, Prenatal and postnatal yoga, Yoni steam and Placenta encapsulation

# BioBirth

Birth Center

20 Professional Park

Webster, TX 77598

Call for a Free Consultation and Tour!

713.732.4326







# TYPES OF BIRTH WORKERS



## Midwife

- Accredited certification or licensure program
- Includes clinical component- usually with another midwife or physician
- Trained in normal birth and emergencies.
- Responsible for mothers well being through evaluation and management of labor, birth, and postpartum
- Licensed or certified by the state

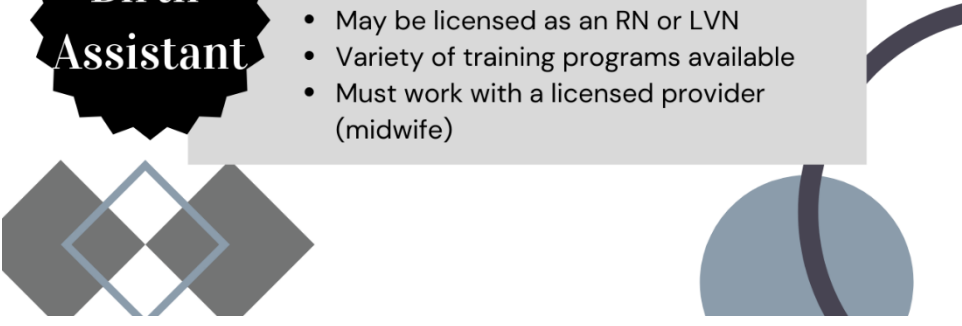


## Doula

- Provides support and encouragement for families (verbal encouragement, physical touch, massage, positioning, assistance to fathers/extended family, and breastfeeding assistance)
- Numerous programs available, usually includes working as a doula in training
- Does not perform medical procedures, (vital sign checks or internal exams).
- Not licensed through the state



## Birth Assistant

- Trained specifically to assist at births.
  - Helps setup for birth, performs vital signs for parent and FHT for baby
  - May be licensed as an RN or LVN
  - Variety of training programs available
  - Must work with a licensed provider (midwife)
- 

## Birth Centers & Midwives Continued

### **Galveston Birth Center**

Jaymee Boughton CPM LM  
Phone: 409-768-0005  
Website: GalvestonBirthCenter.com  
Email: GalvestonMidwives@gmail.com  
712 10th St.  
Galveston, TX 77550

### **Heart of Houston Birth & Wellness Center**

Mary Love APRN, CNM, NP-C  
Bethany Horton APRN, CNM  
Malea Hardeman CPM  
Phone: 832-899-4971  
Website: heartofhoustonbirth.com  
Email: info@heartofhoustonbirth.com  
6550 Mapleridge St., Suite 100  
Houston, TX 77081

### **Heritage Maternity Services**

Erin Reynoso, LM, CPM  
Eve Parsons, LM, CPM  
Phone: 979-571-4490  
Website: heritagematernity.com  
Email: heritagematernityservices@gmail.com  
Taylor Rd  
Bryan, TX 77808  
Providing home birth services to Bryan, and surrounding counties.

### **Holistic Heritage Homebirth**

Andie Wyrick CNM DNP MSN  
Jaelin Stickels CNM MSN WHNP-BC  
Blair Krisman, LM, CPM  
Phone: 281-296-3043  
Website: hhhomebirth.com  
Email: info@hhhomebirth.com  
Providing home birth services in the greater Houston Area

### **Home Birth Experience Inc.**

Kellie Moeller CNM  
Phone: 281-309-8030  
Website: homebirthexperience.com  
Email: Kellie@homebirthexperience.com  
3311 Richmond, Suite 214  
Houston TX 77098  
Complete midwifery care, birth, prenatal, postpartum as well as well-woman care. Home birth.

### **Houston Birth Services**

Alice Brayer LM  
Miranda Klinner CPM  
Phone: 281-319-MAMA (6262)  
Website: houstonbirthservices.com  
Email: houstonbirthservices@hotmail.com  
503 North Avenue H  
Humble, Texas 77338

## **Houston Methodist OBGYN Associates**

Phone: 832-698-5515  
Website: houstonmethodist.org/obgyn  
18220 State Highway 249, Suite 370  
Houston, Texas 77070  
Hospital Based Midwifery Practice

### **Journey Birth Center**

Amber Berry, CPM, LM, MSC  
Rachel Crownable, CPM, LM  
Phone: 832-558-4893  
Website: journeybirthcenter.com  
Email: admin@journeybirthcenter.com  
903 E Main St.  
Humble, TX 77338  
Certified Professional Midwifery Care serving the Greater Houston Area through our faith-based, holistic practice

### **Jubilee Birth Center**

Toni Kimpel, CPM LM  
Riley Dawson CPM LM  
Phone: 979-703-4074  
Website: jubileebirthcenter.com  
Email: riley@jubileebirthcenter.com  
502 S Coulter  
Bryan, Texas 77803  
Services provided- Prenatal, Birth, Postpartum care  
Areas served- Brazos Valley

### **Katy Birth Center**

Cathy Rude LM, CPM  
Connie Blokkum RN, MSN, CNM  
Natalie Wommack RN, LM, CPM  
Lynneece Rooney MSN, CNM, RNC-OB  
Melissa Bates LM, CPM  
Sue Potts MSN, CNM, RN  
Nolana Jalowy MSN, CNM, WHNP  
Jennifer Vassilas LM, CPM  
Tonya Rose LM, CPM  
Phone: 832-437-5876  
Website: katybirthcenter.com  
Email: info@katybirthcenter.com  
1002 Avenue A  
Katy Texas 77493

### **Lifesong Midwifery**

Diana Nash, CPM  
Phone: 870-221-1080  
Website: facebook.com/LifeSongMidwifery2007  
Email: lifesongmidwifery@yahoo.com  
173 Woodsy Hollow  
Goodrich, Tx 77335  
Providing home birth services to Livingston area and surrounding counties

# Bliss

WOMEN'S WELLNESS & BIRTH CENTER

ESTD  2018

*Bliss Women's Wellness & Birth Center is a premier birth center and women's wellness clinic. Nestled on 5 acres, it is your tranquil retreat just north of The Woodlands Texas, easily accessible from Houston and the communities of Conroe and Magnolia. Bliss is owned and led by Patricia Perkins APRN, MSN, CNM.*



## Prenatal Care

Unhurried Prenatal Visits  
Group Prenatal  
Laboratory Testing  
Ultrasounds  
Education  
Onsite Registered Dietitian

## Birth

Continuous Labor Support  
Holistic Pain Management  
Empowering Birth  
Water Birth  
Breastfeeding Support  
Newborn Care

On-call: Your Bliss birth team is on call three weeks before and two weeks after your due date from 37 to 42 weeks for your labor and birth.

## Women's Health

Annual Exams  
Breast and Pelvic Exams  
PAP  
STI Testing  
Contraception  
Preconception Counseling  
Perimenopause/Menopause  
BioTe

*Feel free to reach us at any time by making a call or dropping an email to say hi! We look forward to hearing from you.*

| [www.blissbirthcenter.com](http://www.blissbirthcenter.com) | [staff@blissbirthcenter.com](mailto:staff@blissbirthcenter.com) | 936-271-4911 |

| 14157 Horseshoe Bend, Conroe, Texas 77384 |

# Top 10 Reasons To Hire a Midwife

- 1 It is safe! Multiple studies have confirmed that using a midwife is safe for you and baby!
- 2 Relationship based care! A midwife is going to see you for 30-60 minutes at each appointment
- 3 Optimize your chance for a vaginal birth due to low intervention.
- 4 Shared decision making and autonomy
- 5 Holistic care. A midwife cares for you as a whole person.
- 6 You can choose who will attend your birth and your family can be present at prenatals
- 7 More likely to be successful in your breastfeeding goals.
- 8 Decreased risk of infant mortality and pre term birth
- 9 Lower cost to client and insurers.
- 10 Decreased risk of 3rd and 4th degree perineal tears.

*Content by Melissa Nealy IBCLC, Student Midwife*

## Birth Centers & Midwives Continued

### **Lifestyle Medical Group**

Lindsey Smith, CNM  
Phone: 832-886-5700  
Website: [lifestyle-medical.com](http://lifestyle-medical.com)  
14885 Southwest Freeway  
Sugar Land, TX 77478  
Full scope OBGYN care including Midwifery Care

### **Midwife in the Heights**

Jackie Griggs, CNM  
Phone: 713-505-1802  
Website: [houston-midwife.com](http://houston-midwife.com)  
Email: [jcgriggscnm@gmail.com](mailto:jcgriggscnm@gmail.com)  
637 W 20<sup>th</sup>, Houston, Texas 77008

### **Motherly Transitions LLC**

Priscilla Brickey LM, CPM  
Phone: 713-562-0105  
Website: [Motherlytransitions.com](http://Motherlytransitions.com)  
Email: [absolutetherapy@sbcglobal.net](mailto:absolutetherapy@sbcglobal.net)  
Providing Families with prenatal and postpartum support

### **Nativiti Family Birth Center**

Jami Hain, CNM RN, MSN  
Sarah Owens, CNM  
Phone: 281-296-2333  
Website: [nativiti.com](http://nativiti.com)  
Email: [birthinfo@nativiti.com](mailto:birthinfo@nativiti.com)  
26614 Oak Ridge Dr.  
The woodlands, TX 77380

### **New Dawn Birth Services**

Dawn Housos LM CPM  
Phone: 405-829-1086  
Website: <https://newdawnbirthservice.com/>  
Email: [doulanator@gmail.com](mailto:doulanator@gmail.com)  
Homebirth midwife serving Conroe, New Waverly, Huntsville, and surrounding areas.

### **North Houston Birth Center**

Kathleen Vande Giessen, CNM, MSN, MBA  
Phone: 713-699-4211  
Website: [nhbirth.com](http://nhbirth.com)  
Email: [bsolano@nhbirth.com](mailto:bsolano@nhbirth.com)  
3910 N. Shepherd Dr.  
Houston, TX 77018

### **Preggers Can Be Choosers LLC**

Rowan TwoSisters, LM, CPM, LMT  
Phone: 432-201-1092  
Website: [preggers.rocks](http://preggers.rocks)  
Email: [hello@preggers.rocks](mailto:hello@preggers.rocks)  
2339 Commerce St STE135, Houston, TX  
Occasional homebirth midwife, Breech and VBAC after one vaginal birth. Scar Tissue Remediation and Breech Release Bodywork, Spinning Babies Aware Practitioner, Labor Whisperer, Arvigo and Maya Abdominal Massage Therapist, Loss Support, Skills Sign offs and Low Cost/No Cost Education for BirthWorkers.



**"I truly could not have asked for a better prenatal, labor & delivery, or postpartum experience."**



#### **WHAT WE DO?**

From well care, preconception, prenatal, and homebirth, your midwife has you covered. Throughout your pregnancy, an established trusted relationship will be built for optimum care for you and your family.



**CONTACT US FOR A COMPLIMENTARY CONSULTATION**



[info@TulipMidwifery.com](mailto:info@TulipMidwifery.com)



[TulipMidwifery.com](http://TulipMidwifery.com)



281-221-3057

**Tulip Midwifery**



Nativiti

Family Birth Center and Women's Health Associates

Providing personalized, family  
centered women's health and  
prenatal care



Well Woman exam or dating ultrasound  
\$50  
Off

26614 Oak Ridge Dr  
The Woodlands, TX 77380  
P:281.296.2333 F: 281.419.71

## Birth Centers & Midwives Continued

### **The Addice**

Candice Jenkins LM CPM  
Dr. Traci Martin DNP CNM CLC  
Julia Howard LM CPM  
Jaylynn Park LM CPM  
Rachel Martin MSN CNM WHNP-BC  
Phone: 713-907-0740  
Website: theaddice.com  
Email: INFO@THEADDICE.COM  
8845 Six Pines Dr. Suite #150  
The woodlands ,TX 77380

### **The Birthing Place**

Kinara- Midwife Kay CPM LM  
Phone: 713-MIDWIFE  
Website: TheBirthingPlace.com  
Email: TouchedByAMidwife@gmail.com  
2218 Barbee St  
Houston, TX 77004

### **The Willow Birth Center**

Alyson Kuntz-Butler, CPM, LM  
Phone: 832-557-9749  
Website: thewillowbirthcenter.com  
Email: TheWillowBirthCenter@gmail.com  
11111 Jones Road Suite 2  
Houston, TX 77070  
Providing Compassionate and Individualized Midwifery  
Care

### **Tulip Midwifery LLC**

Shari Camarata CNM  
Phone: 281-221-3057  
Website: TulipMidwifery.com  
Email: Info@tulipmidwifery.com  
Healthcare with a holistic approach!

### **Wellspring Birth Center**

Ashley Musil, LM, CPM  
Phone: 832-777-0291  
Website: wellspringbirthcenter.com  
Email: ashleymusil@gmail.com  
9489 Fosters Bend  
Cleveland, TX 77328

### **Yellow Rose Midwifery Group**

Ashly Kowalski, CPM, LM  
Megan Robinson, RN, CPM, LM  
Phone: 346-800-3885  
Website: yellowrosemidwives.com  
Email:  
Office@yellowrosemidwives.com  
11321 Richmond Ave, Suite M101  
Houston Tx 77082

## Birth Injuries

### **Birth Injury Center**

Website: birthinjurycenter.org  
Email: pr@birthinjurycenter.org  
The Birth Injury Center mission is to assist anyone who has been affected by a birth injury. The website is a compilation of information around the different types of injuries. They offer resources to assist these families, and update continuously. Affected families can also reach out to them if they have any questions at all or are looking for advice.

### **Of the Earth Holistic Care**

Anna Demetra  
Phone: 917-214-8100  
Website: annademetra.com  
Email: balanceingravity@gmail.com  
Womb centered care utilizing Structural Integration, Arvigo Abdominal Therapy, Vaginal Steams, Herbal Medicine, Energetic Balancing

### **Preggers Can Be Choosers LLC**

Rowan TwoSisters, LM, CPM, LMT  
Phone: 432-201-1092  
Website: preggers.rocks  
Email: hello@preggers.rocks  
2339 Commerce St STE135  
Houston, TX  
Occasional homebirth midwife, Breech and VBAC after one vaginal birth. Scar Tissue Remediation and Breech Release Bodywork, Spinning Babies Aware Practitioner, Labor Whisperer, Arvigo and Maya Abdominal Massage Therapist, Loss Support, Skills Sign offs and Low Cost/No Cost Education for BirthWorkers.

## Breastfeeding Support & Supplies

### **A Woman's Work**

Gretchen Penny  
Phone: 713-524-3700  
Website: awomanswork.com  
Email: gpenny@awomanswork.com  
Medela Symphony Pump Rentals and supplies - Home and hospital delivery

### **AABA (African American Breastfeeding Alliance of Texas)**

Phone: 281-733-5680  
Website: info@AABAofTexas.org  
Monthly Support Groups

### **Appalachian Breastfeeding Hotline**

Phone: 888-588-3423  
Text "BFHOTLINE" to 839863



# TYPES OF LACTATION SUPPORT


## PROFESSIONAL



**IBCLC**

- 90 Hours of lactation-specific education
- College Level Health Science Courses
- 300-1000 Clinical Practice Hours
- Board Exam by independent international board of examiners
- Provides professional, clinical lactation management

## CERTIFIED



**CLC, CBE  
CBS, LE  
ALC**

- 20-120 hours of classroom training
- Often includes a written exam or "certification" offered by the training organization
- Provides education & guidance on basic breastfeeding issues

## PEER



**LaLeche  
League  
Peer Counselor  
Breastfeeding  
Counselor**

- Requires Personal Breastfeeding Experience
- 18-50 hours of classroom training
- Provides breastfeeding information, encouragement & support



Breastfeeding Support & Supplies Cont.

**BABE - Your Houston Lactation Consultants**

Leah Jolly, BA, IBCLC, RLC  
Heather Armenoff, BS, IBCLC, RLC  
Sarah Yarbrough, BSN, RN, IBCLC, RLC  
Jennifer Alvarez, BSN, RN, IBCLC  
Amy LaMott, CLC  
Zoie Drake, BS, CBC, CIMI  
Phone: 713-496-2223  
Website: [houstonlactationconsultants.com](http://houstonlactationconsultants.com)  
Email: [help@bayareabreastfeeding.net](mailto:help@bayareabreastfeeding.net)  
Serving Houston and greater Houston areas.

**Baby Bistro at Texas Children's Hospital Pavilion for Women**

Phone: 832-824-6120  
Website: [women.texaschildrens.org/program/labor-and-delivery/baby-bistro](http://women.texaschildrens.org/program/labor-and-delivery/baby-bistro)  
Email: [breastfeeding@texaschildrens.org](mailto:breastfeeding@texaschildrens.org)  
6651 Main St., 3rd floor  
Houston TX 77030  
Outpatient Lactation Clinic (by appt. only), Phone support (7 days per week), all visits by Registered Nurses who are IBCLC certified. Breast pump and scale rentals

**Barb's Babies**

Barbara Kalmen, RN, IBCLC  
Phone: 281-315-9361  
Website: [barbsbabies.com](http://barbsbabies.com)  
Email: [barbsbabies.com@gmail.com](mailto:barbsbabies.com@gmail.com)

**Batam Services**

Rosemary Craig, IBCLC  
Phone: 832-441-0111  
Website: [batamsvcs.com](http://batamsvcs.com)  
Email: [miriam@batamsvcs.com](mailto:miriam@batamsvcs.com)  
2401 Yale Street  
Houston, TX 77008  
Batam Services provides lactation consultations, breast pump rentals, Tanita scale rentals, lactation education and more.

**Bayou City Breastfeeding**

Founded by Suzanne Juel IBCLC RLC  
Group practice of International Board Certified Lactation Consultants  
Phone: 281-305-0411  
Website: [bayoucitybreastfeeding.com](http://bayoucitybreastfeeding.com)  
Email: [admin@bayoucitybreastfeeding.com](mailto:admin@bayoucitybreastfeeding.com)  
Multiple offices across the Greater Houston Area, including Conroe, Cypress, Katy, Kingwood, Houston, Webster, Willowbrook Area.  
Providing compassionate guidance for feeding issues to help your baby grow happy, healthy and thrive!  
Offering home, office and virtual consultations. Many insurances accepted. Grant/Scholarship program available.



Visit [www.houstonlactationconsultants.com](http://www.houstonlactationconsultants.com) to schedule online!

Board Certified Lactation Consultants:  
Leah Jolly, BA, IBCLC  
Heather Armenoff, BS, IBCLC  
Sarah Yarbrough, BSN, RN, IBCLC  
Jennifer Alvarez, BSN, RN, IBCLC  
Amy LaMott, CLC (Intern)  
Zoie Drake, BS, CBC, CIMI (Intern)

(713) 496-2223 (BABE)  
[www.houstonlactationconsultants.com](http://www.houstonlactationconsultants.com)



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support



Bodywork &  
Baby Massage



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

Call: (281) 305-0411

## Breastfeeding Support & Supplies Cont.

### **Bella Luna Boutique at Texas Children's Hospital Pavilion for Women**

Phone: 832-826-8000  
Website: [women.texaschildrens.org/bellaluna](http://women.texaschildrens.org/bellaluna)  
6651 Main St., 3rd floor  
Houston, TX 77030  
Hospital grade pump sales and rentals, accessories, nursing bras, certified bra fitting service, and books.

### **Blossom Pediatrics and Lactation**

Dr. Shirley Chan-Ramirez IBCLC  
Phone: 713-322-6679  
Website: [blossomfamilies.com](http://blossomfamilies.com)  
Email: [info@blossomfamilies.com](mailto:info@blossomfamilies.com)  
6300 W Loop S, Suite 290  
Bellaire, TX 77401  
Concierge general pediatric practice and also offering in-home 4th trimester care. The 4th trimester package combines newborn care, lactation consultation, and postpartum support for mom and her family. Standalone lactation consults and newborn tongue-tie treatment (up to 4 months old) also available.

### **Breastfeeding Aid/Breast Sling**

Phone: 281-250-2131  
Website: [breastsling.com](http://breastsling.com)  
Email: [customerservice@breastsling.com](mailto:customerservice@breastsling.com)  
The Breast Sling helps support the larger breast so you can hold your baby instead of your breast.

### **Chara Lactation Consult**

Bunmi Cordero, FNP-BC, RNC-OB, IBCLC  
Phone: 281-772-6716  
Website: [charalactation.com](http://charalactation.com)

### **Denise Bernard**

Phone: 832-277-1966  
Website: [douladenise.com](http://douladenise.com)  
Email: [info@douladenise.com](mailto:info@douladenise.com)  
Certified DONA International Birth Doula, Certified Stillbirth/birth and Bereavement Doula, Certified Lamaze Childbirth Educator, Certified Lactation Counselor

### **Donna Markos RN, MSN, IBCLC**

Phone: 713-486-9338  
UT Physicians Heights  
925 N Shepherd  
Houston TX 77007

### **Healthy Start Lactation**

Sherley Varughese RN, BSN, IBCLC, RLC  
Phone: 832-577-1988  
Website: [healthystartlactation.com](http://healthystartlactation.com)  
Email: [sherley@healthystartlactation.com](mailto:sherley@healthystartlactation.com)  
11569 Hwy 6 S, # 241  
Sugar Land, TX 77498

### **Full Circle Family Services**

Frances Jones-Coleman MPH, LM, CPM  
Staff Midwife: Victoria Solis, LM, CPM  
Phone: 832-922-3842  
Website: [fullcirclefamilyserviceshtx.com](http://fullcirclefamilyserviceshtx.com)  
Email: [info@fullcirclefamilyserviceshtx.com](mailto:info@fullcirclefamilyserviceshtx.com)  
2636 South loop west #550 Houston TX 77054  
Provides midwifery care, Hospital birth preparation, childbirth education classes, breastfeeding education classes and support, newborn infant care classes, Sneak peek gender reveal test, Prenatal and postnatal massage, Prenatal and postnatal yoga, Yoni steam and Placenta encapsulation

### **Heart to Heart Lactation**

Deb Iarussi RN IBCLC  
Phone: 512-653-3633  
Website: [hearttoheartlactation.com](http://hearttoheartlactation.com)  
Email: [iarussidebi@gmail.com](mailto:iarussidebi@gmail.com)  
Cypress Fairfield, TX 77433  
Hospital Lactation experience includes NICU & Mother-Baby. Private Practice experience includes In Home, office, and Virtual consultations. Areas currently visiting include Greater Houston and the surrounding areas.

### **Houston Birth and Baby**

Erin Young, Owner, Doula, LMT  
Phone: 713-714-7649  
Website: [houstonbirthandbaby.com](http://houstonbirthandbaby.com)  
Email: [hello@houstonbirthandbaby.com](mailto:hello@houstonbirthandbaby.com)  
We provide, antenatal support, birth doulas, postpartum doulas, childbirth education, lactation support, placenta processing, massage therapy, and meal delivery.

### **Irene Lahart RN, MSN, IBCLC**

Phone: 832-489-1501

### **Jean Hawney SLP CLC**

Phone: 832-304-3506  
Website: [jeanhawneyslp.com](http://jeanhawneyslp.com)  
Email: [contact@jeanhawneyslp.com](mailto:contact@jeanhawneyslp.com)  
Bilingual Feeding & Swallowing Specialist, Certified Brain Injury Specialist, Certified, Certified Lactation Counselor. Focusing on the 0-3 with feeding and swallowing difficulties, including transition to solids, refusal of breast or bottle, TOTS, children with special needs, etc.

### **Julie Whitworth IBCLC**

Phone: 409-739-2697  
Email: [julie@juliewhitworth.com](mailto:julie@juliewhitworth.com)

### **Katy Birth Center**

Phone: 832-437-5876  
Website: [katybirthcenter.com](http://katybirthcenter.com)  
Email: [Info@katybirthcenter.com](mailto:Info@katybirthcenter.com)  
1002 Avenue A  
Katy, TX 77493  
Breast Pump Rentals

# Top 10 Reasons To See a Lactation Consultant

1 You're expecting and you want to learn more about breastfeeding, pumping or bottle feeding.

2 You are having breast and/or nipple pain, or having trouble latching your baby

3 You are not sure your baby is getting enough milk or your baby is not gaining weight

4 You think baby is having trouble feeding -- either at the breast or bottle feeding

5 You want to re-lactate or induce lactation, such as co-nursing or adoptive nursing

6 You are feeling overwhelmed with feeding your baby (either at the breast or bottle feeding)

7 You are pumping breastmilk -- exclusive pumping, returning to work, etc.

8 You want to stop breastfeeding (weaning)

9 Your baby has "colic", reflux or other feeding related issues

10 You received some infant feeding advice you are unsure about

*Content by Suzanne Juel IBCLC*

## Breastfeeding Support & Supplies Cont.

### **La Leche League**

Website: [texasll.org](http://texasll.org)

Visit website for listing of local LLL leaders and support groups

### **Lactation Lifelines**

Susan M Dial, BA, IBCLC

Phone: 281-639-2475

Website: [lactationlifelines.net](http://lactationlifelines.net)

Email: [IBCLC@lactationlifelines.net](mailto:IBCLC@lactationlifelines.net)

### **Liquid Gold Lactation**

Crickett Simmons, RN, IBCLC

Jenna Sundquist, M.Ed, IBCLC

Phone: 281-626-8241

Website: [liquidgoldlactationtx.com](http://liquidgoldlactationtx.com)

Email: [info@liquidgoldlactationtx.com](mailto:info@liquidgoldlactationtx.com)

19100 West Lake Houston Pkwy #104

Humble, Tx 77346

Offering home, office and virtual consultations

### **Marley & Moo**

Latina, Founder CD(DONA & ProDoula), CPPS

Phone: 713- 909-5175

Website: [marleymoomaternity.com](http://marleymoomaternity.com)

Email: [info@marleymoomaternity.com](mailto:info@marleymoomaternity.com)

### **Maureen Rooney MS, APRN, IBCLC, RNC-OB**

Phone: 713-410-0051

Email: [mclark2.houston@comcast.net](mailto:mclark2.houston@comcast.net)

### **Memorial Hermann The Woodlands Hospital The Lactation Center**

Phone: 713-897-5832

Website: [memorialhermann.org](http://memorialhermann.org)

9250 Pinecroft, 1st Floor

The Woodlands 77380

Outpatient Lactation Consults M-F (appt. only.) Phone support, 7 days/week, Breast pump Rentals

### **Milk and Mom**

Kellye Skaer, IBCLC

Phone: 936.217.0099

Website: [milkandmom.com](http://milkandmom.com)

Email: [KELLYE@MILKANDMOM.COM](mailto:KELLYE@MILKANDMOM.COM)

2660 Keith Street

Spring, TX 77373

### **Milk Connections**

Tara Burt, IBCLC

Michelle Fassell, CBS

Phone: 281-699-8054

Website: [milkconnections.com](http://milkconnections.com)

Email: [tara@tmconnections.net](mailto:tara@tmconnections.net)

4909 Bissonet Street #115

Bellaire, TX 77401

weekly support groups and classes

### **Motherhood Center**

Gabriela Gerhart

Phone: 713-963-8880

Website: [motherhoodcenter.com](http://motherhoodcenter.com)

Email: [support@motherhoodcenter.com](mailto:support@motherhoodcenter.com)

3701 W Alabama St Suite 230

Houston, TX 77027

Breast pump rentals, breastfeeding classes

### **Motherly Transitions LLC**

Priscilla Brickey LM,CPM

Phone: 713-562-0105

Website: [Motherlytransitions.com](http://Motherlytransitions.com)

Email: [absolutetherapy@sbcglobal.net](mailto:absolutetherapy@sbcglobal.net)

Providing Families with prenatal and postpartum support

### **Myra Lowrie, MA, IBCLC, RLC**

Phone: 281-450-0266

Website: 281-450-0266

Email: [mylowrie@gmail.com](mailto:mylowrie@gmail.com)

### **Rebel Leaders**

Kathleen Wilson

Joli Ammons

Phone: 832-663-5203

Website: [rebelbirth.com](http://rebelbirth.com)

Email: [education@rebelbirth.com](mailto:education@rebelbirth.com)

2660 Keith Street, Spring, TX 77373

### **Sanyika the Doula LLC**

Sanyika William

Phone: 832-736-1123

Website: [sanyikathedoula.com](http://sanyikathedoula.com)

Email: [birthmatters@sanyikathedoula.com](mailto:birthmatters@sanyikathedoula.com)

Birth & Postpartum doula & Lactation Advocate

### **Simply Lactation**

Safiya Hafizi RN, IBCLC, FNP-C

Dawn Fodeibou BA IBCLC

Phone: 832-566-8949

Website: [simplylactation.com](http://simplylactation.com)

### **SOS Lactation**

Leah Whitley IBCLC

Phone: (832) 452-0815

Website: [soslactation.com](http://soslactation.com)

Email: [soslactation@gmail.com](mailto:soslactation@gmail.com)

### **Texas Lactation Consultants. Inc**

Barbara Miller IBCLC

Faith Marshall IBCLC

Karina Medina BSN RN IBCLC

Phone: 713-884-6204

Website: [texaslactationconsultants.com](http://texaslactationconsultants.com)

Email: [barbara@texaslactationconsultants.com](mailto:barbara@texaslactationconsultants.com)

108 East St., Houston, TX 77008

Pump rental, scale rental, and IBCLC services

# BREAST MILK STORAGE GUIDELINES



## For Full Term Babies

### FRESHLY EXPRESSED MILK

---

Expressed milk at room temperature ( $< 77^{\circ}\text{F}$ / $< 25^{\circ}\text{C}$ )	<i>up to 4 hours</i>
Insulated cooler / ice packs ( $< 55^{\circ}\text{F}$ / $< 25^{\circ}\text{C}$ )	<i>up to 24 hours</i>

### REFRIGERATED MILK

---

*Refrigerator at  $32\text{--}39^{\circ}\text{F}$  /  $0\text{--}4^{\circ}\text{C}$ , store at back, away from door*

Fresh milk	<i>up to 4 days (ideal up to 3 days)</i>
Previously frozen, thawed milk (once completely thawed)	<i>up to 24 hours</i>

### FROZEN MILK

---

*Do not refreeze thawed milk, store at back, away from door/sides*

Self-contained freezer unit of a refrigerator/freezer ( $< 0^{\circ}\text{F}$ / $< -17^{\circ}\text{C}$ )	<i>up to 6 months</i>
Separate deep freeze ( $< 0^{\circ}\text{F}$ / $< -20^{\circ}\text{C}$ )	<i>up to 12 months (Ideal: up to 6 months)</i>

### FEEDING EXPRESSED BREAST MILK

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If baby does not finish a bottle of breastmilk (fresh or frozen), use leftover milk within 2 hours

# HOW TO PROPERLY PREPARE POWDERED INFANT FORMULA



Powdered infant formula is **NOT** a sterile product and can be contaminated by **cronobacter** and other bacteria.

## Steps to Properly Prepare Powdered Infant Formula

- Step 1. Clean/disinfect work surfaces (countertops and sink)
- Step 2. Wash hands with soap and water
- Step 3. Bring water to a boil, then let it cool to 158°F (about 5 minutes)
- Step 4. Pour water into a clean bottle or container
- Step 5. Add the exact amount of formula listed on the container
- Step 6. Mix the formula by shaking the bottle
- Step 7. Cool the formula to body temperature by holding the capped bottle under cold water or in an ice bath (do not let the water get into the bottle or on the nipple)
- Step 8. Test the temperature before feeding to baby



Downloadable PDF  
from the CDC

## Breastfeeding Support & Supplies Cont.

### **The Lactation Foundation**

Megan Oggero, MSN, APRN, FNP-C, IBCLC  
Connie Gaskamp, BSN, RN, IBCLC  
Rebecca Cappelo, RD, LD, IBCLC  
Paula Clay, BA IBCLC  
Kelsie Barta, MSN, APRN, FNP-C, IBCLC  
Phone: 713-500-2830  
Website: [lactationfoundation.org](http://lactationfoundation.org)  
Email: [LF@uth.tmc.edu](mailto:LF@uth.tmc.edu)  
Community Health Choice Building  
2636 S Loop W #135  
1st Floor  
Houston, TX 77054

### **The Parent Prep**

Laurie Foster, CPD  
Phone: 877-768-6439  
Website: [theparentprep.com](http://theparentprep.com)  
Email:  
[doula@theparentprep.com](mailto:doula@theparentprep.com)

### **The Pure Parenting Shop**

Sarah Itz, M.Ed., CPST, CLC, CBWE  
Phone: 832-856-1416  
Website: [thepureparentingshop.com](http://thepureparentingshop.com)  
Email: [sarah@thepureparentingshop.com](mailto:sarah@thepureparentingshop.com)  
2401 Yale St., Houston, TX 77008  
Inside The Woman's Hospital of Texas  
7600 Fannin St. , Houston TX 77054  
Houston's only modern and natural parenting store  
offering everything you need from pregnancy to  
preschool. Breast Pump Rentals

### **the Village**

Kimberley Traylor, MA  
Phone: 281-733-5680  
Website: [TBRtheVillage.org](http://TBRtheVillage.org)  
Email: [info@tbrthevillage.org](mailto:info@tbrthevillage.org)  
Lactation Consultant, Doula, Childbirth and Health  
Educator, CEIM Infant Massage Instructor.

### **The Vine Pediatrics & Lactation**

Dr. Sharifa Glass MD IBCLC  
Phone: 832-802-4920  
Website: [vinepediatrics.com](http://vinepediatrics.com)  
Email: [info@vinepediatrics.com](mailto:info@vinepediatrics.com)  
8990 Kirby Dr Suite 220  
Houston, TX 77054

### **theVillage**

Kimberley Traylor MA  
Phone: 281-733-5680  
Website: [TBRtheVillage.org](http://TBRtheVillage.org)  
Email: [info@tbrthevillage.org](mailto:info@tbrthevillage.org)  
Lactation Consultant, Doula, Childbirth and Health  
Educator, CEIM Infant Massage Instructor.

## **WIC Breastmilk Counts Breastfeeding Hotline**

Phone: 855-550-6667

## **Car Seat Safety**

### **Brown Girl Birthing**

Chauntá Love  
Phone: 832-477-7449  
Website: [browngirlbirthing.com](http://browngirlbirthing.com)  
Email:  
[browngirlbirthing@gmail.com](mailto:browngirlbirthing@gmail.com)  
Houston, TX 77082

### **Crazy for Car seats**

Megan Rasmussen  
Website: [crazyforcarseats.com](http://crazyforcarseats.com)  
Email: [crazycarseatlady@gmail.com](mailto:crazycarseatlady@gmail.com)  
child passenger safety tech offering car seat  
checks/installation instruction at your home

### **Gather and Bloom**

Julia Mitchell  
Website: [gatherandbloom.co](http://gatherandbloom.co)  
Email: [julia@gatherandbloom.co](mailto:julia@gatherandbloom.co)  
Carseat services as part of the overnight services

## **Childbirth Educators**

### **Baby's Best Start**

Catrice Harris, cd (Dona) childbirth educator, ICEA  
Phone: 619-721-6762  
Website: [Babysbeststart.org](http://Babysbeststart.org)  
Email: [catrice.harris@gmail.com](mailto:catrice.harris@gmail.com)  
Birth Doula and breastfeeding and Childbirth Education

### **Birth Boot Camp Classes with Tiera Peters**

Tiera Peters BBCI  
Phone: 601-325-5479  
Website: [tierapeters15.wixsite.com/houstonbbcclass](http://tierapeters15.wixsite.com/houstonbbcclass)  
Email: [tierapeters15@gmail.com](mailto:tierapeters15@gmail.com)  
2000 Crawford Street  
Houston, TX 77002

### **Birth of a Family**

Renee  
Phone: 281-832-0188  
Website: [birthofafamily.net](http://birthofafamily.net)  
Email: [renee@birthofafamily.net](mailto:renee@birthofafamily.net)

### **Birthing with Awe**

Mackenzie Droll  
Phone: 832-381-7229  
Website: [birthingwithawe.com](http://birthingwithawe.com)  
Email: [Inlovesembrace@hotmail.com](mailto:Inlovesembrace@hotmail.com)  
TX 242, Conroe, TX 77385  
Birth bootcamp Instructor

## Breastfeeding Support & Supplies Cont.



### **Born Free Birthing**

Cliodhna Griffin HBCE, CMT, APPAC  
Phone: 281-271-9294  
Website: bornfreebirthing.com  
Email: bornfreebirthing@gmail.com  
Hypnobirthing classes and placenta services helping Houston moms have amazing births and strong postpartum recoveries.

### **Brave Beautiful Beginnings**

Hannah Rojas, CD-L, CD-PIC, C-PPS  
Elizabeth Mannella CD-L, CD-PIC  
Phone: 832-766-5740  
Website: bravebeautifulbeginnings.com  
Email: info@bravebeautifulbeginnings.com  
Labor and Postpartum Doula Services, and Placenta Encapsulation Services

### **Briana Garcia- Birth Services**

Briana Garcia  
Phone: 281-975-8003  
Website: bradleywithbri.wixsite.com/blissful-birth-doula  
Email: bradleywithbri@outlook.com  
2886 Aurelia Ln., League City, TX 777573

### **Brown Girl Birthing**

Chauntá Love  
Phone: 832-477-7449  
Website: browngirlbirthing.com  
Email: browngirlbirthing@gmail.com  
Houston, TX 77082

### **Calm Holistic Birth**

Elisabeth Hobbs-Hubach HBCE, PE  
Phone: 713-244-4811  
Website: calmholisticbirth.com  
Email: Elisabeth\_Hubach@hotmail.com  
Holistic birth, Hypnobirthing Childbirth and Hypnobirthing Educator Spring Tx, Group/private classes available

### **Concierge Doulas of Houston**

Phone: 713-591-6402  
Website: Conciergedoulasofhouston.com  
Birth & Postpartum Care and Childbirth Education.

### **Darling Birth**

Cheryl Amelang, BBCI  
Phone: 979-203-6363  
Website: darlingbirth.com  
Email: cheryl@darlingbirth.com  
Certified Birth BootCamp Instructor and Trainer

### **Debbie Hull, Houston Doula**

Phone: 281-599-1381  
Website: debbiehulldoula.com  
Email: Debbiehull.doula@gmail.com  
Making families' births better since 1999.  
Group/private/refresher childbirth classes

### **Dorin Jordan**

Dorin Jordan, BSN, RN, IBCLC, AAHCC  
Phone: 281-638-2188  
Website: www.bradleybirth.com/dorinjordan  
Email: dorin1117@yahoo.com  
Certified Childbirth Educator and Doula

### **EverDoula**

Stephi Anderson CLD  
Phone: 832-498-2418  
Website: everdoula.com  
Email: stephi@everdoula.com  
26602 Keith St., Spring, TX 77373

### **First Birth Ministries**

Sharon Tilotta Aaron  
Phone: 713-502-7028  
Website: firstbirthministries.com  
Email: sharon@firstbirthministries.com  
Bible based Childbirth Preparation Classes. Doula services, LIVE online classes.

### **Full Circle Family Services**

Frances Jones-Coleman MPH, LM, CPM  
Staff Midwife: Victoria Solis, LM, CPM  
Educator: Christina Ward  
Phone: 832-922-3842  
Website: fullcirclefamilyserviceshtx.com  
Email: info@fullcirclefamilyserviceshtx.com  
2636 South loop west #550 Houston TX 77054  
Provides midwifery care, Hospital birth preparation, childbirth education classes, breastfeeding education classes and support, newborn infant care classes, Sneak peek gender reveal test, Prenatal and postnatal massage, Prenatal and postnatal yoga, Yoni steam and Placenta encapsulation

### **Full Moon Birth Services**

Jessica McWilliams  
Phone: 281-305-3185  
Website: fullmoondoulahtx.com

### **Hands of Life**

Brittany Sawyer  
Phone: 432-312-0806  
Email: sawyer@handsoflifetx.com  
We are proud to offer private and group CPR training to both medical professionals and lay rescuers in Kingwood and the surrounding areas.

### **Houston Birth and Baby**

Amy Guthrie, Lashonta Edwards, Emily Scott  
Reagan Sullivan & Erin Young  
Phone: 713-714-7649  
Website: houstonbirthandbaby.com  
Email: hello@houstonbirthandbaby.com  
childbirth education, birth doulas, postpartum doulas, lactation support, placenta processing, massage therapy, and meal delivery.

# Top 10 Questions When having a baby

- 1 Who can be with me during labor and birth?
- 2 What happens during a normal labor and birth in your setting?
- 3 How do you allow for differences in culture and beliefs?
- 4 Can I walk and move around during labor? What position do you suggest for birth?
- 5 How do you work with my other providers? (Doctor, midwife, nurse, doula, agency)
- 6 What things do you normally do to a mother during the labor?
- 7 How will you help me stay comfortable during birth? Do you have non-medication options?
- 8 What if my baby is born early or has special problems
- 9 What procedures will my baby have after delivery (circumcision, vaccinations, etc.)
- 10 How do you help parents who want to breastfeed?



Read more here

### **Houston Pregnancy Massage & Doula Care**

Patti Heimlich Owner, LMT, CD (DONA), ICCE  
Phone: 713-661-8796  
Website: hpregnancy.com  
Email: patti@hpregnancy.com  
3139 W. Holcombe Blvd. #505  
Houston, Texas 77025  
Birth Doula, Childbirth classes, Pediatric Craniosacral Therapy & Myofascial Release, Infant/Baby Massage, Prenatal, Labor and Postpartum Massages, Hypnobabies, Placenta Encapsulation

### **Journey into Parenthood**

Dena Rogge, LCCE  
Phone: 832-661-4217  
Website: journeyintoparenthood.com  
Email: dena@journeyintoparenthood.com  
Fischer, TX  
Lamaze

### **Keen Doula Care**

Kristi Keen  
Phone: 225-229-4130  
Website: keendoulacare.com  
Email: keendoula@yahoo.com

### **Labor Enabler Birth Doula**

Kathleen Wilson, ALACE, BAI  
Phone: 832-444-5630  
Website: laborenabler.com tlcoulargroup.com  
Email: kathleen@laborenabler.com  
26602 Keith St  
Spring, TX 77373  
Doula services, childbirth education, Placenta services

### **Labor Enabler Birth Doula**

Kathleen Wilson, ALACE, BAI  
Phone: 832-444-5630  
Website: laborenabler.com tlcoulargroup.com  
Email: kathleen@laborenabler.com  
26602 Keith St  
Spring, TX 77373  
Doula services, childbirth education, Placenta services

### **Marley & Moo**

Latina, Founder CD(DONA & ProDoula), CPPS  
Phone: 713- 909-5175  
Website: marleymoomaternity.com  
Email: info@marleymoomaternity.com

### **Massage and Doula Services with Noliko**

Noliko Utsuzawa  
Website: nolikomassageanddoula.square.site  
Email: norikobamboo@gmail.com  
Doula- Birth and Bereavement, Massage & Craniosacral Therapy, Childbirth Education

### **Massage Momma**

Sasha Sumling, Owner, Licensed Massage Therapist, Birth & Postpartum Doula, and Evidence Based Birth® Instructor  
Phone: 832-372-6174  
Website: massagemomma.net  
Email: massagemomma3@gmail.com  
Areas Served: Cypress, Katy, Houston

### **Motherhood Center**

Gabriela Gerhart  
Phone: 713-963-8880  
Website: motherhoodcenter.com  
Email: support@motherhoodcenter.com  
3701 W Alabama St Suite 230  
Houston, TX 77027  
Prepared and natural childbirth classes taught by lamaze certified childbirth educators

### **Motherly Transitions LLC**

Priscilla Brickey LM,CPM  
Phone: 713-562-0105  
Website: Motherlytransitions.com  
Email: absolutetherapy@sbcglobal.net  
Providing Families with prenatal and postpartum support

### **Mothers Healing Circle**

Megan Watson  
Website: mothershealingcircle.org  
Email: mothershealingcircle@gmail.com  
Birth Mindset Coach, Intuitive Energy Coach, Certified EFT Practitioner, Certified Women's Circle Facilitator, and Author. Helping moms let go of fears, limiting beliefs, and energy blocks so they can show up for birth and motherhood feeling more confident, connected, and centered. Offering 1:1 energy clearing sessions for birth prep and birth experience healing, meditations and affirmations, and group clearings.

### **Nichelle's Doula Services**

Brianna Nichelle  
Phone: 281-468-0145  
Website: briannanichelle.com  
Birth and postpartum doula, prenatal yoga instructor, PAIL Advocate, breastfeeding advocate and Calm Birth Meditation Instructor

### **Promise Birth Services**

Lindsey Dugas, Best Certified Doula  
Phone: 936-391-4940  
Website: promisebirthservices.com  
Email: hello@promisebirthservices.com  
Mont Belvieu, TX 77580  
Providing flexible fee birth doula services, in addition to postpartum doula care, childbirth education classes, and other pregnancy support.



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### **Ready Set Birth**

Raina Haruna  
Phone: 406-595-1894  
Website: [readyssetbirth.com](http://readyssetbirth.com)  
Email: [rainaharuna@gmail.com](mailto:rainaharuna@gmail.com)

### **Rebel Birth Childbirth Education**

Kathleen Wilson  
Joli Ammons  
Phone: 832-663-5203  
Website: [rebelbirth.com](http://rebelbirth.com)  
Email: [education@rebelbirth.com](mailto:education@rebelbirth.com)  
2660 Keith Street  
Spring, TX 77373  
Don't lay down to have your baby! Own your birth! Make informed decisions!

### **Sage Beginnings - HoustonDoula.org**

Cole Deelah, CLD, CBE  
Phone: 281-560-3101  
Cell : 616-558-4436  
Website: [houstondoulas.org](http://houstondoulas.org)  
Email: [nicole@houstondoulas.org](mailto:nicole@houstondoulas.org)  
19 years experience. Birth Doula Services, childbirth preparation classes, placenta services, virtual doula consults, and more.

### **Sakinah Birth**

Jihan Huq  
Phone: 832-997-4811  
Website: [sakinahbirth.com](http://sakinahbirth.com)  
Email: [sakinahbirthservices@gmail.com](mailto:sakinahbirthservices@gmail.com)  
HypnoBirthing, HypnoMothering, and Hypnosis for Wellness

### **The Bradley Method - Tania Nuezca, AAHCC, SpB trained**

Tania Nuezca, AAHCC, SpB trained  
Phone: (832) 265-9779  
Website: [TaniaNuezcaTheBradleyMethodTeacher.com](http://TaniaNuezcaTheBradleyMethodTeacher.com)  
Email: [tanianuezca@gmail.com](mailto:tanianuezca@gmail.com)  
Small group classes in the Champions, Humble/Kingwood, and Cleveland areas. Private lessons in Houston and surrounding areas. Virtual options available. Class options include: natural childbirth, medical childbirth, c-section birth, breastfeeding, and bengkung belly binding.

### **The Painted Doula**

Joli Ammons  
Phone: 281-686-2877  
Website: [thepainteddoula.com](http://thepainteddoula.com)  
[tlcdoulagroup.com](http://tlcdoulagroup.com); [rebelbirth.com](http://rebelbirth.com)  
Email: [joli@thepainteddoula.com](mailto:joli@thepainteddoula.com)  
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Spring, TX 77373  
Doula, sibling doula and more

### **The Parent Prep**

Laurie Foster, CPD  
Phone: 877-768-6439  
Website: [theparentprep.com](http://theparentprep.com)  
Email:  
[doula@theparentprep.com](mailto:doula@theparentprep.com)

### **The Wright Spot**

Shannon Wright LMT, BBCE, BA  
Phone: 832-654-0125  
Website: [the-wright-spot.abmp.com](http://the-wright-spot.abmp.com)  
Email: [thewrightspottx@gmail.com](mailto:thewrightspottx@gmail.com)  
Birth Boot Camp childbirth education classes. I have monthly out-of-hospital and newborn/postpartum classes scheduled at Bliss Women's Wellness & Birth Center and also offer many other options, including private in-home classes.

### **theVillage**

Kimberley Traylor MA  
Phone: 281-733-5680  
Website: [TBRtheVillage.org](http://TBRtheVillage.org)  
Email: [info@tbrthevillage.org](mailto:info@tbrthevillage.org)  
Lactation Consultant, Doula, Childbirth and Health Educator, CEIM Infant Massage Instructor.

### **Vital Family Chiropractic**

Dr. Whitley Jagnanan, D.C.  
Phone: 832-919-8289  
Website: [vitalhouston.com](http://vitalhouston.com)  
Email: [info@vitalhouston.com](mailto:info@vitalhouston.com)  
Birthfit Instructor

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Birth and Postpartum Doula Childbirth Education and Belly Binding services

### **Your Labor Neighbor**

Holly Milkowski, BBCE, BBCE, SBD  
Phone: 281-813-6242  
Website: [yourlaborneighbor.com](http://yourlaborneighbor.com)  
Email: [yourlaborneighbor@gmail.com](mailto:yourlaborneighbor@gmail.com)  
Doula, childbirth educator, and placenta specialist.



# Chiropractic Care

## Abound Chiropractic

Dr. Lauren Collins  
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Website: [aboundchiro.com](http://aboundchiro.com)  
Email: [info@aboundchiro.com](mailto:info@aboundchiro.com)  
728 W 20th Street  
Houston, TX 77008  
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## Alternative Health Center of the Woodlands

Dr. Stephen Clouthier DC  
Dr. Sara Riley DC  
Phone: 281-419-9104  
Website: [ahcwoodlands.com](http://ahcwoodlands.com)  
Email: [ahcmailbox@gmail.com](mailto:ahcmailbox@gmail.com)  
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Dr. Christina Brasher DC, BS, BS  
Phone: 832-585-5224  
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Email: [amazinghealthchiro@gmail.com](mailto:amazinghealthchiro@gmail.com)  
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Dr. Ashley has been in practice for ten years and proudly serves the families of Fort Bend County. She specializes in infant and child care with an emphasis on cranial care related to TOTS and feeding function. She is Webster Certified and trained in the Rosen and Gillespie approaches to cranial sacral and cranial fascial therapy. She works extensively with IBCLCs, midwives, doulas, pediatric dentists, and speech therapists to provide a whole team approach for the best function for you and your family.

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Dr. Ashley Cornelius DC

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Email: [info@brittainhealth.com](mailto:info@brittainhealth.com)  
3730 Kirby Dr., #410  
Houston, TX 77098

## Connect 2 Health Wellness Center

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Phone: 281-419-8555  
Website: [c2hwellness.com](http://c2hwellness.com)  
Email: [drsmith@c2hwellness.com](mailto:drsmith@c2hwellness.com)  
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Email: [corehealth@spinerehabpartners.com](mailto:corehealth@spinerehabpartners.com)  
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The Woodlands, TX 77382  
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Chiropractors Continued

**Cornelius Chiropractic**

Dr. Ashley Cornelius D.C.  
Phone: 281-896-0250  
Website: [corneliuschiropractic.com](http://corneliuschiropractic.com)  
1305 FM359 Suite F, Richmond, TX 77406  
Email: [drashley@corneliuschiropractic.com](mailto:drashley@corneliuschiropractic.com)  
Dr. Ashley offers family focused care with a special emphasis on infants, TOTs support, and wellness care

**Family Tree Chiropractic**

Dr. Julie A Gonzalez-Herrera DC  
Phone: 281-815-3535  
Website: [thefamilytreechiro.com](http://thefamilytreechiro.com)  
Email: [DrJulie@TheFamilyTreeChiro.com](mailto:DrJulie@TheFamilyTreeChiro.com)  
9405 Huffmeister Suite #140  
Houston, TX 77095  
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**Flourish Family Chiropractic**

Dr. Lauren Daniels (Martin), DC CACCP  
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Website: [drlaurenmartin.com](http://drlaurenmartin.com)  
Email: [info@drlaurenmartin.com](mailto:info@drlaurenmartin.com)  
780 Clear Lake City Blvd.  
Webster, TX 77598  
Webster Certified prenatal and postpartum and pediatric clients

**Foundation Chiropractic**

Dr. Evan Pulver, Doctor of Chiropractic  
Phone: 832-458-3004  
Website: [foundationwoodlands.com](http://foundationwoodlands.com)  
Email: [foundationchirotx@gmail.com](mailto:foundationchirotx@gmail.com)  
907 Honea Egypt Rd  
Magnolia, Tx. 77354

**Fount Chiropractic**

Dr. Brittany Shannon [fountchiropractic@gmail.com](mailto:fountchiropractic@gmail.com)  
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Website: [fountchiropractic.com](http://fountchiropractic.com)  
Email: [fountchiropractic@gmail.com](mailto:fountchiropractic@gmail.com)  
4200 Research Forest Dr. Ste 230  
The woodlands, TX 77381

**HealthPro Family Chiropractic and Acupuncture**

Dr. Alayna Pagnani-Gendron, D.C., CACCP  
Dr. Jessica Brubaker, D.C.  
Phone: 281-506-0105  
Website: [healthprochiro.com](http://healthprochiro.com)  
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11111 N loop West, STE. 155  
Houston. 77008

### **Integrated Chiropractic & Wellness**

Dr. Kim Tran, DC, CACCP  
Phone: 281-346-8023  
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Email: [info@ichirowellness.com](mailto:info@ichirowellness.com)  
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### **Momentum Health**

Dr. Tiffany Poole, D.C.  
Phone: 832.856.2243  
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Email: [hello@drtiffanypoole.com](mailto:hello@drtiffanypoole.com)  
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Katy, Tx 77494  
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### **Mulberry Chiropractic**

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Email: [info@mulberrychiro.com](mailto:info@mulberrychiro.com)  
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Houston, TX 77079  
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### **New Leaf Chiropractic**

Dr. Lauren Baker DC  
Phone: 281-540-2225  
Website: [newleafchiro.com](http://newleafchiro.com)  
Email: [rootedinyourfuture@gmail.com](mailto:rootedinyourfuture@gmail.com)  
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Dr. John Caruso, DC



# TYPES OF BODY WORKERS



## DOCTORATE LEVEL DEGREE

### **Chiropractors, Osteopaths,**

**Physical Therapist\*, Occupational Therapist\*, Acupuncturist\***

- Classroom Hours: Vary between professions 800–4200
- Hands-on Hours: Require an internship of at least one year and typically 250 or more patients
- Licensed by the state
- Accredited certification or licensure program by a National Board
- Ability to diagnose various conditions

\* May have doctorate or masters degree



## MASTERS DEGREE

### **Speech Language Pathologist**

- Classroom Hours: 400 hours minimum
- Hands-on Hours: 400
- Fellowship required for licensure (1260 hours)
- Licensed by the state
- Accredited certification or licensure program by a National Board



## ASSOCIATE LEVEL DEGREE

### **Licensed Massage Therapist**

- Classroom Hours: 250 minimum
- Hands-on Hours: At least 250 hours
- Licensed by the state



## CERTIFICATION

### **Craniosacral Therapist, Infant Massage Therapist**

- Classroom Hours: as little as 2
- Hands-on Hours: none required
- No licensing by the state or a board



Content by  
Dr. Whitley Caruso, DC

## Chiropractors Continued

### **Ommabe Chiropractic Center**

Dr. Julia Havis  
Phone: 281-231-8008  
Website: ommabe.com  
Email: hello@ommabe.com  
350 Nursery Road Unit 1104  
Spring, TX 77380  
pediatric and webster chiropractor

### **Pure Chiropractic**

Dr. Jade Stolte DC  
Phone: 850- 588-5400  
Website: purechiropractic.life  
Email: drjadeevans@gmail.com  
26777 Nelson Way STE 601  
Katy, TX 77494  
pediatric and webster chiropractor

### **Pro Relief Chiropractic**

Dr. Maki Drollinger DC  
Phone: 832-981-2333  
Website: proreliefchiropractic.com  
Email: info@proreliefchiropractic.com  
11999 Katy Freeway Suite 540  
Houston, TX 77079

### **Thrive Family Chiropractic**

Dr. Tiffany Coronado  
Phone: 409-347-8606  
Website: thrivebeaumont.com  
Email: staff@thrivebeaumont.com  
6356 Phelan Blvd  
Beaumont, TX 77706  
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### **Total Body Work**

Dr. Cindy Tovar  
Phone: 281-480-7000  
Website: tbodywork.com  
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Webster, TX 77598

### **Vital Family Chiropractic**

Dr. Whitley Jagnanan, D.C.  
Dr. John Caruso D.C.  
Phone: 832-919-8289  
Website: vitalhouston.com  
Email: info@vitalhouston.com  
We are a nervous system centered, family wellness chiropractic office focusing on craniosacral and craniopathy, perinatal care with Webster technique and neuro-diverse populations

### **Ward Chiropractic Center**

Dr. Lauren Allday DC  
Phone: 281-786-4922  
Website: wardchiropracticcenter.com  
Email: drallday@wardchiropracticcenter.com  
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Jill Burk, D.C., C.A.C.C.P., C.C.E.P.  
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Email: [yourlaborneighbor@gmail.com](mailto:yourlaborneighbor@gmail.com)

Saving Our Sons local chapter. Evidence-based information on circumcision, intact care, foreskin restoration.

### **National Organization of Circumcision**

Website: [nocirc.org](http://nocirc.org)

### **Rife Pediatrics**

Dr. Bethany Rife

Phone: 281-729-4414

Website: [rifepediatrics.com](http://rifepediatrics.com)

Email: [rifepedi@gmail.com](mailto:rifepedi@gmail.com)

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Sarah Itz, M.Ed., CPST, CLC, CBWE

Phone: 832-856-1416

Website: [thepureparentingshop.com](http://thepureparentingshop.com)

Email: [sarah@thepureparentingshop.com](mailto:sarah@thepureparentingshop.com)

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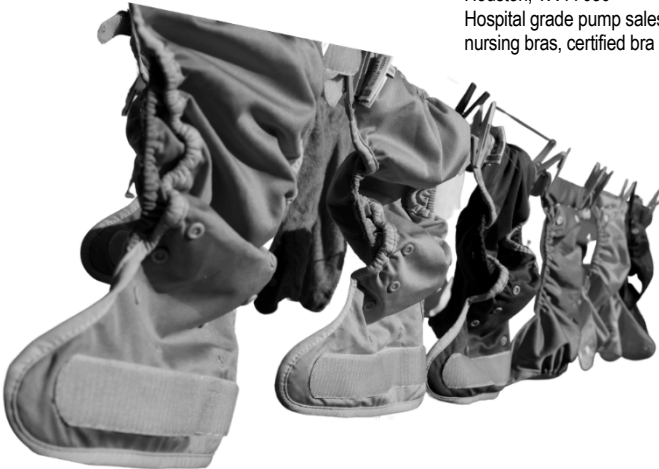
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Website: [women.texaschildrens.org/bellaluna](http://women.texaschildrens.org/bellaluna)

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Dr. Kimberly Borges DDS

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Website: [happychomperskaty.com](http://happychomperskaty.com)  
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Dr. Teresa M. Scott  
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Website: [holisticdentalassociates.com](http://holisticdentalassociates.com)  
Email: [info@holisticdentalassociates.com](mailto:info@holisticdentalassociates.com)  
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Dr. Karen Leung  
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Email: [frontoffice@kidstowndentist.com](mailto:frontoffice@kidstowndentist.com)  
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### **Debbie Hull, BS, CLD, CCCE, CAPP**

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Email: [Debbiehull.doula@gmail.com](mailto:Debbiehull.doula@gmail.com)

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Email: [reception@airwayalliance.org](mailto:reception@airwayalliance.org)

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Airway Alliance ENT provides full-spectrum ENT care for infants to adults, with specialization in treating tethered oral tissues (tongue, lip, and cheek ties) and collaboration with other healthcare professionals to achieve optimal results for sleep, breathing, and wellness.



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A: No. It's a cheek swab that can be done at home by a parent or in office by a medical assistant.

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Email: [education@rebelbirth.com](mailto:education@rebelbirth.com)

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Website: [hiwewomenswellness.com](http://hiwewomenswellness.com)

Email: [dr.elysechocnm@gmail.com](mailto:dr.elysechocnm@gmail.com)

Elyse is a certified nurse midwife, and has been serving women for the last 11 years. She has a Doctor of Nursing Practice with a specialization in nurse midwifery and women's health from Baylor University. Elyse is certified in bioidentical hormone replacement therapy. She strives to help all women, regardless of age or life stage, find a hormonal balance that allows them to have the best quality of life! She believes womanhood is a beautiful thing, and should be cherished.

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# Did You Know?

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**African American women are three to four times more likely to die during or after delivery than are white women. - Harvard Public Health**

In 2020, the maternal mortality rate for non-Hispanic Black women was 55.3 deaths per 100,000 live births, 2.9 times the rate for non-Hispanic White women. Rates for non-Hispanic Black women were significantly higher than rates for non-Hispanic White and Hispanic women. The increases from 2019 to 2020 for non-Hispanic Black and Hispanic women were significant. The observed increase from 2019 to 2020 for non-Hispanic White women was not significant. - Centers for Disease Control and Prevention.

**One of the most effective ways to reduce these rates are by supporting midwives of color. The Afua Hassan Midwifery Scholarship to support future and current midwives of color in the Houston area**

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Chara Lactation Consult  
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Hospital Lactation experience includes NICU & Mother-Baby. Private Practice experience includes In Home, office, and Virtual consultations. Areas currently visiting include Greater Houston and the surrounding areas.

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# Top 10 Reasons To Breastfeed

- 1 It is the perfect food for your baby
- 2 Your milk is specific to what your baby needs and changes as your baby grows
- 3 Your reducing your risk of Type 2 diabetes, ovarian & breast cancer and more.
- 4 Your baby has reduced risks of infections, SIDS, certain cancers, obesity and more
- 5 Your milk contains the specific immune factors and antibodies your baby needs
- 6 Breastmilk is alive! Your milk contains your DNA, leukocytes, stem cells and more!
- 7 Promotes better oral and brain development for your baby
- 8 Shortens your postpartum bleeding and helps your uterus return to its normal size
- 9 Prolactin/oxytocin can help with bonding & reduce your risk of postpartum depression
- 10 Less expensive than formula - estimated cost for formula feeding can be up to \$3,000/yr

*Content by Suzanne Juel IBCLC*

IBCLCs continued.

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26077 Nelson Way, Unit 601  
Katy, TX 77494  
Offering home, office and virtual consultations. Many insurances accepted.

**Paula Clay, BA IBCLC**

The Lactation Foundation  
Phone: 713-500-2830  
Website: lactationfoundation.org  
Email: LF@uth.tmc.edu  
Community Health Choice Building  
2636 S Loop W #135  
1st Floor  
Houston, TX 77054

**Randi Berry, BS, IBCLC, RLC**

Liquid Gold  
Phone: 281-626-8241  
Website: liquidgoldlactationtx.com  
Email: info@liquidgoldlactationtx.com  
19100 West Lake Houston Pkwy. #104  
Humble Tx. 77346  
Offering home, office and virtual consultations

**Rebecca Cappelo, RD, LD, IBCLC**

The Lactation Foundation  
Phone: 713-500-2830  
Website: lactationfoundation.org  
Email: LF@uth.tmc.edu  
Community Health Choice Building  
2636 S Loop W #135, 1st Floor  
Houston, TX 77054

**Reyna Diaz RN IBCLC**

Bayou City Breastfeeding LLC  
Phone: 281-305-0411  
Website: bayoucitybreastfeeding.com  
Email: reyna.d@bayoucitybreastfeeding.com  
1621 Lakeville Dr., Suite 304, Kingwood, TX 77339  
Offering home, office and virtual consultations. Many insurances accepted.

**Rhiannon Roseborough, RN, IBCLC, RLC**

Liquid Gold  
Phone: 281-626-8241  
Website: liquidgoldlactationtx.com  
Email: info@liquidgoldlactationtx.com  
19100 West Lake Houston Pkwy. #104  
Humble Tx. 77346  
Offering home, office and virtual consultations

**Rosemary Craig, IBCLC**

Batam Services  
Phone: 832-441-0111  
Website: batamsvcs.com  
Email: Rosemary@batamsvcs.com  
2401 Yale Street,  
Houston, TX 77008  
Batam Services provides lactation consultations, breast pump rentals, Tanita scale rentals, lactation education and more.

**Safiya Hafizi RN, IBCLC, FNP-C**

Simply LactationError! Bookmark not defined.  
Phone: 832-566-8949  
Website: simplylactation.com

**Sara Dodson, BS, IBCLC, RLC**

Liquid Gold  
Phone: 281-626-8241  
Website: liquidgoldlactationtx.com  
Email: info@liquidgoldlactationtx.com  
19100 West Lake Houston Pkwy. #104  
Humble Tx. 77346  
Offering home, office and virtual consultations

**Sarah Yarbrough BSN, RN, IBCLC, RLC**

BABE - Your Houston Lactation Consultants  
Phone: 713-496-2223  
Website: houstonlactationconsultants.com  
Email: help@bayareabreastfeeding.net  
Serving Houston and greater Houston areas.

**Sherley Varughese RN, BSN, IBCLC, RLC**

Healthy Start LactationError! Bookmark not defined.  
Phone: 832-577-1988  
Website: healthystartlactation.com  
Email: sherley@healthystartlactation.com  
11569 Hwy 6 S, # 241  
Sugar Land, TX 77498

**Susan M Dial, BA, IBCLC**

Lactation LifelinesError! Bookmark not defined.  
Phone: 281-639-2475  
Website: lactationlifelines.net  
Email: IBCLC@lactationlifelines.net

**Suzanne Juel IBCLC**

Bayou City Breastfeeding LLC  
Phone: 281-305-0411  
Website: bayoucitybreastfeeding.com  
Email: Suzanne@bayoucitybreastfeeding.com  
1621 Lakeville Dr., Suite 304  
Kingwood, TX 77339  
Offering home, office and virtual consultations. Many insurances accepted.

IBCLCs continued.

**Tara Burt IBCLC**

Milk Connections **Error! Bookmark not defined.**

Phone: 281-699-8054

Website: [milkconnections.com](http://milkconnections.com)

Email: [tara@tmconnections.net](mailto:tara@tmconnections.net)

**Tessa Gardin IBCLC**

Bayou City Breastfeeding LLC

Phone: 281-305-0411

Website: [bayoucitybreastfeeding.com](http://bayoucitybreastfeeding.com)

Email: [Tessa@bayoucitybreastfeeding.com](mailto:Tessa@bayoucitybreastfeeding.com)

12777 Jones Road, Suite 455

Houston, TX 77070

Offering home, office and virtual consultations. Many insurances accepted.

**Theresa Dominquez RN IBCLC**

Bayou City Breastfeeding LLC

Phone: 281-305-0411

Website: [bayoucitybreastfeeding.com](http://bayoucitybreastfeeding.com)

Email: [theresa.D@bayoucitybreastfeeding.com](mailto:theresa.D@bayoucitybreastfeeding.com)

12777 Jones Road, Suite 455

Houston, TX 77070

Offering home, office and virtual consultations. Many insurances accepted.

**Tiphany Illyes IBCLC**

Bayou City Breastfeeding LLC

Phone: 281-305-0411

Website: [bayoucitybreastfeeding.com](http://bayoucitybreastfeeding.com)

Email: [Tiphany.I@bayoucitybreastfeeding.com](mailto:Tiphany.I@bayoucitybreastfeeding.com)

333 North Texas Ave., STE 2200

Webster, TX 77498

780 Clear lake City Blvd., Suite 1A

Webster, TX 77498

Offering home, office and virtual consultations. Many insurances accepted.





# 10 Steps to Have an Amazing Birth



## 1

**Educate yourself at an independent childbirth class**, that is, at a class outside the hospital. Learn ALL our options, not only how-we-do-birth-at-this-hospital. Obtain information on homebirth and water birth. Find out about the benefits and risks of both routine interventions and not routine interventions. Get informed about what the medical literature has to say about the safety of natural, normal, intervention-free birth and about the importance of mother and baby having uninterrupted contact. Remember that YOU and your family must live with the consequences of any decisions you make.

## 2


**Eat healthy, nutritious foods.** Your body knows how to grow your baby and it knows how to birth your baby. It is YOUR responsibility to provide your body with only the most nutritious foods. Avoid excessive amounts of sugar and other harmful, nutritionally poor foods. The size of your baby and the health of your body and organs and tissues are all dependent on the diet you provide. Remember, you are in training for a healthy delivery.

## 3

**Exercise. Walk, swim, or do yoga.** Stretch. Do your Kegels. Birth is a marathon and you are in training. Prepare!

## 4

**Choose a midwife.** Midwives have consistently better outcomes than obstetricians and provide more holistic, woman-centered, family-friendly care. The United States ranks 27th among industrialized countries in infant mortality (indicating the health of babies born here). The countries that consistently rank among the best in terms of infant mortality are those countries that rely on midwifery care for all healthy, normal pregnancies.



# 10 Steps to Have an Amazing Birth

5

**Select a supportive caregiver.** Find out how the caregiver does birth. Make sure the caregiver is selling what you want to buy. Define natural birth. Many people define a natural birth as one in which a baby emerged from a vagina, even if there were several interventions. What do YOU mean by natural birth. Know statistics: the cesarean section rate at your hospital, the episiotomy rate of your caregiver, the VBAC rate of your caregiver, the percentage of your caregiver's clients who have unmedicated deliveries. Ask for references. Talk to women who have had their baby with a particular attendant and find out if they got what they expected. Statistically, women get the doctor they hire only 20% of the time. Is your caregiver on call for you? Who is their backup?

6

**Hire a doula.** Having a doula at your birth cuts your risk of cesarean by 50%. A doula provides continuous emotional support for a laboring woman and her partner, regardless of the length her labor. In hospitals, doulas provide respite for partners during long labors (even during short ones) ensuring that the laboring woman will not be left alone even when partners have meals, take a break and rest. At home, doulas are like an insurance policy if labor proves to be long. Remember, labor for a first-time mother can be 24 to 30 hours. Doulas provide labor support so midwives can be well-rested and sharp at delivery when their skills are most critical.

7

**Choose your birthplace carefully.** The World Health Organization says that home is safer than a free-standing birth center which is safer than a hospital. Women birth best where they feel safest. Where is safest for you?

8

**Surround yourself with supportive people.** Seek out positive, powerful birth stories. Watch POSITIVE birth films and movies. Avoid high-drama television birth stories. Choose your birth team carefully. Be sure that everyone at your birth wants what you want at your birth. Prepare your team and be sure they believe in your goals and in your ability to achieve your goals.



# 10 Steps to Have an Amazing Birth

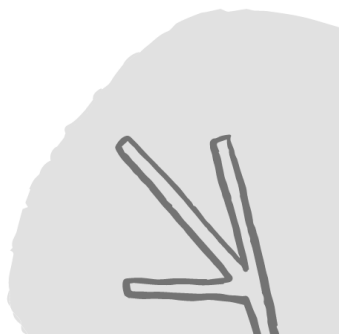
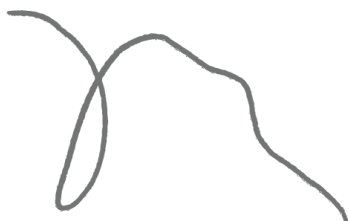


9

**Examine your mindset, beliefs and fears.** Use meditation and/or prayer to envision the birth you desire and to see that vision daily. Also make sure to address any previous traumas you have experienced (as a youth or in previous pregnancies and/or births.) Examine your beliefs about birth and about yourself and work to adopt beliefs that are conducive to the kind of birth you want.

10

**TRUST.  
SURRENDER.  
LET GO.**



# LGBTQIA Providers/Support

## Service

### **Bayou City Breastfeeding**

Founded by Suzanne Juel IBCLC **Error! Bookmark not defined.** RLC

Group practice of International Board Certified Lactation Consultants

Phone: 281-305-0411

Website: bayoucitybreastfeeding.com

Email: admin@bayoucitybreastfeeding.com

Multiple offices across the Greater Houston Area, including Conroe, Cypress, Katy, Kingwood, Houston, Webster, Willowbrook Area. Please see website for more details

Providing compassionate guidance for feeding issues to help your baby grow happy, healthy and thrive! Offering home, office and virtual consultations. Many insurances accepted. Grant/Scholarship program available.

### **EverDoula**

Stephi Anderson CLD

Phone: 832-498-2418

Website: everdoula.com

Email: stephi@everdoula.com

26602 Keith St

Spring, TX 77373

### **Motherly Transitions LLC**

Priscilla Brickey LM, CPM

Phone: 713-562-0105

Website: Motherlytransitions.com

Email: absolutetherapy@sbcglobal.net

Providing Families with prenatal and postpartum support

### **Preggers Can Be Choosers LLC**

Rowan TwoSisters, LM, CPM, LMT

Phone: 432-201-1092

Website: preggers.rocks

Email: hello@preggers.rocks

2339 Commerce St STE135

Houston, TX

Occasional homebirth midwife, Breech and VBAC after one vaginal birth. Scar Tissue Remediation and Breech Release Bodywork, Spinning Babies Aware Practitioner, Labor Whisperer, Arvigo and Maya Abdominal Massage Therapist, Loss Support, Skills Sign offs and Low Cost/No Cost Education for BirthWorkers.

### **Tabula Rasa Psychology**

Dr. Blythe TwoSisters, PsyD, PMH-C

Phone: 214-997-4697

Website: tabularasapsychology.com

Email: admin@tabularasapsychology.com

2339 Commerce St. Suite 135 Houston TX 77002

Small group mental health practice with multiple clinicians. We see you. We hear you. We believe in YOU. We are ready to listen

### **Tally and Bean**

Natalia Block

Phone: 612-425-8175

Website: tallyandbean.com

Email: nataliablock@tallyandbean.com

Details: Postpartum doula support, Custom nursery murals, Holistic nutrition consulting (pregnancy, postpartum, and baby), LGBTQIA+ support, Military family support, Virtual and remote postpartum doula support

### **Tania Andrews, LMFT-A**

under the supervision of Larry Bell and Cynthia Carter

Unload It Therapy

Phone: 713-396-5063

Website: UnloadItTherapy.com

Email: hello@unloadittherapy.com

5444 Westheimer Rd, Ste 1000

Houston, Texas 77056

### **The Amazing Rose**

Rose Carle LMT

Phone: 713-206-2320

Website: theamazingrose.rocks

Email: theamazingrose13@gmail.com

Houston, TX 77018

Massage and Scar Therapy, YoungLiving Essential Oils

## Magazines/Publications

### **Houston Family Magazine**

Phone: 713-266-1885

Website: houstonfamilymagazine.com

Email: kim@houstonfamilymagazine.com

Greater Houston parents resource since 1988!

Everything you need to know to raise a happy & healthy family in Greater Houston in print, online & digital

### **Natural Awakenings-Houston**

Cindy & Mike Hart

Phone: 713-927-6540

Website: naturalawakenings-houston.com

Email: cindy@naturalawakenings-houston.com

446 W 18th street #419

Houston, TX 77008

### **The Kids Directory**

Phone: 713-663-7555

Website: kids-houston.com

Email: info@kids-houston.com

Houston's oldest and most respected family publication, actively serving our community for 28 years

## **Marriage, Family and Postpartum Support Therapy**

### **Greater Houston Counseling Services**

Christina Runnels, MA, LPC-S, LCDC, PMH-C  
Phone: 832-717-7166

Website: [greaterhoustoncounselingservices.com](http://greaterhoustoncounselingservices.com)  
Email:

[stephanie@greaterhoustoncounselingservices.com](mailto:stephanie@greaterhoustoncounselingservices.com)

Greater Houston Counseling Services, PLLC is dedicated to helping you as you take steps towards positive life changes, healing, and a healthy mind.

### **Houston Bay Area Counselor**

Brandi Tarver, LPC, LMFT

Phone: 281-480-0200

Website: [houstonbayareacounselor.com](http://houstonbayareacounselor.com)

Email: [brandi.tarver@houstonbayareacounselor.com](mailto:brandi.tarver@houstonbayareacounselor.com)

### **Masculine Medicine**

William Green

Phone: 719-480-2587

Website: [masculinemedicine.com](http://masculinemedicine.com)

Email: [william@masculinemedicine.com](mailto:william@masculinemedicine.com)

517 Patterson Street

Houston, TX 77007

Certified Wellness Coach offering private sessions supporting men and their initiation and journey in fatherhood.

Megan Watson

Website: [mothershealingcircle.org](http://mothershealingcircle.org)

Email: [mothershealingcircle@gmail.com](mailto:mothershealingcircle@gmail.com)

Birth Mindset Coach, Intuitive Energy Coach, Certified EFT Practitioner, Certified Women's Circle Facilitator, and Author. Helping moms let go of fears, limiting beliefs, and energy blocks so they can show up for birth and motherhood feeling more confident, connected, and centered. Offering 1:1 energy clearing sessions for birth prep and birth experience healing, meditations and affirmations, and group clearings.

### **Postpartum Support International**

April Thomas-Kenney

PSI Helpline: 800-944-4773 (Helpline)

Website: [postpartum.net](http://postpartum.net)

Email: [psi.texas.chapter@gmail.com](mailto:psi.texas.chapter@gmail.com)

Support related to perinatal mood disorders for individuals and families. Virtual support groups also available. Directory of trained professionals available

### **Stephanie R. Frey, LPC, LMFT**

Phone: 281-953-7474

Website: [stephaniefrey.com](http://stephaniefrey.com)

Email: [srf@stephaniefrey.com](mailto:srf@stephaniefrey.com)

2525 Robinhood St, Houston, TX

Licensed Professional Counselor and Licensed

Marriage and Family Therapist. Specializing in Women's and couple issues related to prenatal and postpartum support.

### **Tabula Rasa Psychology**

Dr. Blythe TwoSisters, PsyD, PMH-C

Phone: 214-997-4697

Website: [tabularasapsychology.com](http://tabularasapsychology.com)

Email: [admin@tabularasapsychology.com](mailto:admin@tabularasapsychology.com)

2339 Commerce St. Suite 135 Houston TX 77002

Small group mental health practice with multiple clinicians. We see you. We hear you. We believe in YOU. We are ready to listen

### **Tania Andrews, LMFT-A**

under the supervision of Larry Bell and Cynthia Carter

Unload It Therapy

Phone: 713-396-5063

Website: [UnloadItTherapy.com](http://UnloadItTherapy.com)

Email: [hello@unloadittherapy.com](mailto:hello@unloadittherapy.com)

5444 Westheimer Rd, Ste 1000, Houston, Texas 77056

### **The Center for Postpartum Family Health**

Phone: 713-561-3884

Website: [cpfh.org](http://cpfh.org)

Email: [info@cpfh.org](mailto:info@cpfh.org)

418 Mercer, Suite #100, Houston, Texas 77027

Professional counseling with a specialty in perinatal mental health issues. Infertility, birth trauma, pregnancy loss, pregnancy and postpartum depression and anxiety, couples and family therapy.



Professional Counseling and Support for New Parents Throughout Texas

5418 MERCER #100, HOUSTON, TX 77027  
2551 BUDDIE ROAD #2802, THE WOODLANDS, TX 77380  
WWW.CPFH.ORG 713.561.3884 INFO@CPFH.ORG  
IN-PERSON & ONLINE THERAPY AVAILABLE





# recommended websites

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## birthing

[houbirth.org](http://houbirth.org)

BIRTH, Bringing information & Resources to Houston

[ChildbirthConnection.org](http://ChildbirthConnection.org)

Childbirth Connection

[cfmidwifery.org](http://cfmidwifery.org)

Citizens for Midwifery

[ican-online.org](http://ican-online.org)

International Cesarean Awareness Network

[motherfriendly.org](http://motherfriendly.org)

Coalition for Improving Maternity Services

[waterbirth.org](http://waterbirth.org)

Waterbirth International

## breastfeeding

[HALCEA.org](http://HALCEA.org)

Houston Area Lactation Consultants & Educators Association

[LLLusa.org](http://LLLusa.org)

La Leche League International

## parenting

[attachmentparenting.org](http://attachmentparenting.org)

Attachment Parenting International

[childrenatrisk.org](http://childrenatrisk.org)

Children at Risk

[handinhandparenting.org](http://handinhandparenting.org)

Hand in Hand Parenting

[MomsRising.org](http://MomsRising.org)

Moms Rising Together

## general health

[patgreerkitchen.com](http://patgreerkitchen.com)

APat Greer's Kitchen

[centralcityco-op.com](http://centralcityco-op.com)

A Farmer-First Grocery

[homeopathychoice.org](http://homeopathychoice.org)

Americans for Homeopathy Choice

[nocirc.org](http://nocirc.org)

National Organization of Circumcision Info

[vaccineinfo.net](http://vaccineinfo.net)

Parents requesting open vaccine education

[nvic.org](http://nvic.org)

National Vaccine Information Center

## documentaries

[aftershockdocumentary.com](http://aftershockdocumentary.com)

Film about black maternal death

[chocolatemilkdoc.com](http://chocolatemilkdoc.com)

Film about racial divide in breastfeeding

[milkywaymovie.com](http://milkywaymovie.com)

Film about Breastfeeding in America

[thebusinessof.life](http://thebusinessof.life)

Two films on birth & contraception

## Mental Health Therapists continued.

### **Unload It Therapy**

Roma Williams, LMFT

Phone: (713)396-5063

Website: [Unloadittherapy.com](http://Unloadittherapy.com)

Email: [Hello@Unloadittherapy.com](mailto:Hello@Unloadittherapy.com)

5444 Westheimer Rd, Suite 1000

Houston, Texas 77056

We are an inclusive emotional and mental wellness clinic. We are proudly clinicians of color who serve in a culturally competent and holistic way

## **Massage Therapists**

### **A New State of Being**

Katie Beckham PT, WHNC

Website: [anewstateofbeing.com](http://anewstateofbeing.com)

Email: [Katie@anewstateofbeing.com](mailto:Katie@anewstateofbeing.com)

635 West 19th Street, Ste 212

Houston, TX 77008

Vodder Manual Lymphatic Massage · Therapeutic Massage · Cupping Therapy · Prenatal Massage · Reiki with @HealingwithCarly · Therapeutic Massage and Facial massage

### **Full Circle Family Services**

Frances Jones-Coleman MPH, LM, CPM

Staff Midwife: Victoria Solis, LM, CPM

Phone: 832-922-3842

Website: [fullcirclefamilyserviceshtx.com](http://fullcirclefamilyserviceshtx.com)

Email: [info@fullcirclefamilyserviceshtx.com](mailto:info@fullcirclefamilyserviceshtx.com)

2636 South loop west #550 Houston TX 77054

Provides midwifery care, Hospital birth preparation, childbirth education classes, breastfeeding education classes and support, newborn infant care classes, Sneak peek gender reveal test, Prenatal and postnatal massage, Prenatal and postnatal yoga, Yoni steam and Placenta encapsulation

### **Houston Birth and Baby**

Erin Young, Owner, Doula, LMT

Phone: 713-714-7649

Website: [houstonbirthandbaby.com](http://houstonbirthandbaby.com)

Email: [hello@houstonbirthandbaby.com](mailto:hello@houstonbirthandbaby.com)

We provide, antenatal support, birth doulas, postpartum doulas, childbirth education, lactation support, placenta processing, massage therapy, and meal delivery.

### **Houston Pregnancy Massage & Doula Care**

Patti Heimlich Owner, LMT, CD (DONA), ICCE

Phone: 713-661-8796

Website: [hpregnancy.com](http://hpregnancy.com)

Email: [patti@hpregnancy.com](mailto:patti@hpregnancy.com)

3139 W. Holcombe Blvd. #505, Houston, Texas 77025

Birth Doula, Childbirth classes, Pediatric Craniosacral Therapy & Myofascial Release, Infant/Baby Massage, Prenatal, Labor and Postpartum Massages, Hypnobabies, Placenta Encapsulation

Massage Therapists continued.

### **Massage and Doula Services with Noliko**

Noliko Utsuzawa

Website: [nolikomassageanddoula.square.site](http://nolikomassageanddoula.square.site)

Email: [norikobamboo@gmail.com](mailto:norikobamboo@gmail.com)

Doula- Birth and Bereavement, Massage & Craniosacral Therapy, Childbirth Education

### **Massage Momma**

Sasha Sumling, Owner, Licensed Massage Therapist,

Phone: 832-372-6174

Website: [massagemomma.net](http://massagemomma.net)

Email: [massagemomma3@gmail.com](mailto:massagemomma3@gmail.com)

Areas Served: Cypress, Katy, Houston

### **Motherhood Center**

Gabriela Gerhart

Phone: 713-963-88880

Website: [motherhoodcenter.com](http://motherhoodcenter.com)

Email: [support@motherhoodcenter.com](mailto:support@motherhoodcenter.com)

3701 W Alabama St Suite 230, Houston, TX 77027

Prenatal and postpartum massage

### **Motherly Transitions LLC**

Priscilla Brickey LM,CPM

Phone: 713-562-0105

Website: [Motherlytransitions.com](http://Motherlytransitions.com)

Email: [absolutetherapy@sbcglobal.net](mailto:absolutetherapy@sbcglobal.net)

Providing Families with prenatal and postpartum support

### **Of the Earth Holistic Care**

Anna Demetra

Phone: 917-241-8100

Website: [annademetra.com](http://annademetra.com)

Email: [balanceingravity@gmail.com](mailto:balanceingravity@gmail.com)

Womb centered care utilizing Structural Integration, Arvigo Abdominal Therapy, Vaginal Steams, Herbal Medicine, Energetic Balancing.

### **Preggers Can Be Choosers LLC**

Rowan TwoSisters, LM, CPM, LMT

Phone: 432-201-1092

Website: [preggers.rocks](http://preggers.rocks)

Email: [hello@preggers.rocks](mailto:hello@preggers.rocks)

2339 Commerce St STE135, Houston, TX

Scar Tissue Remediation and Breech Release

Bodywork, Spinning Babies Aware Practitioner, Labor

Whisperer, Arvigo and Maya Abdominal Massage

Therapist, Loss Support, Skills Sign offs and Low

Cost/No Cost Education for BirthWorkers.

### **The Amazing Rose**

Rose Carle LMT

Phone: 713-206-2320

Website: [theamazingrose.rocks](http://theamazingrose.rocks)

Email: [theamazingrose13@gmail.com](mailto:theamazingrose13@gmail.com)

Houston, TX 77018

Massage and Scar Therapy, YoungLiving Essential Oils

Massage Therapists continued.

### **The Wright Doula Co**

Natasha OhSo Wright, Professional Doula, Maternity Wellness Coach  
Phone: 346-298-2429  
Website: wrightdoula.com  
Email: wrightdoula4u@gmail.com  
1000 Austin Street, Suite A  
Richmond TX 77469  
Prenatal Support Services  
-Birthing Support Services  
-Postpartum Support Services, Prenatal/ Postpartum  
Massage Therapy Specialist, Licensed Massage  
Therapist, Nanny/Sitter Services

### **The Wright Spot**

Shannon Wright LMT. BBCL, BA  
Phone: 832-654-0125  
Website: the-wright-spot.abmp.com  
Email: theWrightSpotTX@gmail.com  
licensed massage therapist specializing in Peri-natal techniques. I offer this at Bliss too.

### **theVillage**

Kimberley Traylor MA  
Phone: 281-733-5680  
Website: TBRtheVillage.org  
Email: info@tbrthevillage.org  
Lactation Consultant, Doula, Childbirth and Health  
Educator, CEIM Infant Massage Instructor.

### **West University Wellness**

Angela Barela LMT  
Sam Bethune LMT  
John Forristal LMT  
Juanita Morales LMT  
Phone: 713-490-2225  
Website: westuwellness.com  
Email: info@westuwellness.com  
5107 Bellaire Blvd, Suite 210  
Bellaire, Texas 77401  
Certified perinatal and pediatric chiropractors and  
massage therapists practicing since 2000. We love  
birth!

## **Meal Delivery / Meal Prep**

### **BB360 (Birth and Beyond 360)**

Noliko Utsuzawa, Yoko Tarango  
Website: bb360houston.wixsite.com/my-site  
Email: bb360houston@gmail.com  
A community support meal delivery, pregnancy, birth  
and postpartum. Playdates and community learning.

### **Houston Birth and Baby**

Erin Young, Owner, Doula, LMT  
Phone: 713-714-7649  
Website: houstonbirthandbaby.com  
Email: hello@houstonbirthandbaby.com  
We provide, antenatal support, birth doulas, postpartum  
doulas, childbirth education, lactation support, placenta  
processing, massage therapy, and meal delivery.

### **Marian Bell Healthy Lifestyle**

Marian Bell  
Phone: 713-447-0436  
Website: marianbell.com  
Email: marian@marianbell.com  
Nutrition, prepared food to eat each week and  
organizing

### **Pacifiers & Peaches Doula Co.**

LaVerne Reid, Postpartum Doula & Certified Holistic  
Health Coach  
Phone: 832-305-5451  
Website: pacisandpeachesdoulas.com  
Email: hello@pacisandpeachesdoulas.com  
Holistic Postpartum Care for Mother + Baby  
Daytime & overnight newborn care  
Sleep coaching & intuitive scheduling  
Healing & holistic pampering for mom  
Nourishing & warming meals

## Ten Reasons (among many) to "Wear" your baby

- 1) To add functionality and ease:** A carrier can act like a bonus set of arms and relieve a hardworking back, shoulders, neck, or wrists.
- 2) To manage and monitor your little one's body more easily:** And worry less about breakables, public restroom walls, and personal space invaders, plus offer little legs a rest (or keep them from taking your child in undesirable directions).
- 3) To maximize safety:** A babywearing caregiver can actively protect a child's airway and access to circulating air with fabric carriers in ways we can't with passive infant-holding devices.
- 4) To communicate all kinds of ways:** Share jokes and chatter, snuggle, ask and answer questions, and use non-verbal expression to include and be included in each others' worlds.
- 5) To keep connected conveniently:** When heart-to-heart with each other, emotionally co-regulating can be so natural, and your children can experience new and familiar interactions from a place of comfort.
- 6) To follow your instincts:** Many (though not all) of our ancestors carried babies. Whether you are continuing an unbroken tradition, sharing in one new for your heritage, or reclaiming interrupted cultural practices, learning to trust yourself can be rewarding and healing.
- 7) To build community:** Meet and mutually benefit from spending time giving and getting support and skills with and from other families — local and worldwide — who share an interest in babywearing.
- 8) To make magic with fabric:** Carriers are multi-purpose — they can be changing pads, pillows, picnic blankets, teethers, and shade ... but also hammocks, costumes, roads, rivers, and more. And they wash up pretty easily.
- 9) To support healthy sleep and other physiological needs:** With a carrier, much-needed naps, infant feeding sessions, movement, and touch can happen anytime, anywhere.
- 10) To have fun however you want:** Whether you carry kiddos on your front, back, or hip; a few minutes every now and then, or every day for a few hours, it's your child-rearing tool to play with. Enjoy!

by Angelique Geehan Consulting and Education

## **Meditation for Mothers, Parenting & Stress Management**

### **Luminare Life**

Maegan Turner Certified Life and Health Coach  
Phone: 346-946-7691  
Website: luminarelife.com  
Email: hello@luminarelife.com  
Specializes in helping women with families manage stress.

### **Mothers Healing Circle**

Megan Watson  
Website: mothershealingcircle.org  
Email: mothershealingcircle@gmail.com  
Birth Mindset Coach, Intuitive Energy Coach, Certified EFT Practitioner, Certified Women's Circle Facilitator, and Author. Helping moms let go of fears, limiting beliefs, and energy blocks so they can show up for birth and motherhood feeling more confident, connected, and centered. Offering 1:1 energy clearing sessions for birth prep and birth experience healing, meditations and affirmations, and group clearings.

### **Nichelle's Doula Services**

Brianna Nichelle  
Phone: 281-468-0145  
Website: briannanichelle.com  
I am a birth and postpartum doula as well as a prenatal yoga instructor. I also am a PAIL Advocate, breastfeeding advocate and Calm Birth Meditation Instructor

### **Sakinah Birth**

Jihan Huq  
Phone: 832-997-4811  
Website: sakinahbirth.com  
Email: sakinahbirthservices@gmail.com  
HypnoBirthing, HypnoMothering, and Hypnosis for Wellness

### **The Breathing Room**

Phone: 713-864-2552  
Website: breathingroomhtx.com  
Email: info@breathingroomhtx.com  
200 Westcott Street  
Houston, Texas 77007  
We are a yoga, pilates and wellness studio offering modalities to support both prenatal and postpartum care.

## **Natural Medicine**

### **Harmonious Birthing**

DeShaun Desrosiers  
Phone: 281-768-1497  
Website: holisticbirthandhealth.com  
Email: harmoniousbirthing@gmail.com  
Houston  
Harmonious Birthing offers Doula Training, doula services, and provides an array of herbal products, seamoss, and more.

### **Health Stewardship with Health & Freedom Network**

Chris Duffy LM CPM ND  
Phone: 281-732-7816  
Website: chrisduffy.com  
Email: midwife.duffy@gmail.com  
Health stewardship education to correct chronic conditions through nutrition.

### **Heights of Health Team**

Tracy Wakefield Southwick  
HHP, CNHP, ND (Trad.)  
Phone: 713-861-6777  
Website: heightsofhealth.com  
Email: info@heightsofhealth.com  
210 E 4th St.  
Houston, TX 77007,

### **Kamala Center for Radiant Health PLLC**

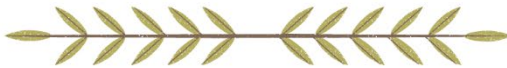
Deborah Doering Austin, RN, DN, CN, CVMT  
Phone: 832-818-0186  
Website: kamalahealth.com  
Email: service@kamalahealth.com

### **Natural Health Solutions**

Susan Salce ND CNC RYI  
Phone: 281-221-4336  
Website: naturalhealthsolutionstx.com  
Email: naturalhealthsolutions@comcast.net  
Rosewood Professional Building  
The Atrium, Suite G-500  
990 Village Square Dr.  
Tomball, Texas 77375

### **Norwex - Safer Cleaning Products**

Megan Pedersen  
Phone: 281-450-4229  
Website: MeganPedersen.Norwex.biz



### **Of the Earth Holistic Care**

Anna Demetra  
Phone: 917-241-8100  
Website: annademetra.com  
Email: balanceingravity@gmail.com  
Womb centered care utilizing Structural Integration,  
Arvigo Abdominal Therapy, Vaginal Steams, Herbal  
Medicine, Energetic Balancing.

### **Osteopathic Healing Hands**

Payel Banik, DO  
Phone: 713-527-8499  
Website: omtworks.com  
Email: info@osteopathichealinghands.com  
2056 Sul Ross St  
Houston, TX 77098  
Naturally Helping pregnancy pain, breech babies, labor-  
induction, avoiding c-section, birth trauma, difficulty  
breastfeeding, torticollis, plagiocephaly.

### **Preggers Can Be Choosers LLC**

Rowan TwoSisters, LM, CPM, LMT  
Phone: 432-201-1092  
Website: preggers.rocks  
Email: hello@preggers.rocks  
2339 Commerce St STE135  
Houston, TX  
Occasional homebirth midwife, Breech and VBAC after  
one vaginal birth. Scar Tissue Remediation and Breech  
Release Bodywork, Spinning Babies Aware Practitioner,  
Labor Whisperer, Arvigo and Maya Abdominal Massage  
Therapist, Loss Support, Skills Sign offs and Low  
Cost/No Cost Education for BirthWorkers.

### **Sakura Natural Health**

Phone: 713-529-WELL  
Website: sakuranaturalhealth.com  
Email: info@sakuranaturalhealth.com  
1700 Post Oak Boulevard  
2 BLVD Place Suite 600  
Houston, TX 77006

### **Thermography of Houston**

Rebekah Stump, Owner, FDN-P, CCT  
Phone: 281-803-5880  
Website: thermographyofhouston.com  
Email: admin@thermographyofhouston.com  
13644 Breton Ridge St Suite E  
Houston, TX 77070

### **theVillage**

Kimberley Traylor MA  
Phone: 281-733-5680  
Website: TBRtheVillage.org  
Email: info@tbrthevillage.org  
Lactation Consultant, Doula, Childbirth and Health  
Educator, CEIM Infant Massage Instructor.

### **Ward Chiropractic Center**

Dr. Lauren Allday DC  
Phone: 281-786-4922  
Website: wardchiropracticcenter.com  
Email: drallday@wardchiropracticcenter.com  
6922 W Rayford Rd #400  
Spring, TX 77389  
Prenatal, pediatric chiropractic. Insurance Accepted



## Non-Profit

### **Bayou Village School**

Phone: 713-864-2452

Website: bayouvillageschool.org

Email: enroll@bayouvillageschool.org

3701 Hardy Street

Houston, TX 77009

A non-profit Early Childhood - Grades School inspired by Waldorf education.

### **Greater Houston Midwives Alliance**

Website: houstonmidwives.org

Our mission is to promote quality maternal and child health care through continuing education and Peer Review for midwives in the Greater Houston area.

### **Houston Area Lactation Consultants and Educators Association (HALCEA)**

Website: houstonlactation.org, halcea.org

We're helping Houston feed babies. Find contact information for lactation consultants in private practice, clinics and hospitals in the greater Houston area offering 1:1 private consultations. Find out about group clinics, support groups and prenatal/postnatal classes for breastfeeding / chestfeeding, infant feeding and other related issues.

### **PUSH BIRTH Partners**

Phone: 346-241-0880

Website: pushbirthpartners.org

Email: push@pushbirthpartners.org

77 Sugar Creek Blvd., Suite 600

Sugar Land, TX 77478



pushbirthpartners.org

## A Maternal Health Partnership for Every Birthing Family

#PushMaternalHealth

**ABOUT US**

Push Birth Partners (PUSH) is a community organization dedicated to improving maternal health experiences and outcomes, beginning with Texas. Through care navigation and care management services, we aim to build an equitable and supportive environment for women, moms, and families; because every birthing family deserves a trusted partnership and support system.

**Women's Health**

**Maternal Health**

**Public Health**

**REQUEST AN APPOINTMENT**



P: 346-241-0880 | E: push@pushbirthpartners.org

## Nutrition

### **Foodwritermom**

Nneka Chidolue

Phone: 832-533-7894

Website: foodwritermom.com

Email: foodwritermom@gmail.com

### **Hello Chiropractic**

Dr. Ashley Jones, DC

Phone: 281-809-6144

Website: spinalcarehouston.com

Email: support@spinalcarehouston.com

1035 Dairy Ashford Rd, Suite 152

Houston TX 77079

Your Fertility, Prenatal, Postpartum, Pediatric and Family Chiropractic Practice with a focus on Neurological Development and Functional Nutrition.

### **Marian Bell Healthy Lifestyle**

Marian Bell

Phone: 713-447-0436

Website: marianbell.com

Email: marian@marianbell.com

Nutrition, prepared food to eat each week and organizing

### **Pat Greer's Kitchen**

Phone: 713-807-0101

Website: patgreerskitchen.com

Email: patgreerskitchen@gmail.com

412 W. Clay St., Houston, TX 77019

### **Sakura Natural Health**

Phone: 713-529-WELL

Website: sakuranaturalhealth.com

Email: info@sakuranaturalhealth.com

700 Post Oak Boulevard

2 BLVD Place Suite 600

Houston, TX 77006

### **Tally and Bean**

Natalie Block

Phone: 612-425-8175

Website: tallyandbean.com

Email: Nataliablock@tallyandbean.com

Details: Postpartum doula support, Custom nursery murals, Holistic nutrition consulting (pregnancy, postpartum, and baby), LGBTQIA+ support, Military family support, Virtual and remote postpartum doula support

### **The Paleo Dietitian**

Brittany Beaver, MS, RD, LD

Phone: 903-407-6501

Website: thepaleodietitian.com

Email: brittany@thepaleodietitian.com

26602 Keith Street, Spring, TX 77373

Preconception, prenatal, and postpartum nutrition services

# Top 10 Labor Positions

1. Standing allows you to sway and move, alleviating pain.



2. Walking - activity helps the baby to descend



3. Sitting - allows gravity to assist in bringing the baby down



4. Sitting on Toilet - helps you to relax the pelvic floor muscles which are crucial in allowing baby to descend down through the birth canal.



5. Semi-sitting - Sitting while reclining



6. Side-lying - can easily rest in between contractions.

7. Leaning forward - on a wall, onto a partner, etc., helps relieve back pressure.



8. Kneeling (leaning forward with support) - helps alleviate back pressure, allows your hips to be unrestricted and able to move and sway with contractions.

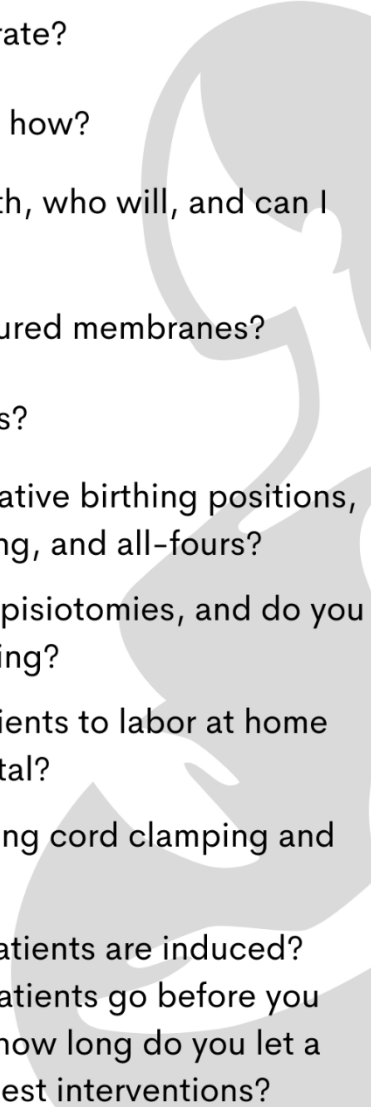
9. Squatting - assists the pelvis in opening by as much as 30%



10. Hands and Knees - great position when having back labor, also to help a posterior baby to rotate to the correct position.



# QUESTIONS TO ASK YOUR OB/GYN

- 
- ♥ What is your surgical birth rate?
  - ♥ Do you support VBACs and how?
  - ♥ If you cannot attend my birth, who will, and can I meet them?
  - ♥ What is your policy on ruptured membranes?
  - ♥ What do you think of doulas?
  - ♥ How open are you to alternative birthing positions, including squatting, standing, and all-fours?
  - ♥ What are your policies on episiotomies, and do you require continuous monitoring?
  - ♥ Do you encourage your patients to labor at home before coming to the hospital?
  - ♥ How open are you to delaying cord clamping and cutting?
  - ♥ What percentage of your patients are induced?
  - ♥ How long do you let your patients go before you recommend induction and how long do you let a mom labor before you suggest interventions?

Nutrition continued.

## **Osteopathic Healing Hands**

Payel Banik, DO  
Phone: 713-527-8499  
Website: omtworks.com  
Email: info@osteopathichealinghands.com  
2056 Sul Ross St  
Houston, TX 77098  
Naturally Helping pregnancy pain, breech babies, labor-induction, avoiding c-section, birth trauma, difficulty breastfeeding, torticollis, plagiocephaly.

## **Vital Family Chiropractic**

Dr. Whitley Jagnanan, D.C.  
Dr. John Caruso D.C  
Phone: 832-919-8289  
Website: vitalhouston.com  
Email: info@vitalhouston.com  
We are a nervous system centered, family wellness chiropractic office focusing on craniosacral and craniopathy, perinatal care with Webster technique and neuro-diverse populations

## **OB/GYN**

### **Houston Methodist OBGYN Associates**

Phone: 832-698-5515  
Website: houstonmethodist.org/obgyn  
18220 State Highway 249, Suite 370  
Houston, Texas 77070  
Hospital Based Midwifery Practice

### **Lifestyle Medical Group**

Phone: 832-886-5700  
Website: lifestyle-medical.com  
14885 Southwest Freeway  
Sugar Land, TX 77478  
Full scope OBGYN care including Midwifery Care

## **Osteopathic Physician**

### **Osteopathic Healing Hands**

Payel Banik, DO  
Phone: 713-527-8499  
Website: omtworks.com  
Email: info@osteopathichealinghands.com  
2056 Sul Ross St  
Houston, TX 77098  
Naturally Helping pregnancy pain, breech babies, labor-induction, avoiding c-section, birth trauma, difficulty breastfeeding, torticollis, plagiocephaly.

## **Parenting**

### **Birth to First**

Dr. Barbara Taylor-Cox  
Phone: 281-496-7094  
Website: birthtofirst.com  
12606 West Houston Center Blvd., Suite 280  
Houston, Texas 77082  
COUNSELING PARENTS IN RAISING LIFELONG LEARNERS...FROM THE START

### **Motherhood Center**

Gabriela Gerhart  
Phone: 713-963-8880  
Website: motherhoodcenter.com  
Email: support@motherhoodcenter.com  
3701 W Alabama St Suite 230  
Houston, TX 77027  
Prepared and natural childbirth classes taught by lamaze certified childbirth educators

### **Tania Andrews, LMFT-A**

under the supervision of Larry Bell and Cynthia Carter  
Unload It Therapy  
Phone: 713-396-5063  
Website: UnloadItTherapy.com  
Email: hello@unloadittherapy.com  
5444 Westheimer Rd, Ste 1000  
Houston, Texas 77056

### **theVillage**

Kimberly Traylor MA  
Phone: 281-733-5680  
Website: TBRtheVillage.org  
Email: info@tbrthevillage.org  
Lactation Consultant, Doula, Childbirth and Health Educator, CEIM Infant Massage Instructor.

### **upSTART Community Programs @ Baylor College of Medicine and Texas Children's Hospital**

Website: texaschildrens.org/upstart  
Email: upSTARTHouston@bcm.edu  
Community Programs @ Baylor College of Medicine

## **Paternity/Child-Support**

### **Texas Attorney General Child Support Division**

Phone: 800-252-8014 or 713-787-7147  
Website: texasattorneygeneral.gov  
6161 Savoy Dr., Ste. 420,  
Houston, TX 77036  
State Agency who assists with the establishment of legal paternity and enforcement of child support

# TOPICS TO DISCUSS WITH YOUR PEDIATRICIAN

- ♥ What to expect for well visits, what is the schedule for visits and what routine testing is done
- ♥ What to expect for sick visits and views on Antibiotics/use of medications for common ailments
- ♥ Other resources/referrals
- ♥ Circumcision/Intact care
- ♥ Vaccination schedules and acceptance of alternate/delayed/no vaccinations
- ♥ Tongue Ties
- ♥ Infant sleep, sleep training and bed sharing
- ♥ Views on alternative or holistic health options if planning to use (chiropractic, essential oils, etc.)
- ♥ Infant feeding (breastfeeding & formula feeding), introduction of solids, childhood nutrition
- ♥ Routine procedures to baby immediate after birth such as eye ointment, Hepatitis B and vitamin K

## **Pediatricians**

### **Blossom Pediatrics and Lactation**

Shirley Chan-Ramirez, MD IBCLC  
Phone: 713-322-6679  
Website: blossomfamilies.com  
Email: drchan@blossomfamilies.com  
Concierge general pediatric practice and also offering in-home 4th trimester care. The 4th trimester package combines newborn care, lactation consultation, and postpartum support for mom and her family. Standalone lactation consults and newborn tongue-tie treatment (up to 4 months old) also available.

### **Concierge Pediatrics of Houston**

Dr. Kathryn España MD  
Phone: 832-940-2262  
Website: pediconcierge.com  
Email: info@pediconcierge.com  
550 Westcott St # 370  
Houston, TX 77007  
Direct Primary Care Medicine

### **Dickerson Pediatrics**

Dr. Cassandra Dickerson  
Phone: 281-491-5439  
Website: dickersonpediatrics.net  
Email: info@dickersonpediatrics.com  
4760 Sweetwater Blvd Ste. 102 Sugar Land TX 77479  
Pediatrics

### **Hope for Healing Functional Medicine**

Dr. Paula Kruppstadt  
Phone: 281-725-6767  
Website: get2theroot.com  
Email: Hope@get2theroot.com  
121 Vision Park Blvd #200 Shenandoah, TX 77384  
Pediatrics, Functional Medicine, Primary Care, Holistic Nutrition, IV Therapy

### **Maeville Pediatrics**

Dr. Martha Mae Sissa, MD  
Dr. Douglas Suell, MD  
Phone: 832-582-7146  
Website: maevillepediatrics.com  
Email: info@maevillepediatrics.com  
8540 Broadway Street Suite 205  
Pearland, Texas 77584  
7900 Fannin Street, Suite 1400  
Houston, TX 77054  
Pediatric primary care office. We support families with positivity and personal connection.

### **Nurture Pediatrics**

Dr. Janet Pate  
Dr. Luisa Amal  
Phone: 713-894-2751  
Website: nurturepediatric.com  
6900 S Rice Ave  
Bellaire, TX 77401

### **Pure Pediatrics**

Dr. Alana Kennedy-Nasser  
Phone: 832-431-4336  
Website: purepediatrics.com  
Email: info@purepediatrics.com  
6750 West Loop South Suite 465 Bellaire TX 77401.  
and 7700 San Felipe, Ste. 470 Houston TX 77063  
Houston's concierge pediatric practice

### **Rife Pediatrics**

Dr. Bethany Rife  
Phone: 281-729-4414  
Website: rifepediatrics.com  
Email: rifepedi@gmail.com  
455 School St. #30, Tomball, Tx 77375  
Offering general pediatric care, circumcisions, basic tongue clippings, and ear piercing. Telemedicine available.

### **Simple Traditions Family Health**

Dr. Paul Dibble  
Phone: 281-259-7400  
Website: stfhealth.com  
Email: contact@stfhealth.com  
827 S Magnolia Blvd Suite 6 Magnolia TX 77355  
Family Medicine: Infants, Children and Adults

### **Texas Children's Pediatrics**

Dr. Benjamin Ho  
Phone: 713-526-7800  
Website: Texaschildrenspediatrics.org  
Email: bsho@texaschildrenshospital.org  
3023 Kirby Dr., STE. 200,  
Houston TX 77098

### **The Vine Pediatrics & Lactation**

Dr. Sharifa Glass MD IBCLC  
Phone: 832-802-4920  
Website: vinepediatrics.com  
Email: info@vinepediatrics.com  
8990 Kirby Dr Suite 220, Houston, TX 77054

## **Pelvic Floor Therapy**

### **Empower Yourself PT**

Karen Kowenski, PT, DPT, WCS  
Phone: 832-463-1152  
Website: empoweryourselfpt.com  
Email: Karen@empoweryourselfpt.com  
4909 Bissonnet St, Suite 115, Bellaire TX 77401  
Pelvic floor therapy in Houston

### **Enso Mama**

Kate Cleveland  
Phone: 912-674-6260  
Website: www.ensomama.org  
Email: Info@ensomama.org  
726 W 25th Street, Houston, TX 77008



## Physician & Community Friend Awards

Each year B.I.R.T.H. is proud to recognize and award physicians who seek to practice medicine in a way that treats their patients with respect and compassion and who honor the natural processes of the body, both before and after birth. B.I.R.T.H. would also like to recognize community friends who go the extra mile to care for the health care needs of their clients. Recipients of Physician And Community Friends Award from B.I.R.T.H. include:

Dr. Alfredo Gei, MD  
Dr. Nima Goharkhay, MD, PhD,  
FACOG  
Dr. Codi Weiner, MD  
Dr. Damla Karsan, MD  
Dr. Noel Boyd, MD  
Rowan Twosisters, CPM  
Dr. Sean Wengroff, MD  
Heather Walker RN

### Inner Strength Pelvic & Postpartum Wellness

Khadijah Johnson, OTR/L

Phone: 832-224-3124

Website: [innerstrengthpostpartum.com](http://innerstrengthpostpartum.com)

Email: [Khadijah@InnerStrengthPostpartum.com](mailto:Khadijah@InnerStrengthPostpartum.com)

Specializing in pelvic floor therapy, Sexual Wellness, and Maternal Mental Health. Providing in-home, in-office, and virtual sessions.

### Of the Earth Holistic Care

Anna Demetra

Phone: 917-214-8100

Website: [annademetra.com](http://annademetra.com)

Email: [balanceingravity@gmail.com](mailto:balanceingravity@gmail.com)

Womb centered care utilizing Structural Integration, Arvigo Abdominal Therapy, Vaginal Steams, Herbal Medicine, Energetic Balancing.

### Preggers Can Be Choosers LLC

Rowan TwoSisters, LM, CPM, LMT

Phone: 432-201-1092

Website: [preggers.rock](http://preggers.rock)

Email: [hello@preggers.rock](mailto:hello@preggers.rock)

2339 Commerce St STE135, Houston, TX

Scar Tissue Remediation and Breech Release  
Bodywork, Spinning Babies Aware Practitioner, Labor Whisperer, Arvigo and Maya Abdominal Massage  
Therapist, Loss Support, Skills Sign offs and Low Cost/No Cost Education for BirthWorkers.

### Texas Children's Hospital Pavilion for Women Physical Therapy

Sarah Ammons, PT, DPT, TPS, OCS, FAAOMPT

Emily Aven, PT, DPT, OCS

Debbie Campbell, PT, DPT, OCS, SCS, FAAOMPT

Angelina Leis, PT, DPT

Cindy Okpegbue, PT, DPT

Kash Satghar, PT, OCS

Hosna Tazehzadeh, PT, DPT, RYT, CLT

Phone: 832-826-2135

Website: [women.texaschildrens.org/program/obstetrics-and-gynecology/physical-therapy](http://women.texaschildrens.org/program/obstetrics-and-gynecology/physical-therapy)

Email: [whphysicaltherapy@texaschildrens.org](mailto:whphysicaltherapy@texaschildrens.org) or

[saammons@texaschildrens.org](mailto:saammons@texaschildrens.org)

6651 Main Street, Suite F355, Houston, TX 77030

Texas Children's Hospital Pavilion for Women has 7 outpatient and 3 inpatient physical therapists to take care of any musculoskeletal or pelvic health needs before during or after pregnancy. Conditions seen include: Pain during pregnancy (including back, pelvic girdle, sacroiliac, sciatica, pubic symphysis, hip, knee/ankle, thoracic/neck/shoulder, wrist); Urinary or bowel issues, prolapse, pelvic pain, labor and delivery preparation, Post cesarean recovery including scar or abdominal/pelvic pain, Diastasis Recti and Safe return to exercise

*Inner Strength*

PELVIC & POSTPARTUM WELLNESS

**Specializing in Pelvic Floor Therapy, Sexual Wellness and Maternal Mental health**

Inner Strength Pelvic & Postpartum Wellness, is a holistic, trauma informed occupational therapy practice specializing in supporting women both physically and emotionally through the postpartum period and beyond. We are passionate about helping moms go from just surviving during the postpartum period to thriving. We also believe it is important to empower moms to recognize their own Inner Strength. Our Mission...Restoring Joy

Do you...



- Leak urine when you laugh or cough
- Pee more than 1x every 2-4 hours
- Have difficulty starting or stopping the flow of urine
- Have pain with sex or inserting a tampon
- Experience pelvic pain
- Experience tailbone, Lower back, or hip pain
- Find it challenging to engage in activities you once enjoyed after baby
- Need support feeling more "like yourself" after baby

If you answered YES to any of the above questions, schedule your FREE 15 minute consultation to learn more about the ways we can help women just like you!

SCAN TO BOOK



**Khadijah Johnson, OTR/L**

Email: [Khadijah@InnerStrengthPostpartum.com](mailto:Khadijah@InnerStrengthPostpartum.com)

Phone: 832-224-3124

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

## Photographers

### **Andi Mo Photography**

Andi Mo  
Phone: 979-480-7399  
Website: andimophoto.com  
Email: andimophoto@gmail.com  
Houston TX

### **Christina Kujanpaa Photography**

Christina Kujanpaa  
Phone: 832-792-4433  
Website: <https://christinakujanpaa.com>  
Email: [christinakujanpaaphotography@gmail.com](mailto:christinakujanpaaphotography@gmail.com)  
Bright, clean and timeless in-home newborn photography for the elegant mother and her family.

### **Deziree Photography**

Deziree  
Website: [dezireephotography.com](http://dezireephotography.com)  
Email: [Info@dezireephotography.com](mailto:Info@dezireephotography.com)  
Houston's Maternity and Birthing Photographer

### **esmeray photography**

Sarah Perez  
Phone: 346-762-9520  
Website: [esmerayphotography.com](http://esmerayphotography.com)  
Email: [esmerayphotography@gmail.com](mailto:esmerayphotography@gmail.com)  
Maternity, Birth, Fresh48, Newborn and Family

### **Fresh Light Photography**

Leigh Ripps  
Phone: 281-608-3531  
Website: [fresh-light-photography.com](http://fresh-light-photography.com)  
Email: [leigh@fresh-light-photography.com](mailto:leigh@fresh-light-photography.com)  
An award winning organic portrait studio specializing in newborn, baby, maternity and family photography.

### **Houston Pregnancy Massage & Doula Care**

Patti Heimlich, LMT, CD(DONA), HCHI, HDD, ICCE  
Phone: 713-661-8796  
Website: [hpregnancy.com](http://hpregnancy.com)  
Email: [patti@hpregnancy.com](mailto:patti@hpregnancy.com)  
3139 W. Holcombe Blvd. #505, Houston, Texas 77025  
Birth photogrpahy

### **iShai Photography**

Phone: 832-271-0004  
Website: [iShaiPhotography.com](http://iShaiPhotography.com)  
Email: [info@iShaiPhotography.com](mailto:info@iShaiPhotography.com)  
When you decide to have family, you want to spend every moment creating beautiful experiences for your kid, nurturing them, and building the family life you've always dream of.

### **Jessica Sornson Photography**

Phone: 713.851.4678  
Website: [Jessicasornson.com](http://Jessicasornson.com)  
Email: [Jess@jessicasornson.com](mailto:Jess@jessicasornson.com)  
Houston birth photographer Jess LOVES to witness & honor the strength in your vulnerability & beauty of your journey.





## Professional Organizations

AAHCC - American Association of Husband  
Coached Childbirth

[bradleybirth.com](http://bradleybirth.com)

ACNM - American College of Nurse-Midwives

[midwife.org](http://midwife.org) or  
[acnm.org](http://acnm.org)

Association of Texas Midwives

[texasmidwives.com](http://texasmidwives.com)

Birth Works International

[birthworks.org](http://birthworks.org)

CAPPA - Childbirth and Postpartum Professional  
Association

[cappa.net](http://cappa.net)

DONA - Doulas of North America

[dona.org](http://dona.org)

ICEA - International Childbirth Education Association

[icea.org](http://icea.org)

Lamaze International

[lamaze.org](http://lamaze.org)

USLCA - United States Lactation Consultants  
Association

[uslca.org](http://uslca.org)

ILCA - International Lactation Consultant Association

[ilca.org](http://ilca.org)



Photographers continued.

### **Kerena Ives Photography**

Kerena Ives  
Phone: 932-635-7854  
Website: [kerenareyna.wixsite.com/](http://kerenareyna.wixsite.com/)  
Email: [kerenareyna@gmail.com](mailto:kerenareyna@gmail.com)

### **Lifetime of Click Photography**

Kelly Richman  
Phone: 281-620-8885  
Website: [lifetimeofclicksphotography.com](http://lifetimeofclicksphotography.com)  
Email: [lifetimeofclicksphotography@outlook.com](mailto:lifetimeofclicksphotography@outlook.com)  
From the beginning to end, I offer an exclusive experience you'll never forget

### **Nurturing Image Birth Stories**

Phone: 346-212-0800  
Website: [nurturingimagebirthstories.com](http://nurturingimagebirthstories.com)  
Email: [nurturingimagebirthstories@gmail.com](mailto:nurturingimagebirthstories@gmail.com)  
AS YOUR BIRTH PHOTOGRAPHERS, WE WANT OUR ENERGY TO FALL INTO THE SHADOWS, BE UNSEEN AND UNHEARD.

### **Sanyika the Doula LLC**

Sanyika William  
Phone: 832-736-1123  
Website: [sanyikathedoula.com](http://sanyikathedoula.com)  
Email: [birthmatters@sanyikathedoula.com](mailto:birthmatters@sanyikathedoula.com)  
Birth & Postpartum doula, Lactation Advocate and Birth Photographer

### **Tania LaMelle Photography**

Tania LaMelle  
Phone: 832-377-5683  
Website: [tanialamelle.com](http://tanialamelle.com)  
Email: [tanialamelle@gmail.com](mailto:tanialamelle@gmail.com)  
Specializing in photography for weddings, events, birth, maternity, engagement, and portraits.

### **The Houston Birth Doula**

Reagan Sullivan  
Phone: 713-962-3343  
Website: [thehoustonbirthdoula.com](http://thehoustonbirthdoula.com)  
Email: [bloomingbirthdoulahouston@gmail.com](mailto:bloomingbirthdoulahouston@gmail.com)  
Offering birth and postpartum doula services, birth photography, and placenta prints and art



## **Placenta Encapsulation Services**

### **Full Circle Family Services**

Frances Jones-Coleman MPH, LM, CPM  
Staff Midwife: Victoria Solis, LM, CPM  
Phone: 832-922-3842  
Website: [fullcirclefamilyserviceshtx.com](http://fullcirclefamilyserviceshtx.com)  
Email: [info@fullcirclefamilyserviceshtx.com](mailto:info@fullcirclefamilyserviceshtx.com)  
2636 South loop west #550 Houston TX 77054  
Provides midwifery care, Hospital birth preparation, childbirth education classes, breastfeeding education classes and support, newborn infant care classes, Sneak peek gender reveal test, Prenatal and postnatal massage, Prenatal and postnatal yoga, Yoni steam and Placenta encapsulation

### **Houston Doulas**

Cole Deelah, CLD CBE  
Phone: 616-558-4436  
Website: [houstondoulas.org](http://houstondoulas.org)  
[houstondoula.cooperative.com](http://houstondoula.cooperative.com)  
Email: [nicole@houstondoulas.org](mailto:nicole@houstondoulas.org)  
18 years experience, Birth Doula Services, childbirth preparation classes, placenta services and more

### **Houston Placenta Services**

Cliodhna Griffin HBCE, CMT, APPAC  
Phone: 281-217-9294  
Website: [HoustonPlacentaServices.com](http://HoustonPlacentaServices.com)  
Email: [HoustonPlacentaServices@gmail.com](mailto:HoustonPlacentaServices@gmail.com)  
Houston's only freestanding commercial grade placenta encapsulation kitchen, providing safe and professional services to the greater Houston area.

### **Houston Pregnancy Massage & Doula Care**

Patti Heimlich, LMT, CD(DONA), HCHI, HHD, ICCE  
Phone: 713-661-8796  
Website: [hpregnancy.com](http://hpregnancy.com)  
Email: [patti@hpregnancy.com](mailto:patti@hpregnancy.com)  
3139 W. Holcombe Blvd. #505  
Houston, Texas 77025  
Houston Pregnancy Massage and Doula care

### **Labor Enabler Birth Doula**

Kathleen Wilson, ALACE, BAI  
Phone: 832-444-5630  
Website: [laborenabler.com](http://laborenabler.com) [tcdoulagroup.com](http://tcdoulagroup.com)  
Email: [kathleen@laborenabler.com](mailto:kathleen@laborenabler.com)  
26602 Keith St  
Spring, TX 77373  
Doula services, childbirth education, Placenta services

### **Marley & Moo**

Phone: 281-749-1766  
Website: [marleymoonmaternity.com](http://marleymoonmaternity.com)  
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Fully transparent in-home encapsulation services to ensure your safety.

# Top 10 Reported Benefits of Placenta Encapsulation

- 1 Balances your hormones
- 2 May help your milk supply
- 3 Increases your energy
- 4 Combats daytime fatigue
- 5 Recover quicker from birth
- 6 Brings your body back into balance
- 7 Helps prevent the "Baby Blues"
- 8 Shortens postpartum bleeding
- 9 Helps uterus shrink
- 10 Increases postpartum iron levels

Content by Clíodhna Griffin, HBCE, CMT, APPAC

Placental Encapsulation continued.

**Motherly Transitions LLC**

Priscilla Brickey LM,CPM  
Phone: 713-562-0105  
Website: Motherlytransitions.com  
Email: absolutetherapy@sbcglobal.net  
Providing Families with prenatal and postpartum support

**The Growing Nest Doula Services**

Alexis Downs  
Phone: 832-353-9958  
Website: thegrowingnest.com  
Email: alexis@thegrowingnest.com  
Birth doula and Placenta Encapsulation Specialist.

**The Houston Birth Doula**

Reagan Sullivan  
Phone: 713-962-3343  
Website: thehoustonbirthdoula.com  
Email: bloomingbirthdoulahouston@gmail.com  
Offering birth and postpartum doula services, birth photography, and placenta prints and art

**Your Baby Whispers**

Shinequa G. (Nurse G)  
Phone: 917-280-9020  
Website: yourbabywhispers.com  
Email: yourbabywhispers@gmail.com  
Spring, Texas 77379  
In addition to being a Doula, I am also a Pediatric Nurse with 16 yrs of experience working with Newborns and their parents. I also offer Placenta Encapsulation, Child Birth Education and Belly binding services.

**Your Labor Neighbor**

Holly Milkowski, BBCL, BBCL, SBD  
Phone: 281-813-6242  
Website: yourlaborneighbor.com  
Email: yourlaborneighbor@gmail.com  
Doula, childbirth educator, and placenta specialist.

Every new parent deserves a healing postpartum.

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## **Pregnancy & Infant Loss/Bereavement**

### **JAH Grief Services LLC**

Phone: 832-418-2459

Website: JAHgriefservices.com

Email: info@JAHgriefservices.com

Providing grief support to bereaved individuals, helping professionals, and organizations through avenues for authentic connection

### **Massage and Doula Services with Noliko**

Noliko Utsuzawa

Website: nolikomassageanddoula.square.site

Email: norikobamboo@gmail.com

Doula- Birth and Bereavement, Massage & Craniosacral Therapy, Childbirth Education

### **Nichelle's Doula Services**

Brianna Nichelle

Phone: 281-468-0145

Website: briannanichelle.com

Birth and postpartum doula, prenatal yoga instructor, PAIL Advocate, breastfeeding advocate and Calm Birth Meditation Instructor

### **Of the Earth Holistic Care**

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Website: preggers.rocks

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under the supervision of Larry Bell and Cynthia Carter  
Unload It Therapy

Phone: 713-396-5063

Website: UnloadItTherapy.com

Email: hello@unloadittherapy.com

5444 Westheimer Rd, Ste 1000, Houston, Texas 77056

### **Yoko Tarango**

Phone: 224-280-1971

Website: facebook.com/yoko.tarango or

instagram.com/lifedoula\_tara/

Email: mamarakumind@gmail.com

Pregnancy care, Postpartum Doula care, Infant and pregnancy loss care. Consultation for family with special needs children. English and Japanese



# PREGNANCY + INFANT LOSS RESOURCES



## Pregnancy+ Baby Loss Doula Directories



Baby Loss Family Advisors



Still Birth Day Find a Doula

## Pregnancy+ Infant Loss Groups



Bo's Place  
English + Spanish  
Virtual Support



Korie & Kacie Foundation  
In Person Support  
Groups & Retreats



M.E.N.D.  
Christian Support  
In person & Online



Compassionate Friends  
Multiple chapters in  
Houston



Miss Foundation  
Numerous Resources



Grieving Dads  
Focused on Dads



Hope Mommies

# PREGNANCY + INFANT LOSS RESOURCES



## Photography



Now I Lay Me Down To  
Sleep



The AngelPics Project

## Other Resources



Tears Foundation  
Financial Support



Faith's Lodge  
Child Loss Retreats



Hayden's Heart  
Weekend Retreats



Molly Bears  
Weighted  
Teddy Bears



Selah-Carefarm  
Bereavement Retreat  
& Horse Rescue



Angel Gowns  
by Diane



Being Here, Human  
Grief Literacy  
Workshops

## Prenatal Fitness, Physical Fitness & Yoga

### **Aja Divine Healing LLC**

Jeanette Johnson  
Phone: 346-815-7774  
Website: [Empressjeanettejohnson.com](http://Empressjeanettejohnson.com)  
Email: [info@ajadivinehealing.com](mailto:info@ajadivinehealing.com)  
I am a traveling Full spectrum doula and yoga instructor

### **Balance Pilates**

Becky Stewart  
Phone: 713-447-0868  
Website: [facebook.com/beckystewartpilates](http://facebook.com/beckystewartpilates)  
Email: [beckystewartpilates@gmail.com](mailto:beckystewartpilates@gmail.com)  
Life is about creating and living in balance. Why should your health be any different?

### **Full Circle Family Services**

Frances Jones-Coleman MPH, LM, CPM  
Staff Midwife: Victoria Solis, LM, CPM  
Phone: 832-922-3842  
Website: [fullcirclefamilyserviceshtx.com](http://fullcirclefamilyserviceshtx.com)  
Email: [info@fullcirclefamilyserviceshtx.com](mailto:info@fullcirclefamilyserviceshtx.com)  
2636 South loop west #550 Houston TX 77054  
Provides midwifery care, Hospital birth preparation, childbirth education classes, breastfeeding education classes and support, newborn infant care classes, Sneak peek gender reveal test, Prenatal and postnatal massage, Prenatal and postnatal yoga, Yoni steam and Placenta encapsulation

### **Full Moon Birth Services**

Jessica McWilliams  
Phone: 281-305-3185  
Website: [fullmoondoulahtx.com](http://fullmoondoulahtx.com)

### **The Breathing Room**

Phone: 713-864-2552  
Website: [breathingroomhtx.com](http://breathingroomhtx.com)  
Email: [info@breathingroomhtx.com](mailto:info@breathingroomhtx.com)  
200 Westcott Street  
Houston, Texas 77007  
We are a yoga, pilates and wellness studio offering modalities to support both prenatal and postpartum care.

### **Alcove Yoga**

Pauline Schloesser, Certified Iyengar Yoga Teacher  
Phone: 832-942-8240  
Website: [alcoveyoga.com](http://alcoveyoga.com)  
Email: [Pauline@alcoveyoga.com](mailto:Pauline@alcoveyoga.com)  
637 Cortlandt St.  
Houston, TX 77007  
Alcove Yoga, Iyengar Yoga Center of Houston

### **Beckham Physical Therapy and Wellness**

Katie Beckham PT, WHNC  
Phone: 281-728-4604  
Website: [beckhamphysicaltherapyandwellness.com](http://beckhamphysicaltherapyandwellness.com)  
Email: [katiebeckhampt@gmail.com](mailto:katiebeckhampt@gmail.com)  
Common prenatal and postpartum challenges that pelvic floor PT can help with: Diastasis Recti, Pubic symphysis pain/separation, tail bone/coccyx pain, urinary or fecal leakage/incontinence, painful sex, scar pain

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Website: hpregnancy.com  
Email: patti@hpregnancy.com  
3139 W. Holcombe Blvd. #505  
Houston, Texas 77025  
Houston Pregnancy Massage and Doula care

**Motherhood Center**

Gabriela Gerhart  
Phone: 713-963-8880  
Website: motherhoodcenter.com  
Email: support@motherhoodcenter.com  
3701 W Alabama St Suite 230  
Houston, TX 77027  
Classes include prenatal yoga, prenatal fitness/Pilates, mom & baby yoga, and bounce back after baby

**Nichelle's Doula Services**

Brianna Nichelle  
Phone: 281-468-0145  
Website: briannanichelle.com  
Birth and postpartum doula, prenatal yoga instructor, PAIL Advocate, breastfeeding advocate and Calm Birth Meditation Instructor

**Rebel Birth Childbirth Education**

Joli Ammons  
Phone: 832-663-5203  
Website: rebelbirth.com  
Email: education@rebelbirth.com  
2660 Keith Street  
Spring, TX 77373  
Rebel Leaders: Kathleen Wilson and Joli Ammons

**Sarnia Inspires**

Samia Ogidan  
Phone: 281-401-9289  
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## Schools

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### **Houston Sudbury School**

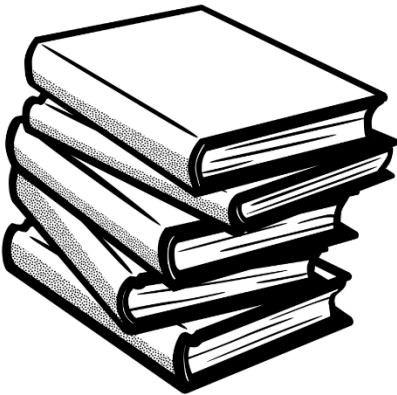
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Email: info@houstonsudburyschool.org  
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### **St. Catherine's Montessori**

Julie McLarry  
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Email: website@stcathmont.org  
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Website: hpregnancy.com  
Email: patti@hpregnancy.com  
3139 W. Holcombe Blvd. #505  
Houston, Texas 77025  
Houston Pregnancy Massage and Doula care

### **Mothers Healing Circle**

Megan Watson  
Website: mothershealingcircle.org  
Email: mothershealingcircle@gmail.com  
Birth Mindset Coach, Intuitive Energy Coach, Certified EFT Practitioner, Certified Women's Circle Facilitator, and Author. Helping moms let go of fears, limiting beliefs, and energy blocks so they can show up for birth and motherhood feeling more confident, connected, and centered. Offering 1:1 energy clearing sessions for birth prep and birth experience healing, meditations and affirmations, and group clearings.

### **Postpartum Support International - Texas Chapter**

April Thomas-Kenney  
PSI Helpline: 800-944-4773 (Helpline)  
Website: <https://psichapters.com/tx/>  
Online support groups: <https://postpartum.net/get-help/psi-online-support-meeting-provider-directory>: <https://psidirectory.com>  
Email: [psi.texas.chapter@gmail.com](mailto:psi.texas.chapter@gmail.com)  
Support related to perinatal mood disorders for individuals and families. Virtual support groups also available. Directory of trained professionals available

### **Preggers Can Be Choosers LLC**

Rowan TwoSisters, LM, CPM, LMT

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Website: [preggers.rocks](http://preggers.rocks)

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Occasional homebirth midwife, Breech and VBAC after one vaginal birth. Scar Tissue Remediation and Breech Release Bodywork, Spinning Babies Aware Practitioner, Labor Whisperer, Arvigo and Maya Abdominal Massage Therapist, Loss Support, Skills Sign offs and Low Cost/No Cost Education for BirthWorkers.

### **Tabula Rasa Psychology**

Dr. Blythe TwoSisters, PsyD, PMH-C

Phone: 214-997-4697

Website: [tabularasapsychology.com](http://tabularasapsychology.com)

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### **Tania Andrews, LMFT-A**

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Email: [hello@unloadittherapy.com](mailto:hello@unloadittherapy.com)

5444 Westheimer Rd, Ste 1000

Houston, Texas 77056

### **The Breathing Room**

Phone: 713-864-2552

Website: [breathingroomhtx.com](http://breathingroomhtx.com)

Email: [info@breathingroomhtx.com](mailto:info@breathingroomhtx.com)

200 Westcott Street

Houston, Texas 77007

We are a yoga, pilates and wellness studio offering modalities to support both prenatal and postpartum care.

### **The Center for Postpartum Family Health**

Founder and Director, Sherry J. Duson, M.A. LMFT-S, PMH-C

Phone: 713-561-3884

Website: [cpfh.org](http://cpfh.org)

Email: [info@cpfh.org](mailto:info@cpfh.org)

Houston: 418 Mercer, Suite #100

Houston, Texas 77027

The Woodlands: 25511 Budde Road #2802

The Woodlands, TX 77380

Counseling and support for new mothers and their families. Individual, couples and family therapy for pregnancy and postpartum mental health.

## **Support Groups**

### **BB360 (Birth and Beyond 360)**

Noliko Utsuzawa, Yoko Tarango

Website: [bb360houston.wixsite.com/my-site](http://bb360houston.wixsite.com/my-site)

Email: [bb360houston@gmail.com](mailto:bb360houston@gmail.com)

A community support meal delivery, pregnancy, birth and postpartum. Playdates and community learning.

### **Heart of Houston Birth & Wellness Center**

Phone: 832-899-4971

Website: [heartofhoustonbirth.com](http://heartofhoustonbirth.com)

Email: [info@heartofhoustonbirth.com](mailto:info@heartofhoustonbirth.com)

6550 Mapleridge St., Suite 100

Houston, TX 77081

Postpartum Circle, Queer Parent Circle

### **ICAN of Houston/Galveston**

Priscilla Brickey, LM, CPM

Phone: 713-562-0105

Website: [ican-online.org](http://ican-online.org)

Email: [houstongalveston.tx@ican-online.org](mailto:houstongalveston.tx@ican-online.org)

Providing mother to mother support for cesarean recovery and promoting Vaginal Birth After Cesarean (VBAC)

### **ICAN of North Houston**

Priscilla Brickey, LM, CPM

Phone: 713-562-0105

Website: [ican-online.org](http://ican-online.org)

Email: [northhouston.tx@ican-online.org](mailto:northhouston.tx@ican-online.org)

Providing mother to mother support for cesarean recovery and promoting Vaginal Birth After Cesarean (VBAC)

### **La Leche League**

Website: [texasll.org](http://texasll.org)

Visit website for listing of local LLL leaders and support groups

### **Motherhood Center**

Gabriela Gerhart

Phone: 713-963-8880

Website: [motherhoodcenter.com](http://motherhoodcenter.com)

Email: [support@motherhoodcenter.com](mailto:support@motherhoodcenter.com)

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Life after the NICU - monthly support group and "Mom's talk" - weekly support group

# The Afua Hassan Midwifery Scholarship



Afua Hassan grew up in New Haven, Connecticut. She graduated from Brown University in 1981 and moved to Houston. In 1983, she graduated from the Houston School of Midwifery. She practiced midwifery for many years before opening The Birthing Place in the Third Ward in 2011, the only freestanding birthing center owned and operated by an African American midwife in Houston.

Afua took great joy in being a midwife and loved The Birthing Place with all she had. She created a strong community of moms and families by being passionate about her profession and exceptional at what she did. She assisted in over 800 births and touched the lives of many families. Afua transitioned on April 4, 2021.

One of Afua's biggest goals was "More Black Midwives." We now name our midwifery scholarship "The Afua Hassan Midwifery Scholarship" in her loving memory. All money raised will go towards The Afua Hassan Midwifery Scholarship to support future and current midwives of color in the Houston area.

**Donate  
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## Support Groups Continued

### **Mothers Healing Circle**

Megan Watson

Website: [mothershealingcircle.org](http://mothershealingcircle.org)

Email: [mothershealingcircle@gmail.com](mailto:mothershealingcircle@gmail.com)

Birth Mindset Coach, Intuitive Energy Coach, Certified EFT Practitioner, Certified Women's Circle Facilitator, and Author. Helping moms let go of fears, limiting beliefs, and energy blocks so they can show up for birth and motherhood feeling more confident, connected, and centered. Offering 1:1 energy clearing sessions for birth prep and birth experience healing, meditations and affirmations, and group clearings.

### **Postpartum Support International - Texas Chapter**

April Thomas-Kenney

PSI Helpline: 800-944-4773 (Helpline)

Website: <https://psichapters.com/tx/>

Online support groups: <https://postpartum.net/get-help/psi-online-support-meeting-provider-directory>

provider directory: <https://psidirectory.com>

Email: [psi.texas.chapter@gmail.com](mailto:psi.texas.chapter@gmail.com)

Support related to perinatal mood disorders for individuals and families. Virtual support groups also available. Directory of trained professionals available

### **Rebel Birth Education and Resource Haven**

Kathleen Wilson and Joli Ammons

Phone: 832-663-5203

Website: [rebelbirth.com](http://rebelbirth.com)

Email: [education@rebelbirth.com](mailto:education@rebelbirth.com)

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Free support groups, open to the public. Apply by email to hold your group here.

### **theVillage**

Kimberley Traylor, MA

Phone: 281-733-5680

Website: [tbrthevillage.org](http://tbrthevillage.org)

Email: [info@tbrthevillage.org](mailto:info@tbrthevillage.org)

Lactation Consultant, Doula, Childbirth and Health Educator, CEIM (Infant Massage Instructor)

## Venue Rental

### **Rebel Birth Education and Resource Haven**

Kathleen Wilson and Joli Ammons

Phone: 832-663-5203

Website: [rebelbirth.com](http://rebelbirth.com)

Email: [education@rebelbirth.com](mailto:education@rebelbirth.com)

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Spring, TX 77373

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## Speech, Physical)

### **Enso Mama**

Kate Cleveland

Phone: 912-674-6260

Website: [www.ensomama.org](http://www.ensomama.org)

Email: [info@ensomama.org](mailto:info@ensomama.org)

726 W 25th Street

Houston, TX 77008

### **Jean Hawney SLP CLC**

Phone: 832-304-3506

Website: [jeanhawneyslp.com](http://jeanhawneyslp.com)

Email: [contact@jeanhawneyslp.com](mailto:contact@jeanhawneyslp.com)

Bilingual Feeding & Swallowing Specialist, Certified Brain Injury Specialist, Certified, Certified Lactation Counselor. Focusing on the 0-3 with feeding and swallowing difficulties, including transition to solids, refusal of breast or bottle, TOTS, children with special needs, etc.

### **Kids Developmental Clinic**

Phone: 713-774-5437

Website: [kidsdevelopmentalclinic.com](http://kidsdevelopmentalclinic.com)

Email: [info@kidsdevelopmentalclinic.com](mailto:info@kidsdevelopmentalclinic.com)

4 outpatient locations in Houston; Providing pediatric speech, occupational, and physical therapy, clinic location: Southwest Houston, West Houston, and Pasadena.

### **Kids Developmental Therapy**

Phone: 713-668-6690

Website: [kidsdevelopmentaltherapy.com](http://kidsdevelopmentaltherapy.com)

Email: [info@kidsdevelopmentaltherapy.com](mailto:info@kidsdevelopmentaltherapy.com)

Providing in-home pediatric speech, occupational and physical therapy in Houston and the surrounding communities.

### **myPotential Occupational Therapy & Wellness**

Ashley Ballou, OTR

Phone: 469-626-7998

Website: [manifestmypotential.com](http://manifestmypotential.com)

Email: [Info@manifestmypotential.com](mailto:Info@manifestmypotential.com)

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### **Preggers Can Be Choosers LLC**

Rowan TwoSisters, LM, CPM, LMT

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Email: [hello@preggers.rock](mailto:hello@preggers.rock)

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## Therapy (Occupational,

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### **Solaris Pediatric Therapy**

Yulene Broussard, MS OTR RYT

Phone: 832-727-3771

Website: solarispediatrictherapy.com

Email: office@solarispediatrictherapy.com

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### **Speech and Language Connection**

Kristie Gatto MA CCC-SLP COM®, Founder

Phone: 281-391-8255

Website: slchouston.com

Email: kristie@slchouston.com

23922 Cinco Village Center Blvd, Ste. 200

Katy, TX 77494

5757 Woodway Dr., Ste. 210

Houston, TX 77057

Our goal is to help people make the communication connection by being able to effectively express their thoughts and improve their information processing skills using a variety of dynamic and innovative techniques.

### **Thrive Speech Therapy**

Phone: 281-982-1313

Website: thrivespeech.org

Email: admin@thrivespeech.net

Pediatric Speech and Language Therapy. Clinics in Cypress, Katy, Tomball and Memorial

## **Ultrasound Imaging**

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Website: babyimageultrasound.com/

3533 Town Center Blvd s., Suite 400

Sugar Land, TX 77479

3D/4D Ultrasound

### **Little Bellies**

Phone: 832-534-3290

Website: littlebelliesspa.com

Email: info@littlebelliesspa.com

Ultrasound 2D/3D/4D & 5D-HD

### **Peek-A-Belly 3d/4d Ultrasound Studio**

Website: peekabellyhouston.com

3910 N. Shepherd Dr

Houston TX 77018 (Garden Oaks shopping center)

### **Pregnancy Specialty Center of Texas**

Nima Goharkhay, MD, PhD, FACOG

Phone: 281-707-0939

Website: pregnancyspecialtycenter.com

Email: info@psctx.org

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B.I.R.T.H. is a non-profit organization comprised of parents, midwives, physicians, childbirth educators, doulas, professional labor assistants, lactation consultants and others who are dedicated to preserving the integrity of birth.