

BIRTH

bringing information and resources to houston



2024 RESOURCE GUIDE

2024 B.I.R.T.H. Fair Coordinators

Founder - Pat Jones

Lead Coordinators - Christine Diaz & Shannon Wallace

Resource Guide/Event Program - Kiwasi Apeh, Pat Jones, Christine Diaz, Shannon Wallace

Vendor - Beverly Rice-Hayes

Sponsor/ Marketing & Community Outreach - Shay Wallace and JacQue Colson-Smith

Fashion Show - Natalie Guzman

Community Awards - Whitley Caruso

Speaker Room - Debbie Hull

Midwife Liason - Jackie Griggs

Raffle - Sunshine Hassan

Volunteers - Kiwasi Apeh

Family Area - JacQue Colson-Smith

Donations - Brenda Navarro and Kathleen Van Giessen

Logistics - Randy Holmes & Christine Diaz

Thank you to this year's Leadership Team. Your dedication made BIRTH Fair possible. Your time, energy, and passion within the birthing space is invaluable. We deeply appreciate your investment in supporting and empowering families.



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



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



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



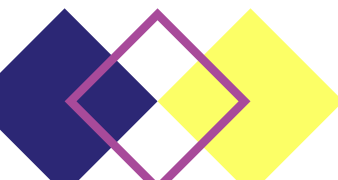
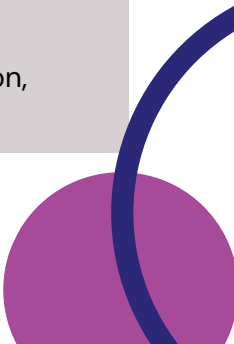
**CLC, CBE
CBS, LE
ALC**

- 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
- 
- 

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)

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



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

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

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

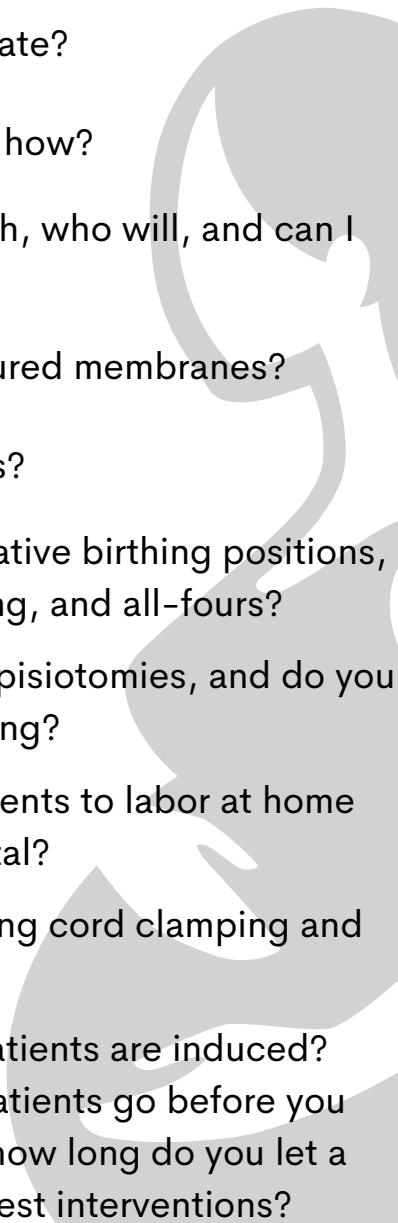
Top 10 Reasons To See a Lactation Consultant

- 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

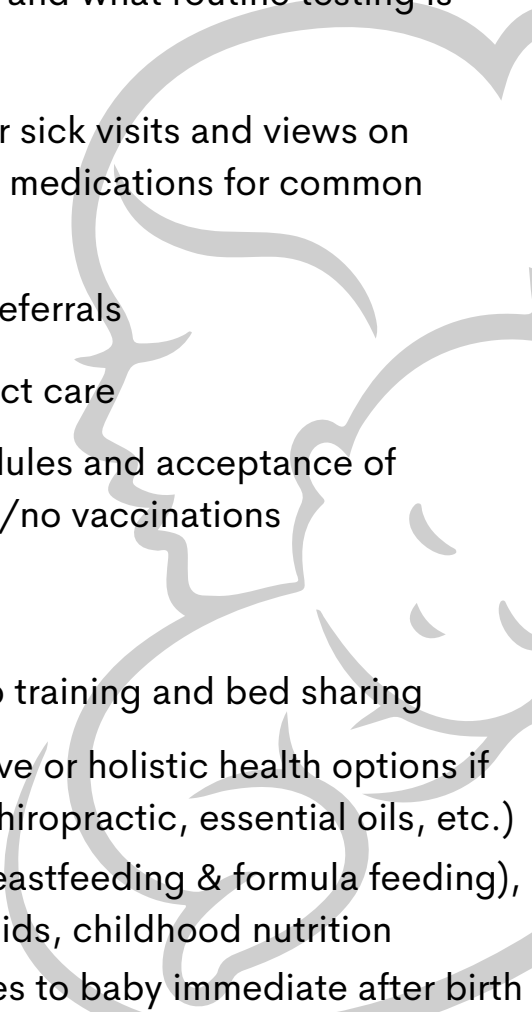
Top 10 Reasons To Hire a Midwife

- 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 prenatal
- 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.

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?

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

Recommended Websites

Birthing

houbirth.org

ChildbirthConnection.org

cfmidwifery.org

ican-online.org

motherfriendly.org

waterbirth.org

BIRTH, Bringing information & Resources to Houston

Childbirth Connection

Citizens for Midwifery

International Cesarean Awareness Network

Coalition for Improving Maternity Services

Waterbirth International

Breastfeeding

HALCEA.org

LLLusa.org

Houston Area Lactation Consultants & Educators Association

La Leche League International

Parenting

attachmentparenting.org

childrenatrisk.org

handinhandparenting.org

MomsRising.org

Attachment Parenting International

Children at Risk

Hand in Hand Parenting

Moms Rising Together

General Health

rindculture@gmail.com

centralcityco-op.com

homeopathychoice.org

nocirc.org

vaccineinfo.net

nvic.org

Rind Culture

A Farmer-First Grocery

Americans for Homeopathy Choice

National Organization of Circumcision Info

Parents requesting open vaccine education

National Vaccine Information Center

Documentaries

aftershockdocumentary.com

chocolatemilkdoc.com

milkywaymovie.com

thebusinessof.life

Film about black maternal death

Film about racial divide in breastfeeding

Film about Breastfeeding in America

Two films on birth & contraception



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
Today!**



Who's on your BIRTH TEAM



you &
your family

midwife

obstetrician

childbirth
educator

birth & postpartum
doula

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

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

BREAST MILK STORAGE GUIDELINES



For Full Term Babies

FRESHLY EXPRESSED MILK

Expressed milk at room temperature (< 77° F / < 25° C)	<i>up to 4 hours</i>
Insulated cooler / ice packs (< 55° F / < 25° C)	<i>up to 24 hours</i>

REFRIGERATED MILK

Refrigerator at 32–39° F / 0–4° 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° F / < -17° C)	<i>up to 6 months</i>
Separate deep freeze (< 0° F / < -20° C)	<i>up to 12 months (Ideal: up to 6 months)</i>

FEEDING EXPRESSED BREAST MILK

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





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

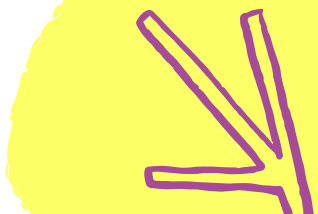

Eat healthy, nutritious foods. Your body knows how to grow your baby and it knows how to birth your baby. It is YOUR responsibility to provide your body with only the most nutritious foods. Avoid excessive amounts of sugar and other harmful, nutritionally poor foods. The size of your baby and the health 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

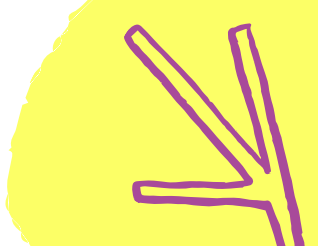

Hire a doula. Having a doula at your birth cuts your risk of cesarean by 50%. A doula provides continuous emotional support for a laboring woman and her partner, regardless of the length her labor. In hospitals, doulas provide respite for partners during long labors (even during short ones) ensuring 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.

TRUST.

10

SURRENDER.

LET GO.



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.

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.

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

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

IBCLCs

Doulas

Community Awards

Each year B.I.R.T.H. is proud to recognize and award community members who seek to practice in a way that treats others with respect and compassion and who honor the natural processes of the body, before and after birth. They also go the extra mile to care for the health care needs of their clients. Congratulations to this year's Community Award recipients.

Andie Wyrick, DNP, MSN, CNM

Jessica Gonzales, LM, CPM

Faren Foley LM, CPM

Cliondha Griffin, HBCE, CMT, APPAC

Dr. Jihad Harmouche, MD, OB/GYN

Dr. Jerome Clayton Young, MD, FACOG

Dr. Nima Goharkhay, ObGyn, MFM

M. Titi Otunla, APRN, CNM, MS,

Dr. Gene LaMonica, Ob Gyn, MFM

Dr. Ziad A Haidar, MD, OB/Gyn, MFM

Professional Organizations

AAHCC - American Association of Husband Coached Childbirth - bradleybirth.com

ACNM - American College of Nurse-Midwives
midwife.org or acnm.or

Association of Texas Midwives-
texasmidwives.com

Birth Works International - birthworks.org

CAPPA - Childbirth and Postpartum Professional Association- cappa.net

DONA - Doulas of North America - dona.org

ICEA - International Childbirth Education Association- icea.org

Lamaze International- lamaze.org

USLCA - United States Lactation Consultants Association - uslca.org

ILCA - International Lactation Consultant Association - ilca.org

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!

The Whole Mother Show



HOST: PAT JONES CNM

*LISTEN TO THE ARCHIVES AT
WHOLEMOTHERSHOW.COM OR KPFT.ORG*

KPFT
90.1 FM

8 PM MONDAYS

WHOLE MOTHER IS A VOICE IN OUR
COMMUNITY WHICH EDUCATES AND
INFORMS US

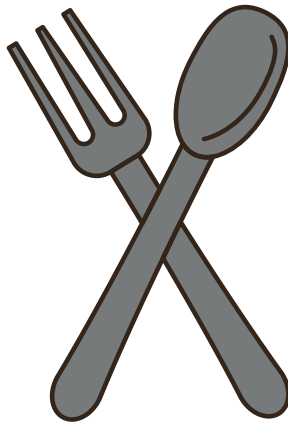
HD 2
KPFT

2 PM WEDNESDAYS

Thank You To

RIND CULTURE

FOR CATERING THE VOLUNTEER'S
LUNCHES!



RIND CULTURE

PRIVATE CHEF
VEGAN CATERINGS
DAIRY-FREE CHEESE BOARDS

Text, Call or Email Rind Culture for your next event

972-571-6200

rindculture@gmail.com

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Professional Directory

Acupuncture

Alternative Health Center of the Woodlands

Dr. Stephen Clouthier DC

Dr. Sara Riley DC

Phone: 281-419-9104

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

Website: www.ahcwoodlands.com

Ardent Acupuncture

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

Phone: 281-460-5042

7915 FM 1960 W., STE 203

Houston, TX 77070

Website: ardentacupuncture.com

Balance Houston Accupuncture

Phone: 832-930-0590

19 Briar Hollow Lane, Suite 240

Houston 77027

4840 W. Panther Creek, Suite 208

The Woodlands, TX 77381

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

Website: balancehouston.com

Eastern Harmony Acupuncture Clinic

Phone: 713-529-1610

3100 Wesleyan st. 225

Houston Tx 77027

929 Gessner ste 2300
Houston Tx 77024
12930 Dairy Ashford Ste, 703
Sugarland Tx 77478
Website: easternharmonyclinic.com

HealthPro Family Chiropractic.

Dr. Alayna Pagnani-Gendron, D.C., CACCP
Dr. Jessica Brubaker, D.C.
Phone: 281-506-0105
4101 Greenbriar Dr.
Houston, TX 77098
Website: <http://healthprochiro.com/>

Hello Chiropractic

Dr. Ashley Jones, DC
Phone: 281-809-6144
1035 Dairy Ashford Rd, Suite 152
Houston TX 77079
Website: www.spinalcarehouston.com

The Axelrad Clinic

Phone: 713-527-9555
Email: frontdesk@axelradclinic.com
Website: www.axelradclinic.com

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
5107 Bellaire Blvd, Suite 210
Bellaire, Texas 77401
Website: westuwellness.com

Birth Centers

Bay Area Birth Center

Stephanie Palacio, CNM

Frances Jones-Coleman, MPH, LM

Kate Jones, LM, CPM

Phone: 713-472-5525

3210 Strawberry Rd.

Pasadena, 77504

Website: www.Bayareacommunitybirthcenter.com

Bio Births, PLLC

Darlene Dorries-Scrivner CPM

Phone: 713-732-4326

20 Professional Park

Webster, Tx 77598

Website: biobirths.com

Birth Center of Beaumont

Diana Nash, CPM

Jackie Griggs, CNM

Phone: 409-730-7076

1357 Broadway Street

Beaumont, Texas 77701

Website: <https://birthcenterofbeaumont.com/>

Bliss Womens Wellness and Birth Center

Patricia Perkins, APRN-CNM

Phone: 936-271-4911

14157 Horseshoe Bend

Conroe, TX 77384

Website: blissbirthcenter.com

Cy-Fair Birth Center

Phone: 281-469-0093

12850 Jones Road, Suite 105

Houston, TX 77070

Email: magnoliabirthcenter.com
Website: questions@magnoliabirthcenter.com

Galveston Birth Center

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

Heart of Houston Birth Center

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

Houston Birth Services

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

Journey Birth Center

Amber Berry, CPM, LM, MSC
Rachel Crownable, CPM, LM
Phone: 832-558-4893
903 E Main St.
Humble, TX 77338
Email: admin@journeybirthcenter.com

Website: journeybirthcenter.com

Jubilee Birth Center

Toni Kimpel, CPM

Phone: 979-739-1030

502 S Coulter

Bryan, Texas 77803

Website: jubileebirthcenter.com

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

1002 Avenue A

Katy Texas 77493

Website: katybirthcenter.com

Midwife in the Heights

Jackie Griggs, CNM

Diana Nash CPM

Phone: 713-505-1802

637 W 20th

Houston, Texas 77008

Website: houston-midwife.com

Nativiti Family Birth Center

Jami Hain, CNM RN, MSN

Sarah Owens, CNM

Phone: 281-296-233

26614 Oak Ridge Dr.
The woodlands, TX 77380
Email: birthinfo@nativiti.com
Website: nativiti.com

North Houston Birth Center

Kathleen Vande Giessen, Certified Nurse Midwife, MSN, MBA
Phone: 713-699-4211
3910 N. Shepherd Dr.
Houston, TX 77018
Website: nhbirth.com

Pristine Birth and Wellness Center

Phone: 281-206-4496
6617 FM 2929 Suite #200,
Spring TX 77379
We believe that conception, pregnancy, labor and birth are normal and natural events
Website: pristinebirth.org

The Addice

Phone: 713-907-0740
8845 Six Pines Dr. Suite #150
The Woodlands ,TX 77380
Website: theaddice.com

The Birthing Place

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

Wellspring Birth center

Ashley Musil, LM, CPM
Phone: 832-777-0291
9489 Fosters Bend
Cleveland, TX 77328

Website: wellspringbirthcenter.com

Yellow Rose Midwifery Group

Ashly Kowalski, CPM, LM

Megan Robinson, RN, CPM, LM

Phone: 346-800-3885

11321 Richmond Ave, Suite M101

Houston Tx 77082

Website: yellowrosemidwives.com

Breastfeeding Support / Supplies

AABA (African American Breastfeeding Alliance of Texas)

Phone: 281-733-5680

Monthly Support Groups

Website: info@AABAofTexas.org

BABE- Bay Area Breastfeeding & Education LLC

Leah Jolly, BA, IBCLC, RLC

Heather Armenoff, BS, IBCLC, RLC

Sarah Yarbrough BSN, RN, IBCLC, RLC

Jennifer Alvarez, BSN, RN, IBCLC

Phone: 713-496-2223

Serving houston and greater Houston areas.

Website: bayareabreastfeeding.net

Baby Bistro at Texas Children's Hospital Pavilion for Women

Phone: 832-824-6120

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.

Email: breastfeeding@texaschildrens.org

Website: <http://women.texaschildrens.org/breastfeeding>

Bayou City Breastfeeding

Suzanne Juel IBCLC, Founder

A group practice of 28 International Board Certified Lactation Consultants

Phone: 281-305-0411

Houston Office: 3100 Richmond Ave., Suite 401, Houston, TX 77098

Kingwood Office 1621 Lakeville Dr., Suite 304, Kingwood, TX 77339

Cypress Office: Cypress, TX 77433

Webster Office 780 Clear Lake City Blvd., Suite 1A, Webster, TX 77498

Katy Office 26077 Nelson Way, Unit 601, Katy, TX 77494

Conroe Office 2510 South Loop 336 West, Suite 215-H, Conroe, TX 77304

Jones Road Office 12777 Jones Road, Suite 455, Houston, TX 77070

West Nasa Road Office 333 North Texas Ave., STE 2200, Webster, TX 77498

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

Email: admin@bayoucitybreastfeeding.com

Website: bayoucitybreastfeeding.com

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

Phone: 832-826-8000

6651 Main St., 3rd floor

Houston, TX 77030

Hospital grade pump sales and rentals, accessories, nursing bras, certified bra fitting service, and books.

Website: www.women.texaschildrens.org/bellaluna

La Leche League

Website: <https://www.llli.org/>

Liquid Gold Lactation

Crickett Simmons, RN, IBCLC

Jenna Sundquist, M.Ed, IBCLC

Phone: 281-626-8241

19100 West Lake Houston Pkwy #104

Humble, Tx 77346

Offering home, office and virtual consultations

Website: www.liquidgoldlactationtx.com

Marley & Moo Maternity

Phone: 281-749-1766

Our lactation specialist offers customized in-home education and breastfeeding support

Email: info@marleymoomaternity.com

Website: www.marleymoomaternity.com

Memorial Hermann The Woodlands Hospital The Lactation Center

Phone: 713-897-5832

9250 Pinecroft, 1st Floor

The Woodlands 77380

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

Website: www.memorialhermann.org

Milk and Mom

Kellye Skaer, IBCLC

Phone: 936.217.0099

2660 Keith Street

Spring, TX 77373

Website: milkandmom.com

Motherhood Center

Phone: 713-963-8880

3701 W Alabama St Suite 230

Houston, TX 77027

Website: motherhoodcenter.com

Rebel Leaders

Kathleen Wilson

Joli Ammons

Phone: 832-663-5203

2660 Keith Street

Spring, TX 77373

Email: education@rebelbirth.com

Website: rebelbirth.com

Texas Lactation Consultants. Inc

Barbara Miller IBCLC

Faith Marshall IBCLC

Karina Medina BSN RN IBCLC

Phone: 713-884-6204

108 East St.

Houston, TX 77008

Pump rental, scale rental, and IBCLC services

Website: texaslactationconsultants.com

The Parent Prep

Laurie Foster, CPD

Phone: 877-768-6439

Website: theparentprep.com

the Village

Kimberley Traylor, MA

Phone: TBRtheVillage.org

Lactation Consultant, Doula, Childbirth and Helath Educator, CEIM Infant Massage linstructor.

Website: 281-733-5680

Car Seat Safety

Brown Girl Birthing

Chauntá Love

Phone: 832-477-7449

Houston, TX 77082

Website: browngirlbirthing.com"

Crazy for Car seats

Megan Rasmussen

child passenger safety tech offering car seat checks/installation instruction at your home

Email: crazycarseatlady@gmail.com

Website: <https://www.facebook.com/crazycarseatlady/>"

Gather and Bloom

Julia Mitchell

I provide carseat services as part of the overnight services

Email: julia@gatherandbloom.co

Website: gatherandbloom.co

Childbirth Educators

Babys Best Start

Catrice Harris, cd (dona) childbirth educator, ICEA

Phone: 619-721-6762

Birth Doula and breastfeeding and Childbirth Education

Email: catrice.harris@gmail.com

Website: Babysbeststart.org

Birth Boot Camp

Tiera Peters

Phone: 601-325-5479

2000 Craword Street

Houston, TX 77002

Email: tieralpeters15@gmail.com

Website: tieralpeters15.wixsite.com/houstonbbcclass

Birth of a Family

Renee

Phone: 281-832-0188

Website: birthofafamily.net

Birthing with Awe

Mackenzie Droll

Phone: 832-381-7229

TX 242

Conroe, TX 77385

Birth bootcamp Instructor

Email: Inlovesembrace@hotmail.com

Website: birthingwithawe.com

Born Free Birthing

Clíodhna Griffin HBCE, CMT, APPAC

Phone: 281-271-9294

Born free birthing, Hypnobirthing, and placenta services, Hypnobirthing classes and placenta services helping Houston moms have amazing births and strong postpartum recoveries.

Email: bornfreebirthing@gmail.com

Website: bornfreebirthing.com

Brave Beautiful Beginnings

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

Elizabeth Mannella CD-L, CD-PIC

Phone: 832-766-5740

Labor and Postpartum Doula Services, and Placenta Encapsulation Services

Email: info@bravebeautifulbeginnings.com

Website: bravebeautifulbeginnings.com

Briana Garcia- Birth Services

Briana Garcia

Phone: 281-975-8003

Website: <https://bradleywithbri.wixsite.com/blissful-birth-doula>

Brianna Nichelle Doula Services

Brianna Nichelle

Phone: 281-468-0145

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

Website: briannanichelle.com/doula-services

Brown Girl Birthing

Chauntá Love

Phone: 832-477-7449

Houston, TX 77082

Website: browngirlbirthing.com

Calm Holistic Birth

Elisabeth Hobbs-Hubach HBCE, PE

Phone: 713-244-4811

Holistic birth, Hypnobirthing Childbirth and Hypnobirthing Educator Spring Tx, Group/private classes available

Website: calmholisticbirth.com

Darling Birth

Cheryl Amelang, BBCI

Phone: 979-203-6363

Certified Birth BootCamp Instructor and Trainer

Website: darlingbirth.com

DEBBIE HULL, HOUSTON DOULA

Debbie Hull, BS, CLD, CCCE, CAPP

Phone: 281-599-1381

making families births better since 1999. Group/private/refresher childbirth classes

Email: Debbiehull.doula@gmail.com

Website: debbiehulldoula.com

EverDoula

Stephi Anderson CLD

Phone: 832-498-2418

Website: everdoula.com

First Birth Ministries

Sharon Tilotta Aaron

Phone: 713-502-7028

Bible based Childbirth Preparation Classes. Doula services, LIVE online classes.

Website: firstbirthministries.com

Full Circle Family Services

Frances Jones-Coleman MPH, LM, CPM

Victoria Solis, LM, CPM

Phone: 832-922-3842

Email: info@fullcirclefamilyserviceshtx.com

Website: fullcirclefamilyserviceshtx.com

Full Moon Birth Services

Jessica McWilliams

Phone: 281-305-3185

Website: fullmoondoulahtx.com

Hands of Life

Brittany Sawyer

Phone: 432-312-0806

We are proud to offer private and group CPR training to both medical professionals and lay rescuers in Kingwood and the surrounding areas.

Website: sawyer@handsoflifetx.com

Houston Birth and Baby

Amy Guthrie

Lashonta Edwards

Emily Scott

Reagan Sullivan

Erin Young

Phone: 713-714-7649

childbirth education, birth doula, postpartum doula, lactation support, placenta processing, massage therapy, and meal delivery.

Website: houstonbirthandbaby.com

Houston Pregnancy Massage & Doula Care

Patti Heimlich, LMT, CD (DONA)

Phone: 281-513-1030

3139 W. Holcombe Blvd. #505

Houston, TX 77025

doula care, childbirth educator

Website: hpregnancy.com

Journey into Parenthood

Dena Rogge, LCCE

Phone: 832-661-4217

Fischer, TX

Lamaze

Email: dena@journeyintoparenthood.com

Website: journeyintoparenthood.com

Keen Doula Care

Kristi Keen

Phone: 225-229-4130

Email: keendoula@yahoo.com

Website: keendoulacare.com

Marley & Moo

Latina, Founder CD(DONA & ProDoula), CPPS

Phone: 713- 909-5175

Email: info@marleymoomaternity.com

Website: marleymoomaternity.com

Motherhood Center

Phone: 713-963-8880

3701 W Alabama St Suite 230

Houston, TX 77027

Prepared and natural childbirth classes taught by lamaze certified childbirth educators

Website: motherhoodcenter.com

Promise Birth Services

Lindsey Dugas, Best Certified Doula

Phone: 936-391-4940

Mont Belvieu, TX 77580

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

Email: hello@promisebirthservices.com

Website: promisebirthservices.com

Ready Set Birth

Raina Haruna

Phone: 406-595-1894

Email: rainaharuna@gmail.com

Website: readysetbirth.com

Rebel Birth Childbirth Education

Kathleen Wilson

Joli Ammons

Phone: 832-663-5203

2660 Keith Street

Spring, TX 77373

Don't lay down to have your baby! Own your birth! Make informed decisions!

Email: education@rebelbirth.com

Website: rebelbirth.com

Sage Beginnings - HoustonDoula.org

Cole Deelah, CLD, CBE

Phone: 281-560-3101

Cell : 616-558-4436

19 years' experience. Birth Doula Services, childbirth preparation classes, placenta services, virtual doula consults, and more.

Email: nicole@houstondoulas.org

Website: houstondoulas.org

Sakinah Birth

Jihan

Hypnobirthing

Website: sakinahbirth.com

The Bradley Method - Tania Nuezca, AAHCC, SpB trained

Tania Nuezca, AAHCC, SpB trained

Phone: (832) 265-9779

TaniaNuezcaTheBradleyMethodTeacher.com

Email: tanianuezca@gmail.com

Website: TaniaNuezcaTheBradleyMethodTeacher.com

The Parent Prep

Laurie Foster, CPD

Phone: 877-768-6439

Website: theparentprep.com

The Wright Spot

Shannon Wright LMT, BBCI, BA

Phone: 832-654-0125

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.

Email: thewrightspotx@gmail.com

Website: the-wright-spot.abmp.com

Village Birth and Babies

Jessica Gonzales

Phone: 713-253-5959

Full Spectrum doula services, Childbirth education, Placenta Services, support groups, community building

Email: jessica@villagebirthandbabies.com

Website: villagebirthandbabies.com

Your Baby Whispers

Shinequa Gaillard.

Phone: yourbabywhispers@gmail.com

Spring, Texas 77379

Birth and Postpartum Doula Childbirth Education and Belly Binding services

Email: yourbabywhispers@gmail.com

Website: yourbabywhispers.com

Your Labor Neighbor

Holly Mikowski, BBCI, BBCE, SBD

Phone: 281-813-6242

I'm a doula, childbirth educator, and placenta specialist.

Email: yourlaborneighbor@gmail.com

Website: yourlaborneighbor.com

Chiropractic Care

Abound Chiropractic

Dr. Lauren Collins

Phone: 713-730-9410

728 W 20th Street

Houston, TX 77008

Webster Certified prenatal and postpartum and pediatric clients

Website: aboundchiro.com

Alternative Health Center of the Woodlands

Dr. Stephen Clouthier DC

Dr. Sara Riley DC

Phone: 281-419-9104

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

Website: www.ahcwoodlands.com

Amazing Health Chiropractic

Dr. Christina Brasher DC, BS, BS

Phone: 832-585-5224

32731 Egypt Lane, Ste 404

Magnolia TX 77354

Website: amazinghealthchiro.com

Brittan Health

Dr. Jeff Brittain DC

Phone: 713-527-8844

3730 Kirby Dr., #410

Houston, TX 77098

Website: brittainhealth.com

Connect 2 Health Wellness Center

Dr. Amber Smith, D.C., C.A.C.C.P.

Phone: 281-419-8555

26728 Interstate 45 N

Spring, TX 77386

extensive training in prenatal and pediatric care, helping families live a healthy and drug free life

Email: drsmith@c2hwellness.com

Website: c2hwellness.com

Core Health Chiropractic

Dr. Caitlin Timmons

Phone: 281-364-2673

10845 Kuykendahl Rd., Unit 102

The Woodlands, TX 77382

Webster Certified prenatal and postpartum and pediatric clients

Website: www.corehealthchiropractor.com

Cornelius Chiropractic

Dr. Ashley Cornelius DC

Phone: 281-896-0250

Webster Certified prenatal and postpartum and pediatric clients

Website: corneliuschiropractic.com

Flourish Family Chiropractic

Dr. Lauren Daniels (Martin), DC CACCP

Phone: 832-895-1114

780 Clear Lake City Blvd.

Webster, TX 77598

Webster Certified prenatal and postpartum and pediatric clients

Website: drlaurenmartin.com

Foundation Chiropractic

Dr. Evan Pulver, Doctor of Chiropractic

Phone: 832-458-3004

907 Honea Egypt Rd

Magnolia, Tx. 77354

Website: foundationchirotx@gmail.com

Fount Chiropractic

Dr. Brittany Shannon

Phone: 832-400-9499

4200 Research Forest Dr. Ste 230

The woodlands, TX 77381

Email: fountchiropractic@gmail.com

Website: fountchiropractic.com

HealthPro Family Chiropractic.

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

Dr. Jessica Brubaker, D.C.

Phone: 281-506-0105

4101 Greenbriar Dr.

Houston, TX 77098

Website: <http://healthprochiro.com/>

Holmes Chiropractic

Dr. Randall Holmes

Phone: 713-862-2440

11111 N Loop West, STE. 155

Houston. 77008
Website: drrandallholmes.com

Integrated Chiropractic & Wellness

Dr. Kim Tran, DC, CACCP
Phone: 281-346-8023
29818 FM 1093 Rd. , Ste. 205
Fulshear , Texas 77441
pediatric and webster chiropractor
Website: ichirowellness.com

Momentum Chiropractic

Dr. Megan Watier DC
Dr. Tiffany Pool DC
Phone: 281-770-8057
1526 Katy Gap Road, Suite 602
Katy, TX 77494
pediatric and webster chiropractor
Website: drmeganwatier.com

New Leaf Chiropractic

Dr. Lauren Baker DC
Phone: 281-540-2225
23830 Hwy 59 North
Kingwood, TX 77339
pediatric and webster chiropractor
Website: newleafchiro.com

Ommabe Chiropractic Center

Dr. Julia Havis
Phone: 281-231-8008
350 Nursery Road Unit 1104
Spring, TX 77380
Website: ommabe.com

Pure Chiropractic

Dr. Jade Stolte DC
Phone: 713- 371-7417
26777 Nelson Way STE 601
Katy, TX 77494
pediatric and webster chiropractor
Website: purechiropractic.life

Thrive Family Chiropractic

Dr. Tiffany Coronado
Phone: 409-347-8606
6356 Phelan Blvd
Beaumont, TX 77706
pediatric and webster chiropractors
Website: thrivebeaumont.com

Total Body Work

Dr. Cindy Tovar
Phone: 281-480-7000
17045 El Camino Real, Suite 108
Houston, TX 77058
Website: tbodywork.com

Vital Family Chiropractic

Dr. Whitley Jagnanan- Caruso, D.C. CST
Dr. Abbey Bennett DC, CST, SBAP
Dr. Ashley Rooth, DC
Phone: 832-919-8289
pediatric and webster chiropractor
Website: vitalhouston.com

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
5107 Bellaire Blvd, Suite 210
Bellaire, Texas 77401
Website: westuwellness.com

Circumcision Resources

Rife Pediatrics

Dr. Bethany Rife
Phone: 281-729-4414
455 School St. #30
Tomball, Tx 77375
Website: rifepediatrics.com"

Intact Houston

Phone: 281-813-6242
Local non-profit chapter of Saving our sons, providing evidence-based education about circumcision.
Website: savingsons.org

National organization of circumcision

Website: nocirc.org

Cleaning Services

UHAVEITMAID LLC

Dolly Otto, Owner
Phone: 713-480-1571
5 S, Tallowberry Dr.
Spring, TX 77381
Website:uhaveitmaidtx.com

Cloth Diapers

The Cloth Option

TCO is a national non-profit that provides free cloth diapers to families in need.
Phone: 413-455-0865
Website: theclothoption.org

The Pure Parenting Shop

Sarah Itz, M.Ed., CPST, CLC, CBWE
Phone: 832-856-1416 or 832-794-1289
2401 Yale St. .
Houston, TX 77008

Inside The Woman's Hospital of Texas
7600 Fannin St.
Houston TX 77054
Website: thepureparentingshop.com!

Clothing and Jewelry

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

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

Funkie Birdie Amber

Website: funkybirdieamber.com

The Pure Parenting Shop

Sarah Itz, M.Ed., CPST, CLC, CBWE
Phone: 832-856-1416 or 832-794-1289
2401 Yale St. .
Houston, TX 77008
Inside The Woman's Hospital of Texas

7600 Fannin St.
Houston TX 77054
Website: thepureparentingshop.com!

MacRae Naturals

Kimberly MacRae

Phone: 832-266-4229

Pain and Wellness Jewelry

Website: macraenaturals.com/

Dentistry

Alden Bridge Pediatric Dentistry PLLC

Kim Feuquay DDS Board Certified Pediatric Dentist

Phone: 832-521-9024

CO-2 laser, and we have lactation support, over 8 years of Experience

Website: thewoodlandstonguetiecenter.com

Cammarata Pediatric Dentistry

Rita Cammarata, DDS

Adam Shishle, r DDS MSD

Brenden Taylor, DDS MSD

Jennifer Cunningham, DDS

Jennifer Mata, DDS

Rachael Garret, t DDS MSD

Phone: 713-666-7884

Home to the Houston Tongue Tie Center. Laser Frenectomy. Offices in Houston, Katy/Fulshear and League City.

Website: <https://www.kids-teeth.com/>

Care for Kids Pediatric Dentistry

Dr. Jonathan Patrick, DDS, MS

Dr. Kimberly Borges, DDS

Phone: 281-608-7535

24510 Eastex Fwy Suite 110

Kingwood, TX 77339

Laser Frenectomy

Website: careforkids.dental

Happy Chompers

Dr. Adeel Khan, DMD, MA

Phone: 832-559-2370

23302 W Fernhurst Dr #200

Katy, TX 77494

Pediatric Dentist and laser frenectomy provider

Website: happychomperskaty.com

Holistic Dental Associates

Dr. Teresa M. Scott, DDS, PC

Phone: 281-645-5256

6334 Farm to Market 2920 RD Suite 250

Spring, TX 77379

We provide holistic dental wellness solutions for every age, from newborns through senior citizens

Website: holisticdentalassociates.com

Kidstown Dental

Dr. Catherine Fillmore

Dr. Nicole Siripon

Phone: 281-394-7040

27110 Cinco Ranch Blvd., Suite 900

Katy, TX 77494

Interdisciplinary clinic, IBCLC, RN, Osteopath, Surgeon, asses/holistically treats restricted infants struggling with feeding issues

Website: Kidstowndentist.com

The Woodlands Tongue Tie Center At Alden Bridge Pediatric Dentistry

Kim Feuquay DDS Board Certified Pediatric Dentistry

832-521-9024

3759 Farm to Market 1488 Suite 125B

The Woodlands, TX 77384

Website: thewoodlandstonguetiecenter.com

West U Pediatric Dentistry

Piya Trehan Gandhi, DDS
Ghazaleh Peiravani, DDS
Kathleen Vanvorst Incavo, DMD
Phone: 832-767-2227
4130 Bellaire Blvd Suite 214
Houston, TX 77025
Website: westupediatricdentistry.com.

DNA Testing Services

Paternal-ology Solutions, LLC

Kiwasi Apeh, MPH, LPN
Phone: 832-308-8503
Website: www.paternal-ology.com
Email: info@paternal-ology.com
Mobile DNA Testing Services: Gender Reveal, Paternity, Siblingship, Grandparentage, Avuncular, Immigration, and Ancestral

Doulas, Birth

AABA (African American Breastfeeding Alliance of Texas)

Phone: 281-733-5680
monthly support groups, Third Thursday- North Houston 6:30 pm
Website: info@AABAofTexas.org

Above the Waves Birth

April Caudillo
Phone: 979-417-2506

Doula Services, Birth, Postpartum and Childbirth Education

Website: www.abovethewavesbirth.com

Aja Divine Healing LLC

Jeanette Johnson

Phone: 346-815-7774

I am a traveling Full spectrum doula and yoga instructor

Website: www.ajadivinehealing.com

Anna Demetra, Of the Earth Wellness

Anna Demetra

Phone: 917-214-8100

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

Website: www.annademetra.com

Babys Best Start

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

Phone: 619-721-6762

Birth Doula and breastfeeding and Childbirth Education

Email: catrice.harris@gmail.com

Website: Babysbeststart.org

Bask Family Wellness

Angel

Phone: 832-857-5962

Email: angel@baskfamilywellness.com

Website: baskfamilywellness.com

Birth of a Family

Renee

Phone: 281-832-0188

Website: birthofafamily.net

Birthing Rights Doula & Newborn Care

Keri Davis

Phone: 904-533-6852

Email: help@birthingrights.com

Website: birthingrights.com

Brave Beautiful Beginnings

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

Elizabeth Mannella CD-L, CD-PIC

Phone: 832-766-5740

Labor and Postpartum Doula Services, and Placenta Encapsulation Services

Email: info@bravebeautifulbeginnings.com

Website: bravebeautifulbeginnings.com

Breathe by Vero Pertuso

Vero Pertuso

Phone: 713-817-1141

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

Email: Breathe.bms@gmail.com

Website: www.breathebodymindspirit.com

Brianna Nichelle Doula Services

Brianna Nichelle

Phone: 281-468-0145

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

Website: briannanichelle.com/doula-services

Brown Girl Birthing

Chauntá Love

Phone: 832-477-7449

Houston, TX 77082

Website: browngirlbirthing.com

Debbie Hull, BS, CLD, CCCE, CAPPA

Phone: 281-599-1381

making families births better since 1999. Group/private/refresher childbirth classes. Doula CBE/Training

Email: Debbiehull.doula@gmail.com

Website: debbiehulldoula.com

Denise Bernard

Phone: 832-277-1966

Certified DONA International Birth Doula, Certified Stillbirth/birth and Bereavement Doula, Certified Lamaze Childbirth Educator

Website: douladenise.com

Elizabeth Perrin-Doula Services

Elizabeth Perrin, Doula

Phone: 936-402-7081

Certified birth and postpartum doula, Peer Lactation Counselor, and Certified VBAC doula.

Website: epdoula@yahoo.com

Full Moon Birth Services

Jessica McWilliams

Phone: 281-305-3185

Website: fullmoondoulahtx.com

Guiding Hands Birth Services (Doula Business)

Debbie Thomas

510-759-8116

guidinghandsbirth@gmail.com

www.guidinghandsbirth.com

From doula services to childbirth education, I'm with you every step of the way.

Harmonious Birthing

DeShaun Desrosiers, LM, CPM

Phone: 281-768-1497

Email: harmoniousbirthing@gmail.com

Website: holisticbirthingandhealth.com

Houston Birth and Baby

Erin Young, Owner, Doula, LMT

Phone: 713-714-7649

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

Website: houstonbirthingandbaby.com

Kathleen Wilson, ALACE, BAI

Phone: 832-444-5630

Houston, Tx 77381

Website: laborenabler.com

Keen Doula Care

Kristi Keen

Phone: 225-229-4130

Email: keendoula@yahoo.com

Website: keendoulacare.com

Mama Khronicles

Carmen Knight, M.A, Postpartum Doula

Website: www.mamakhronicles.com

Email: contact@mamakhronicles.com

About us: Community organization empowering mamas through friendship, social life, and transformative resources.

Marley & Moo

Latina, Founder CD(DONA & ProDoula), CPPS

Phone: 713- 909-5175

Email: info@marleymoomaternity.com

Website: marleymoomaternity.com

Massage and Doula Service with Noliko

Noliko Utsuzawa

Phone: norikobamboo@gmail.com

Doula- Birth and BerevementMassage and Craniosacral Therapy,

Childbirth Education

Website: nlikomassageanddoula.square.site

Maximum Doula Services

Max Burrus

Phone: 206-651-0978

Doula Services

Website: <https://maximumdoulaservices.com/>

Motherhood Center

Phone: 713-963-8880

3701 W Alabama St Suite 230

Houston, TX 77027

Prepared and natural childbirth classes taught by Lamaze certified childbirth educators

Website: motherhoodcenter.com

Patti Heimlich, LMT, CD (DONA)

Phone: 281-513-1030

Birth doula. Childbirth Education and Postpartum Doula

Website: hpregnancy.com

Promise Birth Services

Lindsey Dugas, Best Certified Doula

Phone: 936-391-4940

Mont Belvieu, TX 77580

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

Email: hello@promisebirthservices.com

Website: promisebirthservices.com

RadLove Doula, Rachel Stonebrook, MA

Rachel Stonebrook, MA

Phone: 614-565-9511

Doula Services, (DTI & BAI), Lactation Support, Belly Binding, Infant Care, Reproductive Health, Sex educator

Website: radlovedoula.com

Ready Set Birth

Raina Haruna

Phone: 406-595-1894

Email: rainaharuna@gmail.com

Website: readysetbirth.com

Rooted Birthkeeping

Birth and Postpartum Doula,
Childbirth Educator
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Helping you have your empowered pregnancy and childbirth experience. Helping you thrive after birth.

Sanyika Williams

Phone: 832-736-1123
Birth, Postpartum doula and Lactation Advocate
Website: sanyikathedoula.com
Selah Birth Services

Jaci Virgadamo

Birth and Postpartum services
Website: Selahbirthservices.tx.com

Sharon Tilotta Aaron

Phone: 713-502-7028
Bible based Childbirth Preparation Classes. Doula services, LIVE online classes.
Website: firstbirthministries.com

Tatiane Siqueira Doula

Phone: 713-410-8098
Website: www.tatianesqueiradoula.com

The Doula Companion

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

The Growing Nest Doula Services

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

The Houston Birth Doula

Reagan Sullivan

Phone: 713-962-3343

Birth and Postpartum Doula Services, Birth Photography, and Placenta Services

Website: thehoustonbirthdoulas.com

The Painted Doula

Jolie Ammons

Phone: 281-686-2877

Website: thepainteddoulas.com

The Parent Prep

Laurie Foster, CPD

Phone: 877-768-6439

Website: theparentprep.com

The Wright Doula Co

Natasha OhSo Wright, Professional Doula, Maternity Wellness Coach

Phone: 346-298-2429

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

Email: wrightdoulas4u@gmail.com

Website: wrightdoulas.com

The Village

Kimberley Traylor, MA

Phone: 281-733-5680

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

Website: TBRtheVillage.org

Village Birth and Babies

Jessica Gonzales

Phone: 713-253-5959

Full Spectrum doula services, Childbirth education, Placenta Services, support groups, community building

Website: villagebirthandbabies.com

Your Labor Neighbor

Holly Mikowski, BBCI, BBCD, SBD

Phone: 281-813-6242

I'm a doula, childbirth educator, and placenta specialist.

Website: yourlaborneighbor.com

Doulas, Postpartum

Birthing Rights Doula & Newborn Care

Keri Davis

Phone: 904-533-6852

Email: help@birthingrights.com

Website: birthingrights.com

Full Moon Birth Services

Jessica McWilliams

Phone: 281-305-3185

Website: fullmoondoulahtx.com

Marley & Moo

Latina, Founder CD(DONA & ProDoula), CPPS

Phone: 713- 909-5175

Email: info@marleymoomaternity.com

Website: marleymoomaternity.com

Mommiez, Daddiez and Me!

Tawn Matthews

Phone: 281-773-6212

8544 W. Belfort St, Ste 600

Houston, TX 77071

Prepared and natural childbirth classes taught by lamaze certified childbirth educators

Email: DoulaTawn@gmail.com

Website: MDMPPDoula.com

Promise Birth Services

Lindsey Dugas, Best Certified Doula

Phone: 936-391-4940

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

Email: hello@promisebirthservices.com

Website: promisebirthservices.com

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1000 Austin Street, Suite A

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Prenatal Support Services-Birthing Support Services -Postpartum Support Services, Prenatal/ Postpartum Massage Therapy Specialist, Licensed Massage Therapist,
Nanny/Sitter Services

Email: wrightdoula4u@gmail.com

Website: wrightdoula.com

Anna Demetra, Of the Earth Wellness

Anna Demetra

Phone: 917-241-8100

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

Website: www.annademetra.com

Brave Beautiful Beginnings

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

Elizabeth Mannella CD-L, CD-PIC

Phone: 832-766-5740

Labor and Postpartum Doula Services, and Placenta Encapsulation Services

Email: info@bravebeautifulbeginnings.com

Website: bravebeautifulbeginnings.com

Breathe by Vero Pertuso

Vero Pertuso

Phone: 713-817-1141

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

Email: Breathe.bms@gmail.com

Website: www.breathebodymindspirit.com

Brianna Nichelle Doula Services

Brianna Nichelle

Phone: 281-468-0145

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

Website: briannanichelle.com/doula-services

Houston Postpartum Doula

Natalie Sanchez- Postpartum Doula

Phone: 281-701-5998

I am a postpartum doula from Friendswood and serving families from South Houton on down to Galveston.

Email:

Website: houstonpostpartumdoula.com

Michele Marquez

Phone: 832-942-8730

Postpartum Doula services overnights only

Website: letsdouladamthang@gmail.com

Patti Heimlich

Phone: 281-513-1030

Birth doula. Childbirth Education and Postpartum Doula

Website: hpregnancy.com

Postpartum Beyond

Anndei Gutierrez

Phone: 281-210-4911

Postpartum and Newborn care Specialist located in the medical center.

Website: postpartumbeyond.net

Susan Miller

Phone: 832-368-9669

Serving Houston Postpartum Families

Website: www.houstondoula.com

Tally and Bean

Natalie Block

Phone: 612-425-8175

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

Website: tallyandbean.com

Your Baby Whispers

Shinequa G. (Nurse G)

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.

Email: yourbabywhispers@gmail.com

Website: yourbabywhispers.com

Doulas Education

Debbie Hull, BS, CLD, CCCE, CAPPA

Phone: 281-599-1381

making families births better since 1999. Group/private/refresher childbirth classes

Email: Debbiehull.doula@gmail.com

Website: debbiehulldoula.com

Harmonious Birthing

DeShaun Desrosiers

Phone: 281-768-1497

Email: harmoniousbirthing@gmail.com

Website: holisticbirthandhealth.com

TLC Doula Group and Education Resource haven

Kathleen Wilson CD

Phone: 832-444-5630

Lactation, Childbirth education, Dietician, Doula services, and continuing education, sex education.

Website: tlcdoulagroup.com

Essential Oils

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The Amazing Rose

Rose Carle, LMT

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Houston, TX 77018

Massage and Scar Therapy

Email: theamazingrose13@gmail.com

Website: theamazingrose.rocks

Patti Heimlich, LMT, CD(DONA), HCHI, HHD, ICCE

Phone: 281-513-1030

Birth doula. Childbirth Education and Postpartum Doula

Website: hpregnancy.com

Wellspring Birth Center

Ashley Musil, LM, CPM

Phone: 832-777-0291

9489 Fosters Bend

Cleveland, TX 77328

Website: wellspringbirthcenter.com

Family Practice

Paul Dibble, MD

Phone: 281-259-7400
18423 FM 1488 Rd Suite C
Magnolia, TX 77354
Website: Stfhealth.com

The Center for Health & Healing

Nellie Gross, MD. MPH
Miiko Rowley, M.D.
Dr. Eric Grose, Acupuncturist
Phone: 713-660-6620
230 Westcott, #208
Houston, TX 77007
Email: frontoffice@tchhhouston.com
Website: tchh.net

Fertility

Anna Demetra, of the Earth Wellness

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

Momentum Chiropractic

Dr. Megan Watier DC
Dr. Tiffany Pool DC
Phone: 281-770-8057
1526 Katy Gap Road, Suite 602
Katy, TX 77494
Mercier Therapy is a gentle, effective, and supportive hands-on program to promote conception.
Website: drmegawatier.com

Phoenix Rising

Dr. Lori J. Earley, DACM

Kelly Schmidt

Phone: 713-806-9927

Specializes in integrative reproductive health, focusing on couples desire to have a baby, either naturally or through reproductive assistance, including IVF and IUI.

Website: phoenixrisingacu.com

Rebel Birth Childbirth Education

Kathleen Wilson and Joli Ammons

Phone: 832-444-5630

26602 Keith St

Spring, TX 77373

Infertility and Miscarriage Support Group

Website: rebelbirth.com

Rowan Two Sisters, CPM

Website: preggers.rocks

Homeopathic Care

Homeopathy Center of Houston

Pregnancy, birth & lactation support, wellness, vaccine injury & alternatives. Chronic illness, developmental delay, autism.

Phone: 713-366-8700

1880 S. Dairy Ashford Rd. Ste 230 Bldg 2

Houston, TX 77077

Website: homeopathyhouston.com

Hypnobirthing / Hypnobabies

Born Free Birthing

Clíodhna Griffin HBCE, CMT, APPAC

Phone: 281-217-9294

Group Classes for expectant parents throughout the greater houston area. Practitioner Certification Classes

Email: bornfreebirthing@gmail.com

Website: bornfreebirthing.com

Calm Holistic Birth

Elisabeth Hobbs-Hubach HBCE, PE

Phone: 713-244-4811

Group/private classes available. Houston, the Woodlands, Tomball, Conroe and surrounding areas

Website: calmholisticbirth.com

Patti Heimlich

Phone: 281-513-1030

Birth doula. Childbirth Education and Postpartum Doula

Website: hpregnancy.com

Sakinah Birth

Jihan

Hypnobirthing

Website: sakinahbirth.com

Lactation Consultants***AABA (African American Breastfeeding Alliance of Texas)***

Phone: 281-733-5680

Monthly Support Groups

Website: info@AABAofTexas.org

BABE- Bay Area Breastfeeding and Education LLC

Leah Jolly, BA, IBCLC, RLC

Heather Armenoff, BS, IBCLC, RLC

Sarah Yarbrough BSN, RN, IBCLC, RLC

Jennifer Alvarez, BSN, RN, IBCLC

Phone: 713-496-2223

Serving houston and greater Houston areas.

Website: bayareabreastfeeding.net

Bayou City Breastfeeding

Megan Abbasi IBCLC

Ariel Brewer IBCLC

Erica Campbell RN IBCLC

Melissa Carerra RN IBCLC

Jessica Deases RN IBCLC
Reyna Diaz RN IBCLC
Theresa Dominguez RN IBCLC
Alexandra Flores RN IBCLC
Tessa Gardin IBCLC
Dana Gillman IBCLC
Britni Gunter RN IBCLC
Mary Herrington RN IBCLC
Tiphany Illyes IBCLC
Suzanne Juel IBCLC
Nicole Kerbow RN IBCLC
Katelyn Kleiber IBCLC
Kathy Lenert RN IBCLC
Brandy Lightfoot RN IBCLC
Melissa Nealy IBCLC
Kyna Patrick IBCLC
Amy Pontius RN IBCLC
Kristin Ramirez IBCLC
Jennifer Robert RN IBCLC
Lisa Smelek RN IBCLC
Karen Swan IBCLC
Donique Trotter RN IBCLC
Amanda Willis Wilson RN IBCLC
Karen Zacharias-Enaz RN IBCLC
Phone: 281-305-0411

Houston Office: 3100 Richmond Ave., Suite 401, Houston, TX 77098

Kingwood Office 1621 Lakeville Dr., Suite 304, Kingwood, TX 77339

Cypress Office: Cypress, TX 77433

Webster Office 780 Clear Lake City Blvd., Suite 1A, Webster, TX 77498

Katy Office 26077 Nelson Way, Unit 601, Katy, TX 77494

Conroe Office 2510 South Loop 336 West, Suite 215-H, Conroe, TX 77304

Jones Road Office 12777 Jones Road, Suite 455, Houston, TX 77070

West Nasa Road Office 333 North Texas Ave., STE 2200, Webster, TX 77498

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

Email: admin@bayoucitybreastfeeding.com

Website: bayoucitybreastfeeding.com

Healthy Start Lactation

Sherley Varaghese, RN, BSN, IBCLC

Phone: 832-577-1988

Sugarland, TX

In home breastfeeding assistance

Website: healthystartlactation.com

Jean Hawney CLC

I am a speech pathologist and CLC who has a private practice in the Houston area. I also work at Texas Children's Hospital when I am not conducting home visits.

Website: jeanhawneyslp.com

Lactation Specialist of Houston

Aprille McQueen MSN, RN

Phone: 832-938-0083

Lactation Consultant Agency with a team of certified Lactation Specialists ready to provide breastfeeding education and support to mom, baby, and family.

Website: lactationspecialisthou.com

Liquid Gold

Crickett Simmons, RN, IBCLC

Jenna Sundquist M.ed, IBCLC

Phone: 281-626-8241

19100 West Lake Houston Pkwy. #104

Humble Tx. 77346

Offering home, office and virtual consultations

Website: liquidgoldlactationtx.com

Milk and Mom

Kellye Skaer, IBCLC

Phone: 936.217.0099

2660 Keith Street

Spring, TX 77373

Website: milkandmom.com

Motherhood Center

Phone: 713-963-8880

3701 W Alabama St Suite 230

Houston, TX 77027

We offer group, private, and in-home breastfeeding classes taught by a lactation consultant/nurse.

Website: motherhoodcenter.com

Simply Lactation

Safiya Hafizi, RN, BSN, IBCLC and Dawn Fodeibou B.A. IBCLC

Phone: 281-658-3117

Lactation Consultant services

Website: simplylactation.com

SOS Lactation

Leah Whitley

Phone: 832-452-0815

In home lactation consultations to help mothers and babies with all their breastfeeding needs

Website: soslactation.com

Texas Lactation Consultants. Inc

Barbara Miller IBCLC

Faith Marshall IBCLC

Karina Medina BSN RN IBCLC

Phone: 713-884-6204

108 East St.

Houston, TX 77008

Pump rental, scale rental, and IBCLC services

Website: texaslactationconsultants.com

TheVillage

Kimberley Traylor, MA

Phone: 281-733-5680

Lactation consultant, Doula and childbirth Health Educator, CEIM

Website: TBRtheVillage.com

LGBTQIA Providers/ Support Services

The Amazing Rose

Rose Carle LMT

Phone: 713-206-2320

Houston, TX 77018

Massage and Scar Therapy

Email: theamazingrose13@gmail.com

Website: theamazingrose.rocks

EverDoula

Stephi Anderson CLD

Family support and birth services for Katy and surrounding areas, specializing in LGBTQ+ support

Phone: 832-498-2418

Website: everdoula.com Family support and birth services for Katy and surrounding areas, specializing in LGBTQ+ support

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Rowan TwoSisters, Urban Curandera, LMT, MTI

Apprentice Midwife, Doula, Scar Remediation Specialist, Placenta Prep, Punk Rock Hoops Instructor

4th trimester online support group. Join us live or it's recorded for anytime you're flipping your shiz.

Website: www.preggerscanbechoosers.com

Dr. Blythe TwoSisters, PsyD, LPA

214-997-4697 (text)

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I see you. I hear you. I believe in YOU. I'm ready to listen.

Magazines

Natural Awakenings-Houston

Phone: 713-927-6540

446 W 18th street #419

Houston, TX 77008

Website: naturalawakenings-houston.com

The Kids Directory

Phone: 713-663-7555

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

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Marriage, Family and Postpartum Support Therapy

Dr. Blythe TwoSisters, PsyD, LPA

Fellow Supervised by Dr. Moore

Phone: 214-997-4697

Therapist and Emotional Doula, Essential oils Instructor. I see you I hear you I believe in you. Im ready to listen.

Website: mamapsychdoc.com

Greater Houston Counseling Services

Christina Runnels, MA, LPC-S, LCDC, PMH-C

Phone: 832-717-7166

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

Website: greaterhoustoncounselingservices.com

Houston Bay Area Counselor

Brandi Tarver, LPC, LMFT

Phone: 281-480-0200

Presenting the Bringing baby home workshop, dedicated to strengthening your relationship when transitioning into parenthood.

Website: houstonbayareacounselor.com

Masculine Medicine

William Green

Phone: 719-480-2587

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

Website: masculinemedicine.com

Stephanie R. Frey. LPC. LMFT

Phone: 281-953-7474

Licensed Professional Counselor and Licensed Marriage and Family Therapist. Specializing in Womens and couple issues related to prenatal and postpartum support.

Website: stephaniefrey.com

The Center for Postpartum Health

Multiple locations-Central, North and west.

25511 Budde Road Suite 2802

Woodlands, TX 77389

Phone: 713-561-3884

Individual and couple, family therapy, perinatal mental health issues, free weekly support groups. Birth Trauma therapy group.

Website: cpfh.org.

Massage Therapists/ Prenatal Massage

Anna Demetra, of the Earth Wellness

Anna Demetra

Phone: 917-241-8100

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

Website: www.annademetra.com

Massage and Doula Services with Noliko

Phone: norikobamboo@gmail.com

Massage and Doula services

Website: nolikomassageanddoula.square.site

Massage & Doula Services with Noliko

Noliko

Doula, Birth and Bereavement, Massage & Craniosacral Therapy, Child Educator

Website: <https://nolikomassageanddoula.square.site>

Email: norikobamboo@gmail.com

The Wright Doula Co

Natasha OhSo Wright, Professional Doula, Maternity Wellness Coach

Phone: 346-298-2429

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

Email: wrightdoula4u@gmail.com

Website: wrightdoula.com

The Wright Spot

Shannon Wright LMT. BBCL, BA

Phone: 832-654-0125

licensed massage therapist specializing in Peri-natal techniques. I offer this at Bliss too.

Website: the-wright-spot.abmp.com

Meal Delivery and Meal Prep

Marian Bell HEALTH HOME & BEYOND

Phone: 713-447-0436

Website: <http://www.marianbell.com/>

Email: marian@marianbell.com

Nutrition, prepared food to eat each week and organizing

Meditation for Mothers, Parenting and Stress Management

Patti Heimlich, LMT, CD(DONA), HCHI, HHD, ICCE

Phone: 713-661-8796

Houston Pregnancy Massage & Doula Care patti@hpregnancy.com www.hpregnancy.com

Brianna Nichelle Doula Services

Brianna Nichelle

Phone: 281-468-0145

Website: <https://binfusednaturally.com/doula-services>

Email: 281-468-0145

Address: 211 W Sealy St. Suite 9 Alvin, TX

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

Website: briannanichelle.com/doula-services

Luminare Life

Maegan Turner Certified Life and Health Coach

Phone: 346-946-7691

Specializes in helping women with families manage stress.

Website: www.luminarelife.com

Midwives

Melissa Bates LM, CPM

Katy Birth Center
Phone: 832-437-5876
1002 Avenue A
Katy Texas 77493
Website: katybirthcenter.com

Amber Berry, CPM, LM, MSC

Journey Birth Center
Phone: 832-558-4893
903 E Main St.
Humble, TX77338
Email: admin@journeybirthcenter.com
Website: journeybirthcenter.com

Connie Blokkum RN, MSN, CNM

Katy Birth Center
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Katy Texas 77493
Website: katybirthcenter.com

Alice Brayer LM

Houston Birth Services
Phone: 281-319-MAMA (6262)
503 North Avenue H
Humble, Texas 77338
Email: houstonbirthservices@hotmail.com
Website: houstonbirthservices.com

Rachel Crownable, CPM, LM

Journey Birth Center
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903 E Main St.
Humble, TX77338

Email: admin@journeybirthcenter.com

Website: journeybirthcenter.com

Darlene Dorries-Scrivner CPM

Bio Births, PLLC

Phone: 713-732-4326

20 Professional Park

Webster, Tx 77598

Website: biobirths.com

Chris Duffy LM

Birth Truth

Phone: 281-732-7816

email: midwife.duffy@gmail.com

Website: birthtruth.com

Jackie Griggs, CNM

Midwife in the Heights

Phone: 713-505-1802

637 W 20th

Houston, Texas 77008

Website: houston-midwife.com

Birth Center of Beaumont

Phone: 409-730-7076

1357 Broadway Street

Beaumont, Texas 77701

Website: <https://birthcenterofbeaumont.com/>

Jami Hain, CNM RN, MSN

Nativiti Family Birth Center

Phone: 281-296-233

26614 Oak Ridge Dr.

The Woodlands, TX 77380

Email: birthinfo@nativiti.com

Website: nativiti.com

Malea Hardeman CPM

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Phone: 832-899-4971
6550 Mapleridge St., Suite 100
Houston, TX 77081
Email: info@heartofhoustonbirth.com
Website: heartofhoustonbirth.com

Bethany Horton APRN, CNM

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Phone: 832-899-4971
6550 Mapleridge St., Suite 100
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Kids Developmental Therapy 713-668-6690 6109 Maple, Houston, Texas 77074 www.kidsdevelopmentaltherapy.com
Providing in-home pediatric Speech, Occupational, and Physical Therapy in Houston and the surrounding communities

Kids Developmental Clinic 713-774-5437

4 outpatient locations in Houston
Pasadena, 45-North, Spring Branch and SW Houston
www.kidsdevelopmentalclinic.com
Providing pediatric Speech, Occupational, and Physical Therapy. Clinic locations: Southwest Houston, West Houston, and Pasadena.

Yulene Broussard, MS OTR RYT

. **832-727-3771**
Solaris Pediatric Therapy www.solarispediatrictherapy.com office@solarispediatrictherapy.com
Yoga for moms and babies to enhance baby’s development and calm and energize mom.

Ultrasound Imaging

Pregnancy Specialty Center of Texas

Nima Goharkhay, MD, PhD, FACOG.....

281-707-0939

Clear Lake Office: 711 West Bay Area Blvd.,
Suite 405, Webster, TX 77598

East Houston Office: 1140 Westmont Dr.,
Houston, TX 77015

Pasadena Office: 3351 Plainview St., Suite A-7,

Pasadena, TX 77504 info@psctx.org www.pregnancyspecialtycenter.com

Ultrasound imaging in normal and high-risk pregnancies, management of pregnancy complications, genetic counseling and testing.

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Oh My Baby Ultrasound

832-743-5333

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Diagnostic and Elective ultrasounds from the comfort of your home. It is the ultimate bonding experience for Houston moms.

Venue Rental

Rebel Birth Education and Resource Haven

Phone: 832-663-5203

315 Main Street, Spring, TX 77373 education@rebelbirth.com www.rebelbirth.com

Teaching space available for rent for all educators and trainings.