

THE PHILADELPHIA GUIDE

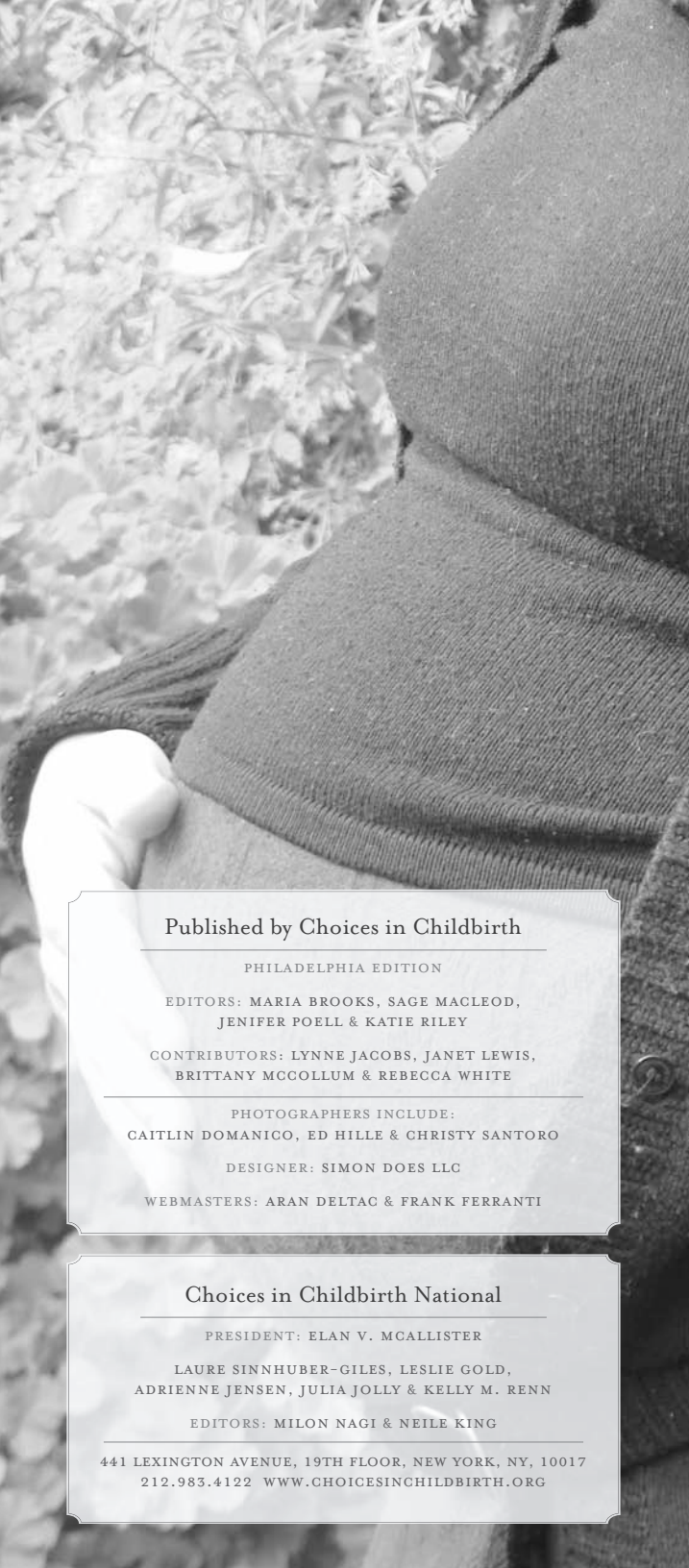
to a HEALTHY

BIRTH

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PHILADELPHIA EDITION

EDITORS: MARIA BROOKS, SAGE MACLEOD,  
JENIFER POELL & KATIE RILEY

CONTRIBUTORS: LYNNE JACOBS, JANET LEWIS,  
BRITTANY MCCOLLUM & REBECCA WHITE

PHOTOGRAPHERS INCLUDE:  
CAITLIN DOMANICO, ED HILLE & CHRISTY SANTORO

DESIGNER: SIMON DOES LLC

WEBMASTERS: ARAN DELTAC & FRANK FERRANTI

## Choices in Childbirth National

PRESIDENT: ELAN V. MCALLISTER

LAURE SINNHUBER-GILES, LESLIE GOLD,  
ADRIENNE JENSEN, JULIA JOLLY & KELLY M. RENN

EDITORS: MILON NAGI & NEILE KING

441 LEXINGTON AVENUE, 19TH FLOOR, NEW YORK, NY, 10017  
212.983.4122 WWW.CHOICESINCHILDBIRTH.ORG



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*Opposite:* Aurélia, 9 months pregnant (© Christy Santoro).  
*This Page (clockwise from top left):* Sage with Braedon;  
Khadija with Jafari, 6 weeks old (© Christy Santoro);  
Lila, 3 months old (© Christy Santoro)

## Welcome to the second edition of *The Philadelphia Guide to a Healthy Birth!*

*The Philadelphia Guide to a Healthy Birth* was created to help you learn about your rights and options when planning the birth of your baby. Both this one and *The New York Guide to a Healthy Birth* are published by Choices in Childbirth, a New York City-based consumer advocacy group. Our goal is to educate and support women and their families in making better informed maternity care decisions. We believe that an informed woman is an empowered woman.

Founded by a group of birth professionals, Choices in Childbirth educates the public about birth options and helps expectant parents to connect with practitioners who share the belief that birth is a normal, natural and healthy process. We work to make the United States a better place for birthing women by advocating for safe, respectful, evidence-based maternity care for all.

To learn more about Choices in Childbirth or to look at both guides online, please visit [www.choicesinchildbirth.org](http://www.choicesinchildbirth.org).

### THANK YOU

Choices in Childbirth would like to thank BirthNetwork National for inspiring and continuing to support this publication. We would also like to thank the Maternity Care Coalition for sharing their vast knowledge with us and for serving the families of Philadelphia so well.

Thank you to our many volunteers for their tireless work in creating and distributing the guides.

We are grateful to our article contributors, Dr. Esther Chung, Mayri Sagady Leslie and Judith Lothian. Thank you for sharing your expertise, eloquence and wisdom.

Thank you to the practitioners listed in this guide for the important work that you do. Thank you for believing in women, for recognizing the power of their bodies, for trusting the birth process and for helping the next generation enter this world in a healthy, peaceful and loving way.

And thank you to the mothers, fathers and babies who continue to enrich and inspire our work and our lives.

## BECOMING AN EDUCATED CONSUMER

A woman's choice of care provider for her pregnancy and birth is the single most important decision she can make to determine the type of birth experience she will have. Not all care providers are created equal. Partners in a medical practice sometimes have very different ways of practicing and very different rates of cesarean section and other interventions. It is important to consider your priorities for childbirth and to carefully interview the person who will be your healthcare provider.

Practitioners whose names are listed in this guide have signed a statement in agreement with the Mother-Friendly Childbirth Initiative, which offers a set of guidelines to define good maternity care. Created by the Coalition for Improving Maternity Services, it states that birth is a normal, healthy process and that women have the right to receive the best care—physical and emotional—in the most supportive environment. You may wish to consider these principles as you select the people who will work with you during your pregnancy, birth and postpartum period.

By calling the state department of health, local hospitals and birth centers you may be able to find out their rates of interventions such as episiotomy, induction or cesarean section and use this to help you decide where to give birth.

When choosing your maternity care providers, interviews are an important way to help ensure the right fit with your own needs and wishes. We suggest you use the Provider Listings and Resources in this guide as a starting point. Only your own interviews and assessments, however, can determine whether an individual or practice is right for you. While we provide information to help you make an informed decision, Choices in Childbirth does not verify the training or licensure of any practitioner listed in this guide. Learn about your potential providers' individual credentials, abilities and philosophy. You can find ideas and sample questions to ask on our website [www.choicesinchildbirth.org](http://www.choicesinchildbirth.org).

It is a good idea to interview at least 2 or 3 care providers. It is never too late to change provider if you are not comfortable with the answers you receive.

Above all, do not be afraid to ask questions—your research and judgment are your best guides in choosing the care providers that are right for you.

# Mother~Friendly Childbirth Initiative

*The First Consensus Initiative of  
the Coalition for Improving Maternity Services*

## PRINCIPLES

The principles outlined below are an excerpt from the Mother~Friendly Childbirth Initiative. To read the full text of this document, please visit the Coalition for Improving Maternity Services website at [www.motherfriendly.org](http://www.motherfriendly.org).

*We Believe the Philosophical Cornerstones of  
Mother~Friendly Care to be as Follows:*

## NORMALCY OF THE BIRTHING PROCESS

- Birth is a normal, natural, and healthy process.
- Women and babies have the inherent wisdom necessary for birth.
- Babies are aware, sensitive human beings at the time of birth, and should be acknowledged and treated as such.
- Breastfeeding provides the optimum nourishment for newborns and infants.
- Birth can safely take place in hospitals, birth centers, and homes.
- The midwifery model of care, which supports and protects the normal birth process, is the most appropriate for the majority of women during pregnancy and birth.

## EMPOWERMENT

- A woman's confidence and ability to give birth and to care for her baby are enhanced or diminished by every person who gives her care, and by the environment in which she gives birth.
- A mother and baby are distinct yet interdependent during pregnancy, birth, and infancy. Their interconnectedness is vital and must be respected.
- Pregnancy, birth, and the postpartum period are milestone events in the continuum of life. These experiences profoundly affect women, babies, fathers, and families, and have important and long-lasting effects on society.

## AUTONOMY *Every woman should have the opportunity to:*

- Have a healthy and joyous birth experience for herself and her family, regardless of her age or circumstances;
- Give birth as she wishes in an environment in which she feels nurtured and secure, and her emotional well-being, privacy, and personal preferences are respected;
- Have access to the full range of options for pregnancy, birth, and nurturing her baby, and to accurate information on all available birthing sites, caregivers, and practices;
- Receive accurate and up-to-date information about the benefits and risks of all procedures, drugs, and tests suggested for use during pregnancy, birth, and the postpartum period, with the rights to informed consent and informed refusal;
- Receive support for making informed choices about what is best for her and her baby based on her individual values and beliefs.

## DO NO HARM

- Interventions should not be applied routinely during pregnancy, birth, or the postpartum period. Many standard medical tests, procedures, technologies, and drugs carry risks to both mother and baby, and should be avoided in the absence of specific scientific indications for their use.
- If complications arise during pregnancy, birth, or the postpartum period, medical treatments should be evidence-based.

## RESPONSIBILITY

- Each caregiver is responsible for the quality of care she or he provides.
- Maternity care practice should be based not on the needs of the caregiver or provider, but solely on the needs of the mother and child.
- Each hospital and birth center is responsible for the periodic review and evaluation, according to current scientific evidence, of the effectiveness, risks, and rates of use of its medical procedures for mothers and babies.
- Society, through both its government and the public health establishment, is responsible for ensuring access to maternity services for all women, and for monitoring the quality of those services.
- Individuals are ultimately responsible for making informed choices about the health care they and their babies receive.

© 1996 by The Coalition for Improving Maternity Services (CIMS).

To learn more about the Coalition for Improving Maternity Services and to read their excellent report, *Evidence for the Ten Steps of Mother~Friendly Care*, visit [www.MotherFriendly.org](http://www.MotherFriendly.org)

## THE BIRTH SURVEY: A NEW LEVEL OF TRANSPARENCY FOR MOTHERS

Are you interested to know what experiences other moms have had with specific doctors, midwives, hospitals and birth centers in your community?

The Coalition for Improving Maternity Services (CIMS) has developed *The Birth Survey* — an online tool that asks women to provide feedback about their birth experience with a particular doctor or midwife and within a specific birth environment. These responses are then posted online so that individuals who are deciding where and with whom to birth can view summary data from their peers about specific providers and/or facilities. Paired with this experiential data are official statistics from state departments of health listing obstetrical intervention rates including cesarean section, episiotomy, induction, etc. at the facility level.

The goal is to give women a mechanism that can be used to share information about maternity care practices in their community while at the same time providing practitioners and institutions feedback for quality of care improvement efforts.

*The Birth Survey* was piloted in New York City starting in July of 2007. Within the first 6 months nearly 400 surveys were completed and feedback was provided for 22 hospitals, 162 doctors and 56 midwives. The results are available for review at [www.thebirthsurvey.com](http://www.thebirthsurvey.com) under “Connect.”

In August of 2008 *The Birth Survey* will become available to women nationwide. If you’ve had a baby within the last 3 years, please take *The Birth Survey* and share your experience with other women in your community.

If you’re interested in working with CIMS to help get the word out about *The Birth Survey* on the local level, please contact *The Birth Survey* at [info@thebirthsurvey.com](mailto:info@thebirthsurvey.com) and become a Birth Survey Ambassador.

Women need accurate, objective data in order to make fully informed choices about birth settings and providers. Practitioners and hospital administrators also need data to evaluate whether they are delivering quality care. This project has the potential to fill a void by providing much needed information that benefits all parties engaged in maternity care.

## THE BIRTH SURVEY

# Share.

Take our survey and share your birth experience with others.

# Connect.

View consumer feedback on hospitals, birth centers, doctors, and midwives in your community.

# Learn.

View hospital intervention rates.

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

## THE PURPOSE AND POWER OF PAIN IN LABOR

by Judith A. Lothian, PhD, RN, LCCE

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The pain of labor and birth worries most women. No one enjoys pain and most of us are willing to go to great lengths to avoid it. The pain involved in childbirth is no exception. What women don't usually know is that pain is central to nature's simple, elegant design for labor and birth. Pain is not simply an unfortunate side effect of labor but is an important part of the normal process of labor and birth.

When I first started teaching childbirth education classes we routinely discussed pain in labor as the unpleasant side effect of a large baby moving out of the uterus, through the pelvis and down the birth canal. Only once was I questioned, by a father in my class, about whether pain just might have a purpose. I confidently told him no. I was wrong.

Our understanding of the role of pain in the normal physiology of birth came out of a deeper understanding of the hormonal orchestration of labor. Three hormones play vital roles in the initiation and progress of labor and then facilitate recovery of the mother and ease the transition of the baby to life outside the uterus: catecholamines (stress hormones), oxytocin and endorphins.

The hormonal orchestration of labor, especially in the early stages, is quite vulnerable and easily affected by what is happening around you. Animals search out quiet, private spaces in which to labor and if they sense danger of any kind, labor stops. We are not very different. Fear, anxiety, not feeling safe increase catecholamine levels and can shut down our labors.

As levels of oxytocin rise, the contractions become stronger and more painful. Women instinctively change position and try to find comfort in a wide variety of ways in response to the pain of their contractions. Those high levels of oxytocin and the pain that accompanies them send a message to the brain. More hormones, this time endorphins, are released. Endorphins decrease pain perception, moderate the level of oxytocin (giving the uterus, and you, little breaks) and help the laboring woman go

into an almost dream-like state. Endorphins seem to make women become more intuitive, to go into themselves and to get into a rhythm as they cope with one contraction after another. It's exactly what nature intended!

At the end of labor, it is not unusual to experience some anxiety with the strong, powerful final contractions. This sudden anxiety stimulates catecholamine release in mother and baby. This surge helps you become alert, more focused and extremely strong as you push your baby out. At this stage, unlike in early labor, stress hormones actually help rather than impede the process of labor.

If mother has high levels of oxytocin, endorphins and catecholamines at birth, baby is born with high levels of catecholamines too and is bright and alert. High levels of endorphins in your breast milk will help ease baby's transition in the first hours and days after birth. Skin to skin on your abdomen, baby's head and hand movements will stimulate your body to continue to produce oxytocin, the hormone that now takes on a new role, facilitating milk let-down as well as preventing excessive maternal bleeding. High levels of all of these—catecholamines, endorphins and oxytocin—contribute to the feelings of exhilaration, euphoria and joy that women describe holding their babies right after birth.



Melanie, 3 weeks old

## THE PURPOSE AND POWER OF PAIN... (CONT'D)

So, what about pain? Right from the beginning of your labor, pain lets you know that this is not “just another day.” Knowing you are in labor allows you to arrange for the help and support you will need. Like other mammals we search for a safe, secure place in which to labor, a place where we have help and support. Without pain to signal the start of labor there would be many more babies born in cars, shopping malls and on the street, quite literally.

Like other pain in our lives, this pain actually protects us. If we touch a hot stove, we respond immediately by removing our hand. In labor you feel the pain of a contraction and you move, rub, perhaps moan in response to what you are feeling—not too different from the way you respond to pain in your everyday life. As you try to get comfortable the movement, the touching, the moan also helps the progress of labor. Your actions help ease the pain a bit and you manage to get from one contraction to the next even stronger contraction.

Being able to handle increasing amounts of pain ensures increasing levels of oxytocin, increasingly strong, powerful and effective contractions and, ultimately, the release of endorphins, “nature’s narcotic.” Interestingly, if the pain is removed oxytocin levels fall and there is no endorphin release.

Your changes in position in response to the pain facilitate the baby’s turning and moving down



Kavita and Brett with Naina

through the birth canal. Every time you move the diameters of your pelvis change, the baby gets wiggle room and is gently prodded into the pelvis and through the birth canal. During this journey through the birth canal, the pain and pressure you feel and your response to it actually help protect your birth canal and the baby.

Think of how changing the way you walk in response to the pain of a blister protects your foot from further injury. If you have been given an epidural and do not feel the movement of the baby through the birth canal, and therefore are unable respond to the pressure, with oohs and aahs, by moving, by tightening and releasing vaginal muscles, the birth canal is more vulnerable to damage. Your movement, at just the right time, eases the pressure on the baby and slows his descent. You don’t need to read a book to do this. Your body moves quite naturally (if your movement is not restricted) in response to what you feel.

What does all of this mean? The important reality is that pain is part of a natural, complex system that keeps the uterus contracting, keeps the baby moving down and keeps your body and your baby protected. Remove the pain by interrupting its flow and progression any place along the way and you remove the signals that are your guide as you move through labor.

Why feel pain in labor? The answer is quite simple: it is part of nature’s plan for birth. Pain promotes the progress of labor. Responding to pain protects the birth canal and the baby and managing pain ensures high levels of oxytocin and endorphins which are both important for a faster, easier birth, as well as an alert baby and successful breastfeeding!

To learn more, read *The Official Lamaze Guide: Giving Birth with Confidence* by Judith Lothian and Charlotte DeVries ([www.lamaze.org](http://www.lamaze.org)) from which this article is adapted.

Judith Lothian, PhD, RN, LCCE, is a maternal child nurse and childbirth educator. She is an associate professor at Seton Hall University, the Associate Editor of the *Journal of Perinatal Education* and a member of the Board of Directors of Lamaze International. She has five children and eight grandchildren.

## KNOW YOUR LEGAL RIGHTS

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*This is a compilation of federal, Pennsylvania state and Philadelphia city laws on a variety of topics relevant to maternity care and rights. The information below is adapted from various texts. This is not intended to be legal advice.*

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### RESPECT AND NONDISCRIMINATION

- You have the right to considerate and respectful care from all members of the health care systems.
- You may not be discriminated against based on your race, ethnicity, national origin, religion, sex, age, mental or physical disability, sexual orientation, genetic information, or source of payment.

### ACCURATE INFORMATION

- You have the right to receive truthful and accurate information about your condition, about the risks and benefits of treatments and procedures proposed by your health care professionals, and customer satisfaction and performance measures for your health care facility.

### INFORMED DECISION MAKING

- You have the right to fully participate in all health care procedures that pertain to you.
- You have the right to easily understood information and the opportunity to decide among treatment options.
- You have the right to refuse any treatment and express preferences about treatment options. Your health care professional must abide by your decisions.
- [www.hcqualitycommission.gov](http://www.hcqualitycommission.gov)

### CONSISTENT AND TIMELY TREATMENT

- You have the right to be treated in a hospital if you arrive in active labor, unless the staff transfers you in a safe and timely manner. You are to be cared for from the time of contractions through the delivery of the baby and the placenta.
- [www.emtala.com](http://www.emtala.com)

### INSURANCE COVERAGE

- If you choose a home birth, Pennsylvania state law does not currently require that your health insurance company pay for your maternity care and birth. However, in New York State, if your insurance company does not provide a home birth midwife in-network, they must cover the qualified home birth midwife of your choice at in-network rates. This may be a useful model for Pennsylvania and other states striving to achieve insurance coverage for all births, regardless of the setting you choose.

To learn more about getting your birth covered by insurance, please visit [www.choicesinchildbirth.org](http://www.choicesinchildbirth.org).

- [www.ins.state.ny.us/ogco2005/rg050409.htm](http://www.ins.state.ny.us/ogco2005/rg050409.htm)

### MATERNITY LEAVE

- You may be entitled to up to 12 weeks of unpaid, job-protected leave under the Family and Medical Leave Act. This federal law applies to both women and men who work in a public agency, school or a company with 50 or more employees within 75 miles. The leave can be used for pregnancy complications as well as for the birth and care of your newborn.
- For additional information about your employment rights during pregnancy, visit the Pennsylvania Human Relations Commission at: [www.phrc.state.pa.us/publications/literature/Baby%208xIIREAD.pdf](http://www.phrc.state.pa.us/publications/literature/Baby%208xIIREAD.pdf)
- [www.dol.gov/dol/topic/benefits-leave/fmla.htm](http://www.dol.gov/dol/topic/benefits-leave/fmla.htm)

### BREASTFEEDING

- You have the right to breastfeed your child at any location in a federal building or on federal property, as long as you and your child are otherwise authorized to be present at the location.
- Since 1996, a Philadelphia City Ordinance has protected the right of women to breastfeed in public accommodations within Philadelphia city limits. In July 2007, a new act was passed by the Pennsylvania state legislature, called the Freedom to Breastfeed Act.

## KNOW YOUR LEGAL RIGHTS (CONT'D)

The law, sponsored by Senator Connie Williams, D-Montgomery, extends legal protection to breastfeeding women throughout the state.

The act reads:

*"Breastfeeding a baby is an important and basic act that must be protected in the interests of maternal and child health and family values...a mother shall be permitted to breastfeed her child in any location, public or private, where the mother and child are otherwise authorized to be present, irrespective of whether or not the mother's breast is covered during or incidental to the breastfeeding."*

The Freedom to Breastfeed Act goes on to state that the act of breastfeeding shall not be considered 1) indecent exposure, 2) open lewdness, 3) obscenity or sexual conduct, or 4) a nuisance.

• In addition to her 1999 legislation that protects a woman's right to breastfeed on federal property, New York Congresswoman Carolyn B. Maloney has introduced federal legislation that would further expand the rights of breastfeeding women, particularly working mothers, on a national level. The Breastfeeding Promotion Act would provide women with the kind of support necessary for successful, sustained breastfeeding.

- [www.lli.org/law/lawus.html](http://www.lli.org/law/lawus.html)
- [www.momobile.org/breastfeeding/empowerment.html](http://www.momobile.org/breastfeeding/empowerment.html)
- [www.maloney.house.gov](http://www.maloney.house.gov)
- [www.govtrack.us/congress/bill.xpd?bill=h110-2236](http://www.govtrack.us/congress/bill.xpd?bill=h110-2236)

## INTERNATIONAL BREASTFEEDING ICON

The purpose of an international symbol for breastfeeding is to increase public awareness of breastfeeding, to provide an alternative to the use of the baby bottle icon, to designate baby friendly areas in public and to mark breastfeeding-friendly facilities.



Mary Beth with Bridget Mary, 4 months (©Caitlin Domantico)

## BREASTFEEDING YOUR BABY IN PHILADELPHIA

by Esther K. Chung, MD, MPH, FAAP

All women entering motherhood should consider breastfeeding. Recognized as the preferred feeding method by the World Health Organization and the American Academy of Pediatrics, breastfeeding has health and economic benefits for infants, mothers and society. For infants, breastfeeding reduces the risk of ear infections, pneumonia, diarrhea, asthma, allergies, leukemia, obesity and sudden infant death syndrome (SIDS). Breastfeeding mothers have a lower risk of breast and ovarian cancers and Type 2 diabetes, less postpartum bleeding and higher self-esteem. The benefits of breastfeeding for society are under-appreciated and include less pollution (from the production, packaging and disposal of infant formula) as well as healthcare cost savings and fewer missed work days.

Nearly all 28 hospitals and the 2 birthing centers in the Philadelphia metropolitan area support breastfeeding by training their health professionals (these include midwives, whose practice usually includes breastfeeding assistance) and by employing certified lactation consultants, who are breastfeeding experts. Many hospitals and other health care sites offer prenatal breastfeeding classes that will get you off to a great start and help you to breastfeed for many months.

It is important to learn about the hormonal, breast and other body changes that occur during and immediately after pregnancy so you know what to expect. Because breastfeeding is “natural,” many women think it is going to be easy. For the most part, it is. In the first few weeks, though, some women experience problems such as sore nipples, difficulty with positioning and getting their baby to latch and a seemingly low milk supply. In Philadelphia, there are many experienced health professionals available to help and many breastfeeding

support groups. You can find such resources in this Guide and in the *Philadelphia Breastfeeding Resource Handbook* at [www.phila.gov/health/units/mcfh/pdf/2008\\_breast-feeding\\_resource\\_handbook.pdf](http://www.phila.gov/health/units/mcfh/pdf/2008_breast-feeding_resource_handbook.pdf).

You are the best advocate for your baby. Even though hospitals have breastfeeding classes and lactation consultants, make it clear to everyone who takes care of you and your baby that you plan to breastfeed. Below are some tips to help you succeed—discuss them in advance with your health care professional to ensure you get the support you need.

### DURING PREGNANCY

- Choose a health care professional *for you*—obstetrician, family physician or midwife. If you choose to give birth at a hospital or birthing center, pick one with a certified lactation consultant.
- Interview and choose a health care professional *for your baby*—pediatrician, family physician or nurse practitioner—who is knowledgeable about and supportive of breastfeeding.
- Tell everyone that you plan to breastfeed your baby and ask for their support.
- Attend a breastfeeding class and bring along a family member or friend.
- If you plan to give birth at a hospital or birthing center, tour the facility and ask about the support available to breastfeeding mothers.

### DURING BIRTH

- Inform everyone that you plan to breastfeed.
- Make sure your healthcare providers prescribe medications that are compatible with breastfeeding. There are exceptional cases where this may not be possible.
- Request that your baby breastfeed shortly after birth.

### AFTER BIRTH

- Hold your baby skin-to-skin on your chest. This means your baby’s body is in direct contact with your skin. You may choose to wear a gown that opens in the front and your baby should wear a hat and diaper to minimize



**BREASTFEEDING YOUR BABY...**

heat loss. Skin-to-skin contact allows your baby to maintain a normal temperature and prepares him/her to feed. As a result, most babies will search for the breast and breastfeed within the first hour of life.

- Request that your baby stay in your room (“rooming in”) so you can breastfeed when your baby is ready.
- Request that your baby only breastfeed—no bottles, no formula.
- Request to see the lactation consultant.
- Expect to breastfeed throughout the night. Rest while your baby is resting.
- Drink plenty of fluids—this will help your milk supply.
- Limit visitors so that you and your baby can rest.

**AFTER GOING HOME**

- Take your baby to see his/her health care provider 2 to 3 days after leaving the hospital/birthing center.
- Consider attending a breastfeeding support group.
- Continue to drink plenty of fluids and rest when your baby does.
- Allow friends and family to help.

**BEFORE RETURNING TO WORK**

- Find out how your workplace supports breastfeeding mothers—for example, do they provide a lactation room or other facility for mothers to pump milk during breaks?
- Discuss with your baby’s health care provider and/or your breastfeeding support group the many ways to maintain your milk supply after returning to work.
- Learn more about breast pumps, which you can rent or buy.

You may encounter hurdles along the way, which with determination you can overcome. For example, if friends and family are not supportive, tell them about the benefits of breastfeeding. A major barrier to breastfeeding is using formula, which is readily available at hospitals. While it may seem harmless, many babies will stop breastfeeding once they are given formula. Formula interferes with milk production, which requires a baby to breastfeed or a mother to pump. Having your

**...IN PHILADELPHIA (CONT’D)**

baby breastfeed is better than pumping and giving your baby breast milk from a bottle. Your baby might be given formula in hospital unless you clearly ask that it not be given. Formula companies market their products through advertisements in waiting room magazines and by having hospitals and doctors’ offices give pregnant women free coupons, formula samples and diaper bags. You do not have to accept any of these items.

Approximately 53% of Philadelphia women breastfeed and you can find other families who do so through breastfeeding classes and support groups. Philadelphia passed a law in 1997 allowing breastfeeding in any location (Philadelphia Fair Practices Code, §9-1105). The Philadelphia Department of Public Health offers wallet-sized cards of this law (call 215.685.5237, ext. 1). If anyone tries to stop you from breastfeeding outside your home contact the Commission on Human Relations (215.686.4692).

One third of US women return to work within 3 months of having a baby. There are a number of employers who provide support, space and time for employees to pump milk. Maternity Care Coalition (MCC), a nonprofit organization serving women and children in Southeastern Pennsylvania, has a website devoted to breastfeeding and offers Breastfeeding Friendly Workplace Awards (see [www.momobile.org/breastfeeding](http://www.momobile.org/breastfeeding)). State Senator Connie Williams has introduced 3 bills that support breastfeeding and has advocated for businesses to support breastfeeding women. For information and to sign an electronic petition to support breastfeeding, see [www.senatorconniewilliams.com](http://www.senatorconniewilliams.com).

Breastfeeding your baby is one of life’s most rewarding experiences. You absolutely can breastfeed your baby in Philadelphia.

Esther K. Chung, MD, MPH, FAAP, is Associate Professor of Pediatrics at Jefferson Medical College and the A.I. duPont Hospital for Children and a Physician Advocacy Fellow with the Center on Medicine as a Profession at Columbia University. In partnership with MCC, Dr. Chung focuses on improving hospital and workplace breastfeeding policies and reducing breastfeeding barriers for low-income women. She has lived and practiced in the Philadelphia area for over 14 years. [echung@momobile.org](mailto:echung@momobile.org).

To learn more about your rights as a breastfeeding mother, see “Know Your Legal Rights.”

## CESAREAN SECTION RATES FOR PHILADELPHIA AREA HOSPITALS COMPARATIVE: 2000 & 2006\*

The World Health Organization recommends that the cesarean section rate for industrialized nations should not exceed 15%. A safe range, as determined by WHO experts, is 10-15%.

	2000	2006	% INCREASE
United States	22.0	31.1	41.3
Pennsylvania	21.7	29.7	36.8

COUNTYWIDE RATES	2000	2006	% INCREASE
Chester County	20.2	29.5	46.0
Philadelphia County	22.7	30.3	33.5
Delaware County	24.1	29.5	22.4
Montgomery County	23.3	33.3	42.9
Bucks County	24.1	36.5	51.5

CHESTER COUNTY HOSPITALS	2000	2006	% INCREASE
Brandywine Hospital	24.2	30.1	24.4
Chester County Hospital	21.5	27.1	26.0
Jennersville Regional Hospital	16.8	21.5	28.0
Main Line Paoli Hospital	20.7	35.6	72.0
Phoenixville Hospital	15.1	24.6	62.9

PHILADELPHIA COUNTY HOSPITALS	2000	2006	% INCREASE
Albert Einstein Med. Center	23.5	28.1	19.6
Chestnut Hill Hospital	24.4	22.7	—
Hahnemann University Hosp.	19.4	26.5	36.6
Hosp. of the U. of Penn.	20.0	28.4	42.0
Pennsylvania Hospital	26.1	37.7	44.4
Temple East Hospital	19.5	22.3	14.4
Temple University Hospital	21.1	28.6	35.5
Thomas Jefferson U. Hosp.	27.3	30.9	13.2

DELAWARE COUNTY HOSPITALS	2000	2006	% INCREASE
Crozer-Chester Med. Center	27.5	34.2	24.4
Delaware County Mem. Hosp.	19.3	22.2	15.0
Riddle Memorial Hospital	26.1	31.5	20.7

MONTGOMERY COUNTY HOSPITALS	2000	2006	% INCREASE
Abington Memorial Hospital	22.8	30.1	32.0
Central Montgomery Medical Center	24.6	28.0	13.8
Holy Redeemer Health System	23.0	35.6	54.8
Bryn Mawr Hospital	20.6	33.1	60.7
Lankenau Hospital	25.9	39.9	54.1
Mercy Suburban Hospital	25.7	34.1	32.7
Montgomery Hospital	27.2	35.6	30.1
Pottstown Memorial Medical Center	18.2	28.3	55.5

BUCKS COUNTY HOSPITALS	2000	2006	% INCREASE
Doylestown Hospital	21.6	35.0	62.0
Grandview Hospital	26.4	33.5	26.9
Lower Bucks Hospital	24.8	40.1	61.7
St. Mary Medical Center	24.2	37.7	55.8

BIRTH CENTERS**	2000	2007	% INCREASE
The Birth Center in Bryn Mawr	12.0	10.0	—
Valley Birthplace in Huntingdon Valley	8.0	8.0	—

\*At printing, the most recent information available from the Pennsylvania Department of Health was for births occurring in 2006.

Other intervention rates, such as induction, episiotomy, epidural, etc. are currently not available to the public.

\*\*It should be noted that because cesarean sections are not performed at birth centers, it is possible that they have been accounted for twice in the above statistics; once in the hospital where the cesarean was performed and once in the birth center where the woman received care before she was transferred to the hospital.

### RESOURCES FOR LEARNING MORE

Childbirth Connection's website at [www.childbirthconnection.org](http://www.childbirthconnection.org) includes many resources to help pregnant women learn more about cesarean section and other childbearing topics. Resources include *What Every Pregnant Woman Needs to Know About Cesarean Section* and results from the *Listening to Mothers I and II* surveys.

For additional information about cesarean section and Vaginal Birth After Cesarean (VBAC), visit the International Cesarean Awareness Network, Inc. at [www.ican-online.org](http://www.ican-online.org).

## THOUGHTS ON INDUCTION: THE BENEFITS OF LETTING YOUR BABY CHOOSE THEIR OWN BIRTHDAY

by Mayri Sagady Leslie, CNM, MSN

Babies born as a result of induced labors can be born too early. This is because even with the best technology we have, your estimated date of birth is just that—an estimate, plus or minus two weeks. When labors are started artificially before or near your due date, babies are at risk of being born before their bodies are ready. This can lead to extra medical care, prolonged hospital stays and, possibly, long-term effects on their brain function and learning abilities.

Today, we estimate that more than one in three women have their labors induced in the United States (Listening to Mothers, 2005). Yet, induction of labor is a medical intervention which is *rarely needed*. Pharmaceutical induction before a woman's body is ready for birth can lead to long, complicated labors. In fact, if it is your first baby, an induction of labor *doubles your chances of having a cesarean section* (Johnson 2003, Leslie and Romano 2007).

### WHY IS IT BEST TO AVOID AN INDUCTION THAT IS NOT NECESSARY?

The medications and interventions used with inductions can create a “domino-effect” on your labor's progress and both your and your baby's well-being. Synthetic hormones are used to “ripen”—soften and help open—the cervix (Cervidil or Prepidil) or to cause uterine contractions (Pitocin). Cytotec (misoprostol) does both, however its use is controversial and has been associated with serious complications such as uterine rupture.

In natural, spontaneous labor your body, your baby and the placenta enact a series of complex changes in the days leading up to labor. The cervix shortens and softens, while the uterus develops sensitivity to the hormone oxytocin which your body will produce. Your brain's hormone control center and the uterus engage in a complex feedback mechanism to control the length, strength and closeness of contractions.

During an induction, this mechanism is not engaged. Instead, the delivery of Pitocin (a synthetic form of oxytocin) is increased mechanically through an IV. The speed with which the contractions intensify varies according to each institution's Pitocin administration policies and each laboring mother's individual physical response. Many women report these labors as being



Patrick and Lori with Yeshaya  
(© Christy Santoro)

particularly painful. This may also be because their ability to move freely in response to the growing strength of labor is severely limited, since induced mothers will be connected to at least one IV pole as well as various monitoring devices. It is therefore not surprising that induced women commonly have epidurals. These, in turn, increase their chances of a vacuum or forceps delivery, which can cause injuries leading to long term problems such as urinary and fecal incontinence. Studies have also associated inductions with damage to the cervix and amniotic fluid embolism (a very rare but serious life-threatening complication).

Non-drug induction methods may be used to encourage a more physiological start to labor. These include herbs, homeopathy, acupuncture and more invasive procedures such as sweeping the membranes, a foley bulb induction (using a small balloon to gently stretch the cervix) and breaking the bag of waters. These should be discussed with your midwife or physician.

### WHEN IS INDUCTION NEEDED?

There *are* times that induction of labor makes sense as a medical intervention. The potential benefits should outweigh the potential harms and should be fully discussed with you and your family.

**MEDICAL CONDITIONS IN THE MOTHER.** It is rare in pregnancy that the mother becomes ill, but occasionally it does happen. When it occurs, it sometimes may be better to have the baby, for the sake of the mother. An example of this might be severe pregnancy induced hypertension, a maternal heart condition or uncontrolled diabetes.

## THOUGHTS ON INDUCTION (CONT'D)

**MEDICAL CONDITIONS IN THE BABY.** Normally, babies are designed to remain inside their mother until full term. However, there are times when a baby is no longer thriving and being brought outside the mother is actually a better choice. Some examples are intrauterine growth restriction (IUGR—where, often for unknown reasons, the placenta is no longer functioning well or nourishing the baby), a heart problem or other condition requiring medical attention that can be addressed once the baby is born.

However, most inductions are not done for medical complications. Below are some of the most common reasons labors are induced.

### COMMON REASONS FOR INDUCTION

**“YOUR WATER BAG IS BROKEN.”** If your water bag is broken and labor has not yet started it is most likely that labor will begin on its own within 24–48 hours. Many providers will offer induction (“planned management”). If you test negative for the Group Beta Strep (GBS) bacteria, you may have the option of waiting for labor to start (“expectant management”). If you use this option, your provider will go over how to reduce the risk of infection while awaiting labor.

A highly respected comprehensive review of medical studies from the Cochrane Collaboration concluded that: “Since the differences in outcomes (how the baby and mother did) between planned and expectant management may not be substantial, women need to be able to access the appropriate information to make an informed choice.” Simply translated: both options work and you have a choice.



Grace Simone

**“YOU ARE PAST YOUR DUE DATE.”** Due dates are mathematical estimates based on one’s last menstrual period, a sonogram or a physical exam. The period from 37 to 42 weeks is universally considered the normal time for your baby’s birth. At times the placenta may decrease its efficiency after 41 weeks. For this reason, women are being offered inductions at 41 weeks or sooner for being “post dates.” “Expectant management” would be to continue to wait for labor, while testing the baby’s heart (non-stress test) and amniotic fluid. These tests provide reassurance about the placenta’s functioning and baby’s well-being while the mother awaits labor.

### REASONS NOT TO HAVE AN INDUCTION

**“YOUR BABY IS GETTING TOO BIG.”** Estimating the size of a baby at the end of the pregnancy is an incredibly imprecise science. Multiple studies have shown that ultrasound, provider’s hands and even mother’s own estimates are about equivalent for guessing the size of a baby in a healthy mother. Experts agree that the size of a baby is *never* a valid reason to induce a woman’s labor. Anyone who suggests this is not practicing according to the standards of their own profession.

**“AREN’T YOU GETTING TIRED OF BEING PREGNANT?”** There is a time in every woman’s pregnancy when we’d give anything to be able to make plans and get the birth over with. However, an “elective” induction, whether it is the provider’s idea or yours, can expose you and your baby to complications when all is otherwise well. Given the potential harms of induction, it is much, much better to just wait until your body and your baby’s signal that they are ready and labor begins on its own.

*As the saying goes... let your baby pick their own birthday.*

Mayri Sagady Leslie, CNM, MSN, is a midwife on faculty at the School of Nursing and Health Studies at Georgetown University. She serves as the Chair of the Coalition for Improving Maternity Services and is on the board of the International MotherBaby Childbirth Organization. She is the mother of Shawn and Crystal and had two great births, one at home and one in a hospital.

## PROVIDER LISTINGS

Mike with Melanie, 1 day old



### Acupuncture

#### Birth Center

#### BODYWORK:

- Abdominal Massage
- Acupressure
- Craniosacral Therapy
- Massage Therapy
- Reflexology
- Reiki

#### Breastfeeding Support

#### Childbirth Education

#### Chiropractic Care

#### DOULA:

- Labor Support
- Postpartum Support

#### Herbalism

#### Homeopathy

#### Midwifery Care

#### Natural Fertility Counseling

#### Naturopathy

#### Nutrition

#### Obstetric Care

#### Pediatric Care

#### Prenatal/Postpartum Counseling

#### Well-Woman Gynecological Care

#### Yoga & Fitness

## Acupuncture

### Acupuncture & Chinese Herbal Medicine

Provides comprehensive care to parents, expectant mothers and infertile women, including treatment of nausea, back pain, headaches and fatigue. Also offers post date labor induction, moxabustion for breech and general wellness for labor and parenthood.

Name: Beth Ann Corr, M.Ac, Dipl. OM  
 Address: 138A W. GORGAS LANE  
 PHILADELPHIA, PA 19119  
 Phone: 215.242.9777  
 Email: bethanncorr@aol.com

### Krista Coombs, L.Ac, MTCM

I offer acupuncture services and herbal therapy to women in all stages of pregnancy, including induction and postpartum care. I also have experience using gentle methods to treat young children for a variety of conditions.

Address: S. 26TH STREET  
 CENTER CITY  
 PHILADELPHIA, PA 19146  
 LANCASTER AVENUE  
 ARDMORE, PA 19003  
 Phone: 215.806.8708  
 Email: kristacoombs@gmail.com

### Jennifer Corbin, R.OM

Acupuncture and Chinese Medicine for the treatment of fertility/women's health issues, common pregnancy-related symptoms, correcting breech presentation, birth preparation, labor induction and postpartum care.

Address: 1616 WALNUT STREET SUITE 1816  
 PHILADELPHIA, PA 19103  
 1550 E. MONTGOMERY AVENUE FISHTOWN  
 PHILADELPHIA, PA 19125  
 Phone: 215.435.3003  
 Email: jencorbin@msn.com  
 Web site: www.barefootclinic.com

### Enlightening Souls

Offering a holistic approach to pregnancy and birthing from preconception through postpartum. Our therapies include acupuncture, traditional herbal medicines and nutritional counseling.

Name: Peyton Theodore, L.Ac  
 Address: 110 PUGH ROAD  
 WAYNE, PA 19087  
 Phone: 610.293.3603  
 Email: info@enlighteningsouls.com  
 Web site: www.enlighteningsouls.com

## PROVIDER LISTINGS

## Acupuncture (cont'd)

### Nakisbendi Women's Center

Licensed acupuncturist utilizing Traditional Chinese Medicine. Acupuncture promotes health and well-being by balancing Yin and Yang. Treatments aid fertility, regulation of the menstrual cycle, balancing hormones, improving sleep and increasing energy.

Name: Julie Schwartz, MS, L.Ac

Address: 233 E. LANCASTER AVENUE SUITE 103  
ARDMORE, PA 19003

Phone: 610.642.1324

Email: info@nakisbendi.com

### Queen Village Holistic Health

Traditional Chinese Medicine including acupuncture, herbal medicine, bodywork and diet therapy. Treating: infertility, IVF transfers, morning sickness, breech presentations, back pain, anxiety, bleeding, inductions, wellness and postpartum care. Private sessions and low-cost community clinics available.

Name: Lauren O. Buckley, L.Ac

Address: 953 S. 6TH STREET  
PHILADELPHIA, PA 19147

Phone: 215.279.3932

Email: laurenbuckley@yahoo.com

Web site: www.laurenbuckleyacupuncture.com

## Birth Center

### The Birth Center

Our nurse-midwives provide prenatal, birth and postpartum care for families seeking a safe, supportive out-of-hospital birth experience. Most insurance plans accepted. Midwives have privileges at Bryn Mawr Hospital (2 blocks away) should transfer be needed.

Address: 918 COUNTY LINE ROAD  
BRYN MAWR, PA 19010

Phone: 610.525.6086

Web site: www.thebirthcenter.org

### The Birth Center: Holistic Women's Health Care

Comprehensive and personalized holistic well-woman GYN, preconceptual, prenatal, birth and postpartum care. Routine screenings, menopause, contraceptive and natural family planning counseling offered. Extensive education program, breastfeeding/pumping support and supplies available. Collaboration as needed with supportive physicians. Most insurance including DE Medicaid/Medicare accepted.

Name: Nicole Black, MSN, CMN; Dorinda Dove, MS, CNM;  
Kate Mansur, MS, CNM; Kathleen McCarthy, MSN, CNM

Address: 1508 W. 7TH STREET  
WILMINGTON, DE 19805

Phone: 302.658.BABY (2229)

Fax: 302.658.2382

Email: info@thebirthcenter.com

Web site: www.thebirthcenter.com

### Valley Birthplace and Woman Care

Our freestanding birth center provides women and their families complete personal care. With the choice of home, birth center or hospital birth you give your baby a gentle beginning into the world.

Name: Barbara d'Amato, CNM

Address: 2355 HUNTINGDON PIKE  
HUNTINGDON VALLEY, PA 19006

Phone: 215.947.5545

Email: midwives@valleybirthplace.com

Web site: www.valleybirthplace.com

## BODYWORK:

## Abdominal Massage

### Eviama Life Spa

Prepare your whole being for pregnancy and restore yourself postpartum. Find your true connection to your brilliant and supremely capable uterus. Enjoy the benefits of optimum flow of chi, blood, lymph, nerve and joy.

Address: 262 S. 16TH STREET  
PHILADELPHIA, PA 19102

Phone: 215.545.3344

Email: greenspirit@eviama.com

Web site: www.eviama.com

## PROVIDER LISTINGS

## BODYWORK: Acupressure

### HarmonyShiatsu

Zen shiatsu services provided for women during all stages of pre-conception, prenatal and postnatal months. Shiatsu is an acupressure massage which can help your body through the many transitions of pregnancy. Relaxing, invigorating and restorative!

Name: Harmony Meussner  
Address: 450 N. NARBERTH AVENUE SUITE 108  
NARBERTH, PA 19072  
Phone: 610.457.0542  
Email: [harmonymeussner@gmail.com](mailto:harmonymeussner@gmail.com)

## BODYWORK: Craniosacral Therapy

### Eviama Life Spa

Fully trained in prenatal massage, Reiki, lymph drainage and craniosacral therapies, we can optimize your experience before, during and after pregnancy. In our holistic, green designed setting you will find comfort and peace beyond measure.

Address: 262 S. 16TH STREET  
PHILADELPHIA, PA 19102  
Phone: 215.545.3344  
Email: [greenspirit@eviama.com](mailto:greenspirit@eviama.com)  
Web site: [www.eviama.com](http://www.eviama.com)



Noah with Delilah Jade

## BODYWORK: Massage Therapy

### Jillian L. Bird

Reduce discomfort associated with pregnancy through effective massage therapy. Over 5 years experience utilizing deep tissue modalities, Thai Massage, PNF stretching, Positional Release therapy. Second and third trimester and postpartum massage.

Address: 1518 WALNUT STREET SUITE 1002  
PHILADELPHIA, PA 19102  
Phone: 215.280.2899  
Email: [jillianbird@hotmail.com](mailto:jillianbird@hotmail.com)  
Web site: [www.jillianbird.com](http://www.jillianbird.com)

### Amber Christis, NCTM

Certified massage therapist insured through ABMP. Trained in prenatal, labor and postpartum massage. Home visits and very affordable pricing. I am also a DONA-trained doula.

Phone: 267.761.2283  
Email: [achristis@yahoo.com](mailto:achristis@yahoo.com)

### Eviama Life Spa

This is about you. It is our privilege to serve you in all the ways you deserve: amazing organic facials and pregnancy massage, private yoga, caring waxing services and reflexology for your precious multi-tasking soul.

Address: 262 S. 16TH STREET  
PHILADELPHIA, PA 19102  
Phone: 215.545.3344  
Email: [greenspirit@eviama.com](mailto:greenspirit@eviama.com)  
Web site: [www.eviama.com](http://www.eviama.com)

### Hands of Grace

Specializing in healing bodywork for pregnancy and postpartum. Rhythmic flowing massage strokes blended with Shiatsu and intuitive energy healing relieves common discomforts and is nurturing and balancing to the body, mind and spirit.

Name: Jade Groff, RN, NCTMB  
Phone: 215.779.6448  
Email: [jadema73@yahoo.com](mailto:jadema73@yahoo.com)  
Web site: [www.spiralbelly.com](http://www.spiralbelly.com)

## PROVIDER LISTINGS

## BODYWORK: Massage Therapy (cont'd)

### Judy Moon & Associates, Massage Therapy

Specialized massage for the mother-to-be, reducing the discomforts of pregnancy and enhancing the well-being of both mother and baby. Additional services include Shiatsu, Thai, Hot Stone Therapy and Mindful Touch Therapy.

Name: Gwyn MacDonald, Debi Phillipotts and Judy Moon

Address: WASHINGTON SQUARE CHIROPRACTIC  
604 WASHINGTON SQUARE SOUTH  
PHILADELPHIA, PA 19106

Phone: 267.671.0861

Email: harmony@judymoon.com

Web site: www.judymoon.com

### Lifetree Massage

Swedish and deep tissue massage/aromatherapy/energy work. Appointments are available in my office or at your home. I can work with pregnant women at any stage in their pregnancy. Namaste.

Name: Susanne Maurer

Address: 424 VERNON STREET  
MEDIA, PA 19063

Phone: 610.566.2103

Email: leylaflower@hotmail.com

### The Massage Studio, Inc.

Our certified massage therapists offer prenatal and postpartum massage through all stages of pregnancy. We use a special belly table or prenatal cushions to keep our mommies-to-be comfortable!

Name: Beth Trachtman, CMT

Address: 583 SHOEMAKER ROAD SUITE 200  
KING OF PRUSSIA, PA 19406

Phone: 610.354.0138

Email: info@massagestudiokop.com

Web site: www.massaggestudiokop.com

### Maternal Wellness Center

Our therapists are certified in prenatal and postpartum massage. We have a specialized "belly table" for optimum comfort.

Address: 606 CARPENTER LANE  
PHILADELPHIA, PA 19119

Phone: 215.713.2666

Email: kathleen@maternalwellness.org

Web site: www.maternalwellness.org

### The Mothers' Room

Certified in prenatal and postpartum massage, Laura brings 20 years experience and training with prenatal/postpartum mothers to the table. Massage is performed with the Body Support Cushion so the mother can lie face down comfortably.

Name: Laura Favin, LCSW, LMT

Address: 4936 CURLY HILL ROAD  
THE COTTAGE  
DOYLESTOWN, PA 18902

Phone: 917.209.6534

Email: themothersroom@aol.com

### Jacqui Silverman, RN, CCE, CIMI

Infant Massage instruction. I provide individual or group instruction in the art of infant massage tailored to the needs of my clients.

Address: 1167 SOMERS ROAD  
HUNTINGDON VALLEY, PA 19006

Phone: 215.740.4650

Email: jsilverm2@msn.com

## BODYWORK: Reflexology

### Kaitlynn Stupak

I am a healing arts practitioner. I provide hand and feet reflexology, which helps promote wellness and release toxins through massage and pressure points.

Phone: 215.804.7809

Email: mindfulmagic@live.com

## BODYWORK: Reiki

### The Reiki School and Clinic

Helpful for all stages from conception to postpartum, Reiki can help ease the aches and pains of pregnancy, provide nurturing and support, address challenging conditions, ease labor and speed recovery. Offices in Philadelphia and New Jersey.

Name: Kimberly Fleisher

Address: 525 S. 4TH STREET SUITE 248  
PHILADELPHIA, PA 19147

Phone: 215.238.0659

Email: kim@thereikischool.com

Web site: www.theikischool.com

## PROVIDER LISTINGS

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### BODYWORK: Reiki (cont'd)

#### Kaitlynn Stupak

Reiki is energy work that helps one align spiritually and emotionally. I can accommodate clients by coming to them or I occasionally work from a space in Lansdale, PA.

Phone: 215.804.7809

Email: [mindfulmagic@live.com](mailto:mindfulmagic@live.com)

## Breastfeeding Support

### A Gentle Start Breastfeeding Services

Breastfeeding isn't always easy. I can help! I will come to your home, do a complete assessment of your situation and help you make a plan. Long term follow-up included.

Name: Angela Leonard, IBCLC, LCCE, CD(DONA)

Address: 1143 PYNCHON HALL ROAD  
WEST CHESTER, PA 19328

Phone: 610.399.3535

Email: [angelaibclc@comcast.net](mailto:angelaibclc@comcast.net)

### Amazing Newborn

I am a Lactation Consultant offering consults, pump rentals/sales, baby scale rentals and classes in Skippack, PA.

Name: Judy Crouthamel, RNC, IBCLC

Address: 4019 SKIPPACK PIKE BOX 109  
SKIPPACK, PA 19474

Phone: 610.584.6111

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

Web site: [www.amazingnewborn.com](http://www.amazingnewborn.com)

### BirthMark

Services include in-home lactation visits, reduced fee lactation clinic, a free weekly support group and seminars. Nursing products include breastpumps for sale and rent, nursing bras and accessories.

Address: 107 S. MONROE STREET  
MEDIA, PA 19063

Phone: 610.892.5051

Email: [jackie@familybirthmark.com](mailto:jackie@familybirthmark.com)

### Blossoming Bellies

Blossoming Bellies offers holistic birth services including childbirth preparation classes, sibling preparation, birth doula services and breastfeeding support. Blossoming Bellies is committed to nurturing families with awareness, empowerment and respect throughout pregnancy and beyond.

Name: Brittany Sharpe McCollum

Address: 1628 S. 9TH STREET  
PHILADELPHIA, PA 19148

Phone: 267.261.0284

Email: [britt@blossomingbelliesbirth.com](mailto:britt@blossomingbelliesbirth.com)

### Breastfeeding Help Center

Home breastfeeding consults for prenatal instruction, postpartum challenges and pumping instruction. Hospital grade pump rental. Discount pump sales, baby and mother care supplies at discount prices. Free one-week pump rental with kit purchase!

Name: Susan Slear, RN, CCE, CHBE, IBCLC

Address: 856 FERNWOOD AVENUE  
LANGHORNE, PA 19047

Phone: 215.757.6006  
267.231.9442

Email: [sslearibclc@verizon.net](mailto:sslearibclc@verizon.net)

Web site: [www.breastfeedinghelpcenter.com](http://www.breastfeedinghelpcenter.com)

### Breastfeeding Resource Center

Lactation services available including problem solving visits, prenatal visits, back-to-work planning, weight checks and more. Services provided on a sliding scale of payment. Full line of breastfeeding products such as pumps, pillows, bras and scales.

Name: Colette Acker, IBCLC (Director)

Address: 117 N. EASTON ROAD  
GLENSIDE, PA 19038

Phone: 215.886.2433

Web site: [www.breastfeedingresourcecenter.org](http://www.breastfeedingresourcecenter.org)

### Linda Derbyshire, BS, IBCLC

I am a Board Certified Lactation Consultant who provides lactation support in your home. I service Center City, Montgomery, Delaware and Southern Jersey.

Address: 1632 EARLINGTON ROAD  
HAVERTOWN, PA 19083

Phone: 610.316.9157

Email: [lindaderby@verizon.net](mailto:lindaderby@verizon.net)

## PROVIDER LISTINGS

## Breastfeeding Support (cont'd)

### Carrie Kimball

Private consultations provided in the family's home as well as at the Maternal Wellness Center for a fee. Breastfeeding group classes and drop-in hours for a sliding scale donation also available.

Address: 4608 SPRUCE STREET  
PHILADELPHIA, PA 19139  
Phone: 215.747.2001  
267.456.2129  
Email: ckmidwife@gmail.com

### NewBorn Concepts

Office and in-home lactation consultations. Prenatal counseling, returning to work and starting solids classes too.

Name: Robin B. Frees, BA, CHT, HBCE, IBCLC  
Address: 116 E. KING STREET  
MALVERN, PA 19355  
Phone: 610.644.1379  
Fax: 610.644.1379  
Email: robin@newbornconcepts.com  
Web site: www.newbornconcepts.com

### Nursing Mother Supplies

Offering the highest quality breastfeeding supplies including Medela, Ameda, Glamourmom, Bravado and more. As a Certified Breastfeeding Counselor, I offer personal instruction and support to the nursing mother. By appointment or on-line.

Name: Jennifer Neely  
Phone: 610.254.8300  
Email: jen@nursingmothersupplies.com  
Web site: www.nursingmothersupplies.com

### Solutions for Women: A Women's Health Boutique

Our unique boutique features specialty women's health products including maternity care, breastfeeding support, cancer care, stress relief items and other life-enhancing products. Prenatal and postpartum items include breast pumps/accessories, infant feeding supplies, nursing pillows and more.

Address: SOLUTIONS FOR WOMEN AT PENNSYLVANIA HOSPITAL  
721 DELANCEY STREET  
PHILADELPHIA, PA 19107  
Phone: 215.829.5046  
800.789.PENN  
Web site: www.pennhealth.com/solutions

Xander, 7 weeks old (© Caitlin Domanico)



## Childbirth Education

### BabyBodyBirth

Classes for the Pregnancy Cycle. Unique no-lecture style where we provide the best learning atmosphere and the most current information in terms you can relate to. You use your judgment to plan your birth.

Name: Dawn Weismer and Shari Hahn  
Phone: 609.504.0712  
Email: dawn.weismer@babybodybirth.com  
Web site: www.babybodybirth.com

### Believe In Birth

Holistic, hands on homebirth classes and famous one day intensive workshops for busy mommas to be! Private classes are taught by a homebirth midwife and specifically address the whole woman, body, mind and soul.

Name: Beth Curtis  
Phone: 215.844.0106  
Email: beth@believeinbirth.com  
Web site: www.believeinbirth.com

### Birthing Services of Greater Philadelphia

Birthing classes combining the philosophies of Birthing From Within and Lamaze International (holistic and empowering). Classes mentored in my home: 5 couple maximum, series of 7 classes, 2.5 hours long. Teaching experience: 35 years.

Name: Ellen Felley  
Address: 8010 WINSTON ROAD  
PHILADELPHIA, PA 19118  
Phone: 215.247.9046  
215.837.1946  
Fax: 215.247.9048  
Email: efelley@comcast.net

## PROVIDER LISTINGS

## Childbirth Education (cont'd)

### BirthMark

A six week complete preparation for birth and early parenting in a warm, non-clinical setting. Small class size creates an intimate learning environment. Specializing in natural birth, while discussing all options and possible outcomes.

Address: 107 S. MONROE STREET  
MEDIA, PA 19063  
Phone: 610.892.5051  
Email: jackie@familybirthmark.com

### Birth with Joy

I have been offering instruction in the Bradley Method of natural childbirth since 2000. Classes meet in my Collingswood, NJ home.

Name: Morgan Robinson  
Address: 33 WASHINGTON AVENUE  
COLLINGSWOOD, NJ 08108  
Phone: 856.858.8808  
Email: birthwithjoy@yahoo.com  
Web site: www.birthwithjoy.com

### Blossoming Bellies

Blossoming Bellies offers holistic birth services including childbirth preparation classes, sibling preparation, birth doula services and breastfeeding support. Blossoming Bellies is committed to nurturing families with awareness, empowerment and respect throughout pregnancy and beyond.

Name: Brittany Sharpe McCollum  
Address: 1628 S. 9TH STREET  
PHILADELPHIA, PA 19148  
Phone: 267.261.0284  
Email: britt@blossomingbelliesbirth.com

### Maria J. Brooks, LCCE, CD(DONA)

Engaging, interactive, evidence-based classes taught in a group or private setting by experienced instructor. Classes offered include Childbirth Preparation, VBAC Preparation, Parenting/Infant Care, as well as Cesarean Healing Circles for women's emotional recovery.

Phone: 646.247.8841  
215.844.6730  
Email: maria@birthmuse.org  
Web site: www.birthmuse.org

### Cloth Diaper Workshops

I offer cloth diapering workshops at various locations, as well as personal consultations. I strive to help families understand the cloth diapering world. As a wholesaler, people are also able to order diapers through me.

Name: Jennifer Kinka  
Address: 327 GLEN ECHO ROAD  
PHILADELPHIA, PA 19119  
Phone: 215.247.0946  
Email: jenkinka@hotmail.com

### Empowering Childbirth

6-week classes help parents cope with pain in labor as well as make informed choices in childbirth and beyond. Classes are small, interactive and draw from my training and experiences as a mother and doula.

Name: Mari-Carmen Farmer  
Phone: 267.246.8592  
Email: mcfarmer@empoweringchildbirth.com  
Web site: www.empoweringchildbirth.com

### Journey Birth Services

Natural childbirth classes cover various topics including relaxation, consumerism, positive communication, nutrition, choices in childbirth, stages of labor and preparing to become a new family.

Name: Amy Borrelli  
Address: 231 N. BROAD STREET  
KENNETT SQUARE, PA 19348  
Phone: 484.459.0618  
Email: amy@journeybirthservices.com  
Web site: www.journeybirthservices.com

### Maternal Wellness Center

Our comprehensive, holistic birth services focus on the physical, emotional and psychological aspects of the transition to parenthood so participants are informed and empowered. Classes include BirthWorks, Hypnobirthing and more!

Address: 606 CARPENTER LANE  
PHILADELPHIA, PA 19119  
Phone: 215.713.2666  
Email: kathleen@maternalwellness.org  
Web site: www.maternalwellness.org

## PROVIDER LISTINGS

## Childbirth Education (cont'd)

### NewBorn Concepts

HypnoBirthing classes and private hypnosis sessions for fertility, morning sickness, turning breech babies, hypertension and more.

Name: Robin B. Frees, BA, CHT, HBCE, IBCLC  
 Address: 116 E. KING STREET  
 MALVERN, PA 19355  
 Phone: 610.644.1379  
 Fax: 610.644.1379  
 Email: robin@newbornconcepts.com  
 Web site: www.newbornconcepts.com

### Ohm Family Chiropractic

Wellness classes, workshops, movie nights, Holistic Mom's Network meetings, yoga classes held weekly all centered around the needs of pregnancy, birth and parenting. Visit our website or give us a call for more information.

Name: Drs. Thomas, Justin and Jeanne Ohm  
 Address: 327 N. MIDDLETOWN ROAD  
 MEDIA, PA 19063  
 Phone: 610.565.8823  
 Email: ohmchiropractic@comcast.net  
 Web site: www.ohmchiropractic.com

### Real Life Birth

Real Life Birth promotes evidence-based and experience-based information on how to be actively involved in your birth and your birth choices and not to be merely a spectator at your birth.

Name: Lindsey Habegger  
 Phone: 610.917.1276  
 610.755.1550  
 Email: lindseyhabegger@reallifebirth.com  
 Web site: www.reallifebirth.com

### Jillian Schlacter

Childbirth classes offered in my Montgomery County home. Class content geared towards couples planning a natural birth.

Address: 129 S. FRONT STREET  
 SOUDERTON, PA 18964  
 Phone: 267.640.3545  
 Email: toobeets@aol.com  
 Web site: www.bellybirthandbeyond.net

### Spirit Led Services

Natural Childbirth Preparation courses from a yogic framework. Focus on being present throughout pregnancy, labor, delivery and the journey of parenthood. Group and individual classes available.

Name: Nicole Schwartz, MSW  
 Phone: 267.205.5612  
 Email: spiritledservices@gmail.com  
 Web site: www.spiritledservices.com

## Chiropractic Care

### Bagnell Chiropractic Life Centre

Specialized prenatal chiropractic care. Developers of the Bagnell Technique that is highly successful in enabling a baby to turn to the normal delivery position for natural birth. 16+ years of experience.

Name: Drs. Lawrence & Karen Bagnell  
 Address: 301 CORPORATE DRIVE  
 LANGHORNE, PA 19047  
 Phone: 215.505.2711  
 Email: drbagnell@drbagnell.com  
 Web site: www.drbagnell.com

### Everybody's Chiropractic Center

We have served families in Delaware County helping them achieve optimal health and wellness through natural and gentle chiropractic care, paying special attention to pregnant mothers, newborns and children with special needs.

Name: Dr. Daniel J. Klein  
 Address: 115 E. TOWNSHIP LINE ROAD  
 UPPER DARBY, PA 19082  
 Phone: 610.789.1800  
 Email: info@everybodyschiropractic.com  
 Web site: www.everybodyschiropractic.com

### Great Life Chiropractic

Chiropractic care for the entire family, including expecting moms and newborns. Locations in Roxborough and Bensalem.

Name: Dr. Ted Loos  
 Address: 6810 RIDGE AVENUE  
 PHILADELPHIA, PA 19128  
 Phone: 215.483.6550  
 Email: greatlife.chiro@hotmail.com  
 Web site: www.greatlifechiropractic.com

## PROVIDER LISTINGS

## Chiropractic Care (cont'd)

### Health Goals Chiropractic and Center for Life Enhancement

Pregnancy is the most challenging event for a woman's body. Our office is specifically trained to deal with the changes of pregnancy. From back pain to breech positioning, we can help.

Name: Dr. Kathleen D. Baumgardner  
 Address: 17000 COMMERCE PARKWAY SUITE D  
 MT. LAUREL, NJ 08054  
 Phone: 856.983.5422  
 Web site: www.healthgoals.com

### Ohm Family Chiropractic

Chiropractic family wellness care with special consideration for pregnant mothers, newborns, children and challenged children. Certified in the Webster Technique for pelvic balance and an easier, safer birth. Additional location in South Philadelphia!

Name: Drs. Thomas, Justin and Jeanne Ohm  
 Address: 327 N. MIDDLETOWN ROAD  
 MEDIA, PA 19063  
 Phone: 610.565.8823  
 Email: ohmchiropractic@comcast.net  
 Web site: www.ohmchiropractic.com

### Rhino Chiropractic Center

Family Chiropractic office focusing on needs of pregnant women as well as children. Certified in the Webster Technique for removing in-utero constraint, aiding on optimal fetal positioning for birth. Quality, affordable care. Most insurances accepted.

Name: Dr. Damien Ciasullo  
 Address: 6809 GERMANTOWN AVENUE  
 MT. AIRY  
 PHILADELPHIA, PA 19119  
 Phone: 215.844.4400  
 Email: rhinochiropractic@hotmail.com  
 Web site: www.rhinochirocenter.com

### Washington Square Chiropractic Center

Very low force chiropractic adjustments (sacro-occipital technique) which focus on the pelvic structure, its ligaments and its muscles, allowing a strong and supportive environment for baby's development and a healthy, easier birth.

Address: 604 WASHINGTON SQUARE SOUTH  
 PHILADELPHIA, PA 19106  
 Phone: 215.925.8005

## DOULA: Labor Support

### Tammy H. Arbeter, CD(DONA), ICD, LCCE, IBCLC

Experienced, certified birth doula providing services in Center City and suburban hospitals and birth centers. Certified by DONA International, The International Childbirth Education Association for Certified Birth Doulas, Lamaze and Board Certified Lactation Consultant.

Phone: 267.909.9697 (H)  
 610.319.1456 (B)  
 Email: tammyarb@aol.com

### Beautiful Beginnings Birth and Postpartum Doula Support

My goal is to provide caring support and education to help create with each family a joyous and empowering birth and postpartum experience. Lovingly supporting birthing families in the greater Philadelphia area for 8 years.

Name: Diane Lawley, RN, CD(DONA), PCD(DONA)  
 Phone: 610.329.6311  
 Email: beautiful\_beginnings@yahoo.com

### Birth Embrace: Surround Yourself with Support

Positive "pregnancy, birth and beyond" services for women and their loved ones. All circumstances and environments embraced. Together, sharing enthusiasm, awareness and possibility to release strength and to create an aspired, celebrated journey and experience.

Name: Allison A. McDonough  
 Address: 2844 ANGUS ROAD  
 PHILADELPHIA, PA 19114  
 Phone: 215.969.8784  
 267.243.9764  
 Email: birthwithally@yahoo.com



Isaiah, 6 months

## PROVIDER LISTINGS

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### DOULA: Labor Support (cont'd)

#### Birth Services of Greater Philadelphia

Birth doula services in all venues (hospital, birth center and home) for pregnant women and partners through pregnancy, labor, birth and immediate postpartum with informational, physical and emotional support. Doula experience: 13 years.

Name: Ellen Felley  
Address: 8010 WINSTON ROAD  
PHILADELPHIA, PA 19118  
Phone: 215.247.9046  
215.837.1946  
Fax: 215.247.9048  
Email: efelley@comcast.net

#### Birth Right Doula Services

Passionate about helping women feel empowered in labor. Three prenatal meetings, labor support, postpartum visit with birth story. Available for private in-home childbirth classes.

Name: Jessica Manlin Strauss, CD(DONA) and  
Kristin Walker, CD(DONA)  
Address: 506 S. 48TH STREET  
PHILADELPHIA, PA 19143  
Phone: 215.356.3881 (Jessica)  
215.284.3176 (Kristin)  
Email: birtrightdoulas@lycos.com

#### Blossoming Bellies

Blossoming Bellies offers holistic birth services including childbirth preparation classes, sibling preparation, birth doula services and breastfeeding support. Blossoming Bellies is committed to nurturing families with awareness, empowerment and respect throughout pregnancy and beyond.

Name: Brittany Sharpe McCollum  
Address: 1628 S. 9TH STREET  
PHILADELPHIA, PA 19148  
Phone: 267.261.0284  
Email: britt@blossomingbelliesbirth.com

#### Maria J. Brooks, LCCE, CD(DONA)

Helping women trust their bodies and find their voice and power to labor and birth in a safe and sacred way. Experienced, nonjudgmental support for births in all settings. Assisting partners to participate at their own comfort level.

Phone: 646.247.8841  
215.844.6730  
Email: maria@birthmuse.org  
Web site: www.birthmuse.org

#### Priscilla Burgmayer

Certified Labor Doula, RN. Specializing in home and birth center births. Willing to do hospital births for moms who need this. Will work alongside you to help you have a natural and beautiful birth experience.

Address: 6522 N. 6TH STREET  
PHILADELPHIA, PA 19126  
Phone: 215.870.3853  
215.424.6971  
Email: priscillaburgmayer@gmail.com

#### Amber Christis, NCTM

DONA-trained doula and certified massage therapist specializing in pregnancy and labor. Provides prenatal visit(s) and postpartum follow-up. All traditions and religious customs are honored and all birthing styles and choices are nurtured.

Phone: 267.761.2283  
Email: achristis@yahoo.com

#### Betsy Crofts

I offer prenatal visits and continuous presence during labor and delivery for informational, physical and emotional support and advocacy based on Pam England's "Birthing from Within" approach.

Address: SOUTHAMPTON, PA 18966  
Phone: 215.322.5984  
Email: doula.betsy@earthlink.net

#### Heather Drew, Birth Doula (DONA)

Everyone who wants professional support should have it. My sliding payment scale frees you up to pay only what you can. I offer complete support to you and your partner in whatever environment you choose.

Phone: 610.202.9827  
Email: hlhdrew@gmail.com

#### Empowering Childbirth

A doula with 7 years of experience, my goal is to guide parents through pregnancy, prepare them for the unique nature of labor and support them in having a transformative and empowering birth experience.

Name: Mari-Carmen Farmer  
Phone: 267.246.8592  
Email: mcfarmer@empoweringchildbirth.com  
Web site: www.empoweringchildbirth.com

## PROVIDER LISTINGS

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### DOULA: Labor Support (cont'd)

#### Luukia Gluck

Two prenatal visits and one postpartum visit. Emotional and physical support during labor, no matter how long it takes! I try to ease couples' tensions and fears of childbirth with information and kind words.

Address: 1045 COUNTY LINE ROAD  
BRYN MAWR, PA 19010  
Phone: 610.457.5430  
Email: sahabababa@yahoo.com

#### Hands of Grace

Honoring birth as a rite of passage for ten years in all settings. Nurturing and empowering labor support and preparation for women and their partners using various holistic modalities including massage, breath awareness and aromatherapy.

Name: Jade Groff, RN, NCTMB  
Phone: 215.779.6448  
Email: jadema73@yahoo.com  
Web site: www.spiralbelly.com

#### Open To Life Doula Services

Creating an atmosphere of relaxation and safety helps a woman's body to open and birth new life. Tamra offers continuous support, guiding and empowering women through conscious birth and beyond. She services the greater Philadelphia metropolitan area.

Name: Tamra L. S. Larter  
Address: 512 ALMONESSON ROAD  
WESTVILLE, NJ 08093  
Phone: 856.456.3442  
Email: open2life@gmail.com

#### Spirit Led Services

Providing labor support services to families in the Chester County region. Services include prenatal visits, on call services, continuous labor support and postpartum visits. Experience working with survivors of trauma.

Name: Nicole Schwartz, MSW  
Phone: 267.205.5612  
Email: spiritledservices@gmail.com  
Web site: www.spiritledservices.com

#### Well Born Baby

DONA certified doulas and certified breastfeeding counselors offering childbirth classes, labor support, postpartum care and breastfeeding support. Through emotional and physical support we help women and their partners feel confident and supported in their choices.

Name: Christina Duff, CD(DONA) and Elizabeth Larkin, CD(DONA)  
Phone: 610.761.9830 (Christina)  
610.551.9398 (Elizabeth)  
Email: info@wellbornbaby.com  
Web site: www.wellbornbaby.com

### DOULA: Postpartum Support

#### After the Stork LLC

Extensive training in lactation. Will do night work. I have had a lot of success with moms nursing one or two babies. I help families develop a very flexible routine.

Name: Georgette Kerr  
Address: 11040 FERNDALE STREET  
PHILADELPHIA, PA 19116  
Phone: 215.605.2042  
Email: doula6@comcast.net

#### Beyond Birth

Nurturing, supporting and empowering mothers and families during the "Fourth Trimester." Practical, emotional and informational support. Breastfeeding counseling. Specializing in multiples. Daytime and overnight care. Serving Bucks and Montgomery Counties. Postpartum Certified Doulas (DONA International).

Name: Barbara Heid and Joyce McGettigan  
Phone: 215.249.3978 (Barbara)  
215.431.7657 (Joyce)  
Email: barbaraheid@comcast.net

#### BirthMark

A birth and postpartum doula training site, we match clients with DONA trained and certified doulas of all levels of experience. We also host "meet the doula" nights. Birth doulas also available.

Address: 107 S. MONROE STREET  
MEDIA, PA 19063  
Phone: 610.892.5051  
Email: jackie@familybirthmark.com

## PROVIDER LISTINGS

## DOULA: Postpartum Support (cont'd)

### Hands of Grace

Postpartum support is essential for this delicate and beautiful transition. Offering assistance through Ayurvedic massage, breastfeeding support, baby care, nutritional counseling, herbal medicine, flower essences and meal preparation.

Name: Jade Groff, RN, NCTMB  
 Phone: 215.779.6448  
 Email: jadema73@yahoo.com  
 Web site: www.spiralbelly.com

### In The Beginning

Physical, emotional and informative support.

Name: Pat Anderson, PCD(DONA)  
 Address: 218 WILLIAMSBURG ROAD  
 ARDMORE, PA 19081  
 Phone: 610.896.7309  
 Email: patio\_orange@hotmail.com

### Loving Beginnings, Inc.

Offering loving care, support and instruction to the new family. Duties include: infant and mother care, breastfeeding assistance, infant massage instruction, meal preparation, laundry, light housekeeping, errands and emotional support. We nurture the whole family.

Name: Margee Hanford  
 Address: P.O. BOX 204  
 SWARTHMORE, PA 19081  
 Phone: 610.659.4205  
 610.543.6196  
 Email: margee@lovingbeginnings.com  
 Web site: www.lovingbeginnings.com

### Loving Hearts & Hands Doulas, Inc.

Providing postpartum services such as basic baby care education, breastfeeding counseling, meal preparation, laundry, light housekeeping and errands. Support is available weekdays and weekends, evenings and overnight in Philadelphia, Bucks, Delaware and Montgomery counties.

Name: Tawandalaia M.W. Newman, PCD(DONA)  
 Address: 8229 HIGH SCHOOL ROAD  
 ELKINS PARK, PA 19027  
 Phone: 215.840.5540  
 Email: mydoula@lovinghearts-n-hands.com  
 Web site: www.lovinghearts-n-hands.com

### Theresa Wrublesky, RN, CBC, CPD(CAPPA)

Certified Doula and Breastfeeding Counselor providing prenatal/postpartum support since 1996. Individualized care plan to best meet the needs of my clients providing emotional, physical and educational support. Specializing in multiples.

Address: SERVING PA AND NJ.  
 Phone: 215.860.8461  
 Email: terrywrub@comcast.net

## Herbalism

### The Apothecary Garden

Maia provides herbal and holistic health consultations and teaches herb classes. She works from her shop, The Apothecary Garden, which carries herbal supplies, teas and natural bodycare products. Shop hours Mon-Sat 11-5. Consultations by appointment.

Name: Maia Toll  
 Address: 7721 GERMANTOWN AVENUE  
 PHILADELPHIA, PA 19118  
 Phone: 215.247.2110  
 Email: maia@theapothecarygarden.com  
 Web site: www.theapothecarygarden.com



Nolan and Scott, 6 months ©Caitlin Domanico

## PROVIDER LISTINGS

## Herbalism (cont'd)

### Jennifer Corbin, R.OM

Safe, effective customized Chinese herbal formulas for the treatment of fertility/women's health issues, pregnancy related complaints and while breastfeeding. Practitioner has advanced education on the safe use of herbs for these issues.

Address: 1616 WALNUT STREET SUITE 1816  
PHILADELPHIA, PA 19103  
Phone: 215.435.3003  
Email: jencorbin@msn.com

### Main Line Nutrition Services

Pre-conception, prenatal and postnatal family care using herbs, nutrition and body work to maintain and support healthy decisions and choices. Registered Lactation Consultant, Licensed Dietitian-Nutritionist and member of American Herbalist Guild.

Name: Gordana Chelsvig  
Address: 450 N. NARBERTH AVENUE  
NARBERTH, PA 19072  
Phone: 610.667.1588  
Fax: 610.667.3699  
Email: gordana.chelsvig@gmail.com  
Web site: www.mainlinenutrition.org

### Nakisbendi Women's Center

Chinese herbal medicine is an integral part of Traditional Chinese Medicine. Herbs are used to regulate and balance the body. Herbal formulas are customized to each patient depending upon her needs.

Name: Julie Schwartz, MS, L.Ac  
Address: 233 E. LANCASTER AVENUE SUITE 103  
ARDMORE, PA 19003  
Phone: 610.642.1324  
Email: info@nakisbendi.com

## Homeopathy

### Bonnie S. Carpenter

I work homeopathically with mother and child during pregnancy, labor and delivery. I also teach hypnotic, visualization and relaxation techniques.

Address: 604 S. 10TH STREET  
PHILADELPHIA, PA 19147  
Phone: 215.923.4322  
Email: bonniecarr33@msn.com

### Wellspring Homeopathic Care

Board certified Pediatrician and Homeopath provides consultative care for children and adults. Classical homeopathy, nutrition and herbs.

Name: Linda Baker, MD, CCH  
Address: 3138 BUTLER PIKE SUITE 200  
PLYMOUTH MEETING, PA 19462  
Phone: 610.567.3520  
Email: homeopathy1@yahoo.com  
Web site: www.wellspringhomeopathiccare.com

## Midwifery Care

### The Birth Center

Time-intensive, family-centered care for women throughout the lifespan. Pre-conception, pregnancy, birth, postpartum, newborn and well-woman/family planning services provided within a framework of partnership. Satellite office in Exton. Most insurance plans accepted. Birthships/financial aid available.

Address: 918 COUNTY LINE ROAD  
BRYN MAWR, PA 19010  
Phone: 610.525.6086  
Web site: www.thebirthcenter.org

### The Birth Center: Holistic Women's Health Care

Comprehensive and personalized holistic well-woman GYN, preconceptional, prenatal, birth and postpartum care. Routine screenings, menopause, contraceptive and natural family planning counseling offered. Extensive education program, breastfeeding/pumping support and supplies available. Collaboration as needed with supportive physicians. Most insurance including DE Medicaid/Medicare accepted.

Name: Nicole Black, MSN, CMN; Dorinda Dove, MS, CNM;  
Kate Mansur, MS, CNM; Kathleen McCarthy, MSN, CNM  
Address: 1508 W. 7TH STREET  
WILMINGTON, DE 19805  
Phone: 302.658.BABY (2229)  
Fax: 302.658.2382  
Email: info@thebirthcenter.com  
Web site: www.thebirthcenter.com

### Birthwise Midwifery Care, PC

Well-woman care, family planning, prenatal care.

Name: Judy Politzer, CNM  
Address: 7352 WOODBINE AVENUE  
PHILADELPHIA, PA 19151  
Phone: 215.878.7870  
Fax: 215.878.7889  
Email: birthwise\_midwifery@yahoo.com

## PROVIDER LISTINGS

## Midwifery Care (cont'd)

### Chestnut Hill Ob/Gyn Associates

We provide women choices for obstetric and gynecological care with our diverse team of physicians, midwives, nurse practitioners and registered nurses. Our collaborative care environment allows individualized care. Call us for more information.

Name: Julie Cristol, CNM; Maria Cromar, CNM;  
Sandra Donover, CNM; Maria Duffy, CNM;  
Laurie Jenkins, CNM; Erika Keller, CNM;  
Carol O'Donoghue, CNM; Irene Riordan, CNM;  
Lillie Rizack, CNM; Jessi Schwarz, CNM

Address: 8815 GERMANTOWN AVENUE SUITE 40  
PHILADELPHIA, PA 19118

Phone: 215.248.3100

Address: 1777 SENTRY PARKWAY WEST SUITE 110  
BLUE BELL, PA 19422

Phone: 215.646.2213

### Drexel University College of Medicine Nurse-Midwifery Service

We provide midwifery, obstetric and gynecologic care. Our providers are affiliated with Hahnemann University Hospital. We have additional offices in Center City, South Philadelphia, South Jersey and on City Line Avenue. Most insurances accepted.

Address: 216 N. BROAD STREET  
THE FEINSTEIN BUILDING FOURTH FLOOR  
PHILADELPHIA, PA 19102

Phone: 215.762.5580

Fax: 215.762.4323

Web site: [www.drexelmed.edu](http://www.drexelmed.edu)

### 11th Street Family Health Services of Drexel University

Care is based on the Centering Pregnancy model of group visits and includes nutrition, exercise and yoga, social services and behavioral health consultation. Deliveries at Hahnemann University Hospital. Accept all insurances. Sliding scale for uninsured.

Address: 850 N. 11TH STREET  
PHILADELPHIA, PA 19123

Phone: 215.769.1100

Fax: 215.769.1117

Email: [pg28@drexel.edu](mailto:pg28@drexel.edu)

Web site: [www.drexel.edu/cnhp/11thstreet/home.asp](http://www.drexel.edu/cnhp/11thstreet/home.asp)

### Midwifery Traditions

Certified nurse-midwifery care with over 25 years of home-birthing experience. We also offer hospital birth at Chestnut Hill Hospital, waterbirths, holistic gynecology and complementary therapies. Most insurance accepted.

Name: Kathy Hindle, CNM and Janet Lewis, CNM

Address: 809 N. BETHLEHEM PIKE BLDG B, A-2  
LOWER GWYNEDD, PA 19002

Phone: 215.249.9646

Email: [homemidwife@juno.com](mailto:homemidwife@juno.com)

### Midwives of Delaware County

A friendly group of midwives combining the warmth of a birth center birth with the security of a hospital. Prenatal care offered in the traditional office setting or in a fun "Centering Pregnancy" group setting.

Name: Rebecca Choitz, CNM

Address: 1560 GARRETT ROAD  
UPPER DARBY, PA 19082

Phone: 610.284.3300

Web site: [www.crozer.org](http://www.crozer.org)

### Motherland Midwifery: Homebirth & Women's Health

"To the world you may be just one person but to one person you may be the world." Offering traditional midwifery care, including VBACS and waterbirth. Many insurance plans accepted. Call for a free consultation!

Name: Christy Santoro, CPM

Address: 1809 S. 16TH STREET  
PHILADELPHIA, PA 19145

Phone: 215.HM.BIRTH (462.4784)

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

### Penn OB/GYN and Midwifery Care

Full scope midwifery practice in collaboration with OB/GYNs. Births take place at Pennsylvania Hospital (L&D or Birthing Suite option). We accept most insurances. We also do well-women gyn.

Name: Sue Brunk, CNM, MSN; Judy Colla, CNM, MPH;  
Megan Donaghy, CNM, MSN; Vicky Ferguson, CNM, MSN;  
Estela DiFranco Field, CNM, MSN; Pam Kane, CNM, MSN;  
Kim Trout, CNM, PhD; Ruth Wilf, CNM, PhD;  
Diane Zimmerman, CNM, MSN

Address: THE CURTIS CENTER SUITE 925 E  
601 WALNUT STREET  
PHILADELPHIA, PA 19106

Phone: 215.829.8000

Web site: [www.pennhealth.com](http://www.pennhealth.com)

## PROVIDER LISTINGS

## Midwifery Care (cont'd)

### Rising Moon Midwifery

Rising Moon is a community based homebirth practice with excellent statistics and a personalized approach to your pregnancy and birth. Waterbirth option. Contact us for a free consult to learn more. Many insurance plans accepted. Chester Springs and South Philadelphia offices. See website for details.

Name: Kate Fawley, CPM and Jane Cruice, CPM  
 Phone: 610.469.4905  
 215.271.2848  
 Fax: 484.985.8061  
 Email: hmebrth@aol.com  
 Web site: [www.risingmoonmidwifery.com](http://www.risingmoonmidwifery.com)

### Valley Birthplace and Woman Care

Our midwives offer options in birth and health from teens to menopause and beyond. Barbara and Melicia will provide a natural approach to women's health care in an unhurried, comfortable atmosphere.

Name: Barbara d'Amato, CNM  
 Address: 2355 HUNTINGDON PIKE  
 HUNTINGDON VALLEY, PA 19006  
 Phone: 215.947.5545  
 Email: [midwives@valleybirthplace.com](mailto:midwives@valleybirthplace.com)  
 Web site: [www.valleybirthplace.com](http://www.valleybirthplace.com)



Midwife Karen, with Natalie, Julia, Nick, and newborn Melanie

### WomanWise Homebirth & Women's Health

Serving women & families for over 20 years in MD/DE/PA/NJ. Traditional midwifery care including homebirth, vbac, waterbirths and well-woman care. All women and babies deserve a midwife! Insurance accepted. Free consultation.

Name: Karen Webster  
 Address: 257 E. MAIN STREET  
 ELKTON, MD 21921  
 Phone: 443.553.3370  
 Email: [karen@womanwise.info](mailto:karen@womanwise.info)  
 Web site: [www.womanwise.info](http://www.womanwise.info)

### WomanWise Midwifery

Full scope midwifery and well-woman gynecology with a solo Nurse Midwife. Births at Chestnut Hill Hospital. Offices in Mt. Airy and Plymouth Meeting. Network provider for Aetna, Personal Choice, United Healthcare, Keystone and others.

Name: Ronni H. Rothman  
 Address: 832 GERMANTOWN PIKE BLDG 3  
 PLYMOUTH MEETING, PA 19462  
 Phone: 215.327.1547  
 Email: [rmmidwife@verizon.net](mailto:rmmidwife@verizon.net)  
 Web site: [www.womanwisemidwifery.com](http://www.womanwisemidwifery.com)

## Natural Fertility Counseling

### Nakisbendi Women's Center

Patient-centered, integrative, science-based approach to fertility. Addressing both mind and body. Utilization of acupuncture, nutrition, psychotherapy and herbal treatments.

Name: Kara M. Nakisbendi, MD  
 Address: 233 E. LANCASTER AVENUE SUITE 103  
 ARDMORE, PA 19003  
 Phone: 610.642.1330  
 Email: [info@nakisbendi.com](mailto:info@nakisbendi.com)  
 Web site: [www.nakisbendi.com](http://www.nakisbendi.com)

### WomanWise Homebirth & Women's Health

Education and support for natural fertility awareness and planning. Information and support for creating optimal health for conception and pregnancy.

Name: Karen Webster  
 Address: 257 E. MAIN STREET  
 ELKTON, MD 21921  
 Phone: 443.553.3370  
 Email: [karen@womanwise.info](mailto:karen@womanwise.info)  
 Web site: [www.womanwise.info](http://www.womanwise.info)

## PROVIDER LISTINGS

## Naturopathy

### Two Rivers Naturopathy

Safe, natural, non-toxic health care alternatives for pregnant women, new mothers and their children. Including homeopathy, nutrition, herbs, craniosacral therapy and supplements. Free ten minute consultations.

Name: Marie Winters, ND  
 Address: 3901B MAIN STREET PHILADELPHIA, PA 19127  
 Phone: 215.313.4114  
 Email: marie.winters@gmail.com  
 Web site: www.tworiversnaturopathy.com

## Nutrition

### Jillian L. Bird

The foundations of good health begin before conception. Whole food oriented nutrition for prenatal, pregnancy and during the first years. Individual counseling, group support. Create a realistic, healthy lifestyle for you and your family.

Address: 1518 WALNUT STREET SUITE 1002 PHILADELPHIA, PA 19102  
 Phone: 215.280.2899  
 Email: jillianbird@hotmail.com  
 Web site: www.jillianbird.com

### Fit 4 You, Personal Training

Personal fitness training and nutrition counseling for pre/postnatal women with nationally certified personal trainers and a licensed dietitian nutritionist.

Name: Vicki Amon  
 Address: P.O. BOX 82 BLUE BELL, PA 19422  
 Phone: 800.921.8214  
 Fax: 610.270.0323  
 Email: info@fit4youtraining.com  
 Web site: www.fit4youtraining.com

### Healthy Bites Nutrition and Personal Chef Services

Healthy Bites offers a variety of in-home, personalized nutrition and cooking services such as meal delivery, nutrition consultations and cooking lessons...with a goal of facilitating long term healthy lifestyle changes and overall wellness.

Name: Katie Cavuto, MS, RD  
 Phone: 610.517.4355  
 Email: katie@healthybitesdelivery.com  
 Web site: www.healthybitesdelivery.com

### Main Line Nutrition Services

Pre-conception, prenatal and postnatal family care using herbs, nutrition and body work to maintain and support healthy decisions and choices. Registered Lactation Consultant, Licensed Dietitian-Nutritionist and member of American Herbalist Guild.

Name: Gordana Chelsvig  
 Address: 450 N. NARBERTH AVENUE NARBERTH, PA 19072  
 Phone: 610.667.1588  
 Fax: 610.667.3699  
 Email: gordana.chelsvig@gmail.com  
 Web site: www.mainlinenutrition.org

### Nakisbendi Women's Center

Certified Holistic Health Counselor. True holistic approach to nutrition counseling that considers relationships, spirituality, career and physical activity as intimately connected aspects of an energized and passionate life. Free one hour consultation.

Name: Gretchen LaLonde, AADP  
 Address: 233 E. LANCASTER AVENUE SUITE 103 ARDMORE, PA 19003  
 Phone: 610.642.1324  
 Email: info@nakisbendi.com

## Obstetric Care

### Chestnut Hill Ob/Gyn Associates

We provide women choices for obstetric and gynecological care with our diverse team of physicians, midwives, nurse practitioners and registered nurses. Our collaborative care environment allows individualized care. Call us for more information.

Name: Chestnut Hill Ob/Gyn Associates  
 Address: 8815 GERMANTOWN AVENUE SUITE 40 PHILADELPHIA, PA 19118  
 Phone: 215.248.3100  
 Address: 1777 SENTRY PARKWAY WEST SUITE 110 BLUE BELL, PA 19422  
 Phone: 215.646.2213

### Total Access Medical

Holistic health and wellness. Prenatal care and Obstetrics. Solo practitioner. Natural childbirth.

Name: Daphne Goldberg, MD  
 Address: 191 PRESIDENTIAL BOULEVARD SUITE C133 PHILADELPHIA, PA 19004  
 Phone: 610.664.1141  
 Email: dgoldberg@totalaccessmedical.com  
 Web site: www.daphnegoldberg.com

## PROVIDER LISTINGS

## Obstetric Care (cont'd)

### Women's Medical Specialties

Provides comprehensive obstetric and gynecologic care with hospital services at Thomas Jefferson University Hospital. Personal care with access to the resources of an academic medical center.

Name: Abigail Wolf, MD  
 Address: BEN FRANKLIN HOUSE  
 834 CHESTNUT STREET SUITE 300  
 PHILADELPHIA, PA 19107  
 Phone: 215.955.5000  
 Email: abigail.wolf@jefferson.edu

## Pediatric Care

### 11th Street Family Health Services of Drexel University

Comprehensive health care for children — includes primary care, behavioral health, social services and dental care. Primary care is provided by a group of highly qualified family nurse practitioners.

Address: 850 N. 11TH STREET  
 PHILADELPHIA, PA 19123  
 Phone: 215.769.1100  
 Fax: 215.769.1117  
 Email: pg28@drexel.edu  
 Web site: www.drexel.edu/cnhp/11thstreet/home.asp



Feiya with Nonkululeko

### Ohm Family Chiropractic

Special consideration for neonatal care, children of all ages and special needs children. Additional location in South Philadelphia!

Name: Drs. Thomas, Justin and Jeanne Ohm  
 Address: 327 N. MIDDLETOWN ROAD  
 MEDIA, PA 19063  
 Phone: 610.565.8823  
 Email: ohmchiropractic@comcast.net  
 Web site: www.ohmchiropractic.com

### Partners in Wellness

This office is a holistic medical practice offering integrated medical care including Family/Pediatric Medicine, acupuncture, massage, reflexology, nutrition, chiropractic to name a few services.

Name: Dr. Joseph W. Price, MD, FAAFP  
 Address: 514 E. SEDGWICK STREET  
 PHILADELPHIA, PA 19119  
 Phone: 215.248.4236  
 Fax: 215.247.6912  
 Email: jpholistic@att.net  
 Web site: www.partnersinwellness.us

### Total Access Medical

Holistic health and wellness. Birth through adulthood. Comprehensive adolescent care.

Name: Daphne Goldberg, MD  
 Address: 191 PRESIDENTIAL BOULEVARD SUITE C133  
 PHILADELPHIA, PA 19004  
 Phone: 610.664.1141  
 Email: dgoldberg@totalaccessmedical.com  
 Web site: www.daphnegoldberg.com

### Wellspring Homeopathic Care

Board certified Pediatrician and Homeopath provides consultative care for children and adults. Classical homeopathy, nutrition and herbs.

Name: Linda Baker, MD, CCH  
 Address: 3138 BUTLER PIKE SUITE 200  
 PLYMOUTH MEETING, PA 19462  
 Phone: 610.567.3520  
 Email: homeopathy1@yahoo.com  
 Web site: www.wellspringhomeopathiccare.com

## PROVIDER LISTINGS

## Prenatal/Postpartum Counseling

### After the Stork LLC

Day and night in your home. Fully trained and insured. Lots of great references. 8 years' experience. I specialize in multiples. I am also a sleep coach for babies 4 months or older.

Name: Georgette Kerr  
 Address: 11040 FERNDALE STREET  
 PHILADELPHIA, PA 19116  
 Phone: 215.605.2042  
 Email: doula6@comcast.net

### The Center for Postpartum Depression

The Center for Postpartum Depression specializes in the treatment of depression and anxiety disorders in pregnancy and postpartum. Individualized treatment: psychotherapy, marital and family therapy, medication evaluation. Flexible fees. Some insurance accepted.

Name: Dr. Barbara Lewin  
 Address: 8611 GERMANTOWN AVENUE SECOND FLOOR  
 PHILADELPHIA, PA 19118  
 2400 CHESTNUT STREET SUITE 2203  
 PHILADELPHIA, PA 19103  
 Phone: 215.247.2114  
 Email: barbara.lewin1@verizon.net

### Healing Circles

Cesarean Healing and Support: Groups provide a safe place for women to share their stories, begin healing, remove emotional scars and celebrate themselves as birthing women. By use of visualization techniques and symbolism participants will find common ground and support while sharing their own unique birth stories in an environment that is supportive and understanding. VBAC support also available.

Name: Maria J. Brooks, LCCE, CD(DONA)  
 Phone: 646.247.8841  
 215.844.6730  
 Email: maria@birthmuse.org  
 Web site: www.birthmuse.org



Susan, laboring mother

### Loving Beginnings, Inc.

Offering loving care, support and instruction to the new family. Duties include: infant and mother care, breastfeeding assistance, infant massage instruction, meal preparation, laundry, light housekeeping, accompanying on doctor's visits, errands and emotional support.

Name: Margee Hanford  
 Address: P.O. BOX 204  
 SWARTHMORE, PA 19081  
 Phone: 610.659.4205  
 610.543.6196  
 Email: margee@lovingbeginnings.com  
 Web site: www.lovingbeginnings.com

### Mommy Chat – Support Groups for New Moms

Connect with other women and process the highs and lows of this massive life transition. Jeanine O'Rourke is a licensed clinician and mother of two. View current Mommy Chat group schedules and locations on our website.

Name: Jeanine O'Rourke, LCSW  
 Phone: 215.206.2931  
 Web site: www.therapyforwomen.net

### The Mothers' Room

Early intervention for the new family. Support groups for prenatal and postpartum mothers, fathers and couples. Individual and couples counseling also available.

Name: Laura Favin, LCSW, LMT  
 Address: 4936 CURLY HILL ROAD  
 THE COTTAGE  
 DOYLESTOWN, PA 18902  
 Phone: 917.209.6534  
 Email: themothersroom@aol.com

### Nakisbendi Women's Center

EMDR—trauma resolution, anxiety, depression. Internal family systems therapy. Modalities used for empowerment, clarity and self-examination done in a respectful, compassionate and non-pathologizing way.

Name: Bonnie Schur, MEd, MFT  
 Address: 233 E. LANCASTER AVENUE SUITE 103  
 ARDMORE, PA 19003  
 Phone: 610.642.1324  
 Email: info@nakisbendi.com  
 Web site: www.nakisbendi.com

## PROVIDER LISTINGS

## Prenatal/Postpartum Counseling (cont'd)

### Parent to Child

Psychotherapy and consultation to support new families prenatally and throughout the family life cycle. Parenting education classes, mothers' support and education groups and psychotherapy.

Name: Kathryn Snyder, ATR-BC, LPC  
 Address: 737 BAINBRIDGE STREET PHILADELPHIA, PA 19147  
 Phone: 215.450.5271  
 Email: kathrynsnyder@comcast.net  
 Web site: www.parent2child.net

### The Postpartum Stress Center

The Postpartum Stress Center specializes in the treatment of prenatal and postpartum depression and anxiety disorders. Services include: screening and diagnostic assessment, supportive counseling, psychiatric evaluation, support groups.

Name: Karen Kleiman  
 Address: 1062 LANCASTER AVENUE SUITE 2 ROSEMONT, PA 19010  
 Phone: 610.525.7527  
 Fax: 610.525.3997  
 Email: kkleiman@postpartumstress.com  
 Web site: www.postpartumstress.com

### Spirit Led Services

Individual and family counseling in the Chester County region. Experience with trauma, grief and loss, mood disorders and substance abuse. Consultations and home visits available.

Name: Nicole Schwartz, MSW  
 Phone: 267.205.5612  
 Email: spiritledservices@gmail.com  
 Web site: www.spiritledservices.com

### Washington Square Chiropractic Center

Very low force chiropractic care (see listing under "Chiropractic Care") supports and gives pain relief to pregnant and postpartum moms. Babies and other children are always welcome to join mom in the treatment room.

Address: 604 WASHINGTON SQUARE SOUTH PHILADELPHIA, PA 19106  
 Phone: 215.925.8005

### Catherine White, LCSW

Becoming a parent changes you and your relationships. I provide individual and couples' support and therapy to help you make the most of it and handle the real struggles that can arise.

Address: 7149 GERMANTOWN AVENUE PHILADELPHIA, PA 19119  
 Phone: 215.242.5004  
 215.307.7915  
 Email: cwmuse@aol.com

## Well-Woman Gynecological Care

### Alternative Healthcare for Women

Holistic healthcare for women, including nutritional, herbal, energetic medicines and sound healing in a comfortable, nurturing setting. Routine gynecologic care including annual exams, contraception, PMS and menopause options. Fertility, pregnancy and postpartum depression counseling services are offered.

Name: Iris Wolfson  
 Address: 133 W. PHIL ELLENA STREET PHILADELPHIA, PA 19119  
 Phone: 215.842.1657  
 Email: iriswolfson@yahoo.com

### The Birth Center: Holistic Women's Health Care

Comprehensive and personalized holistic well-woman care spanning all ages. Routine screenings, menopause, preconceptual, contraceptive and natural family planning counseling offered. Holistic health seminars. Collaboration as needed with supportive physicians. Most insurance including DE Medicaid/Medicare accepted.

Name: Nicole Black MSN, CMN; Dorinda Dove MS, CNM; Kate Mansur MS, CNM; Kathleen McCarthy MSN, CNM  
 Address: 1508 W. 7TH STREET WILMINGTON, DE 19805  
 Phone: 302.658.BABY (2229)  
 Fax: 302.658.2382  
 Email: info@thebirthcenter.com  
 Web site: www.thebirthcenter.com

## PROVIDER LISTINGS

## Well-Woman Gynecological Care (cont'd)

### Birthwise Midwifery Care, PC

Well-woman, family planning, prenatal care.

Name: Judy Politzer, CNM  
Address: 7352 WOODBINE AVENUE  
PHILADELPHIA, PA 19151  
Phone: 215.878.7870  
Fax: 215.878.7889  
Email: birthwise\_midwifery@yahoo.com

### Chestnut Hill Ob/Gyn Associates

We provide women choices for obstetric and gynecological care with our diverse team of physicians, midwives, nurse practitioners and registered nurses. Our collaborative care environment allows individualized care. Call us for more information.

Name: Chestnut Hill Ob/Gyn Associates  
Address: 8815 GERMANTOWN AVENUE SUITE 40  
PHILADELPHIA, PA 19118  
Phone: 215.248.3100  
Address: 1777 SENTRY PARKWAY WEST SUITE 110  
BLUE BELL, PA 19422  
Phone: 215.646.2213

### Midwifery Traditions

Certified nurse-midwives offering holistic gynecology and complementary therapies for women throughout the lifespan. Most insurance accepted.

Name: Kathy Hindle, CNM and Janet Lewis, CNM  
Address: 809 N. BETHLEHEM PIKE BLDG B, A-2  
LOWER GWYNEDD, PA 19002  
Phone: 215.249.9646  
Email: homemidwife@juno.com

### Motherland Midwifery: Homebirth & Women's Health

Offering annual exams and holistic well-woman care for women throughout their life cycles, in a safe, relaxed and comfortable setting.

Name: Christy Santoro, CPM  
Address: 1809 S. 16TH STREET  
PHILADELPHIA, PA 19145  
Phone: 215.HM.BIRTH (462.4784)  
Email: motherlandmidwifery@gmail.com

### Nakisbendi Women's Center

Comprehensive, holistic, gynecological care. Treating women from adolescence to post-menopause. Utilizing integrative and functional medicinal approach. Specialties include hormonal imbalances, particularly in women with complicated medical histories, chronic vaginitis, pelvic pain and sexual dysfunction.

Name: Kara M. Nakisbendi, MD  
Address: 233 E. LANCASTER AVENUE SUITE 103  
ARDMORE, PA 19003  
Phone: 610.642.1330  
Email: info@nakisbendi.com  
Web site: www.nakisbendi.com

### Total Access Medical

Holistic health and wellness. Routine care/annual exams. Hormone imbalance. PMS. Peri-menopause. PCOS.

Name: Daphne Goldberg, MD  
Address: 191 PRESIDENTIAL BOULEVARD SUITE C133  
PHILADELPHIA, PA 19004  
Phone: 610.664.1141  
Email: dgoldberg@totalaccessmedical.com  
Web site: www.daphnegoldberg.com

### Valley Birthplace and Woman Care

Valley Birthplace and Woman Care offers complete care for every phase of a woman's life. We are dedicated to educating women and committed to involving patients in their health care.

Name: Barbara d'Amato, CNM  
Address: 2355 HUNTINGDON PIKE  
HUNTINGDON VALLEY, PA 19006  
Phone: 215.947.5545  
Email: midwives@valleybirthplace.com  
Web site: www.valleybirthplace.com

Morghan, 8 months pregnant, with Alexxys (© Ed Hille)



## PROVIDER LISTINGS

## Yoga & Fitness

### WomanWise Homebirth & Women's Health

Offering well-woman care for the childbearing years and beyond: annual exams; education and support in nutritional and fertility awareness; pre-conception counseling to help you create optimum health for pregnancy and beyond.

Name: Karen Webster  
 Address: 257 E. MAIN STREET  
 ELKTON, MD 21921  
 Phone: 443.553.3370  
 Email: karen@womanwise.info  
 Web site: www.womanwise.info

### Heather Dyas-Fried, RYT, PCD(DONA)

Prenatal yoga, partner prenatal workshops, Mom/Baby yoga classes and private instruction offered in Delaware County and Philadelphia. Stretch, strengthen and relax. Quiet the mind and trust your body wisdom.

Phone: 215.873.5622  
 Email: heatherdf@gmail.com

### 11th Street Family Health Services of Drexel University

On-site fitness center with personal trainer available for patients of the health center. Includes yoga and pilates classes.

Address: 850 N. 11TH STREET  
 PHILADELPHIA, PA 19123  
 Phone: 215.769.1100  
 Fax: 215.769.1117  
 Email: pg28@drexel.edu  
 Web site: www.drexel.edu/cnhp/11thstreet/home.asp

### Fit 4 You, Personal Training

Personal fitness training and nutrition counseling for pre/postnatal women with nationally certified personal trainers and a licensed dietitian nutritionist.

Name: Vicki Amon  
 Address: P.O. BOX 82  
 BLUE BELL, PA 19422  
 Phone: 800.921.8214  
 Fax: 610.270.0323  
 Email: info@fit4youtraining.com  
 Web site: www.fit4youtraining.com

### Maternal Wellness Center

Our yoga classes are designed specifically for the unique physical and emotional needs of pregnant women and new moms. We provide a safe, nurturing environment where women can take time to honor body and mind.

Address: 606 CARPENTER LANE  
 PHILADELPHIA, PA 19119  
 Phone: 215.713.2666  
 Email: kathleen@maternalwellness.org  
 Web site: www.maternalwellness.org

### One Fit Mama

We offer new, expectant and experienced mamas prenatal and postpartum stroller-based fitness, prenatal and Mom & Baby yoga, Infant/Child CPR Training and free monthly social and educational events. Your first class is free!

Name: Tricia Streit Perez, MS, ATC, LAT  
 Address: 903 EDANN ROAD  
 ORELAND, PA 19075  
 Phone: 215.886.2869  
 Email: tricia@onefitmama.com  
 Web site: www.onefitmama.com

### The Yoga Garden

Prenatal yoga, pre- and postnatal massage, mom and baby yoga. Skillful and sensitive instructors. Come care for your body, mind and spirit as you prepare for labor and birth in a nurturing and serene environment.

Name: Georgette DuBois, MS, RYT  
 Address: 131 N. NARBERTH AVENUE  
 NARBERTH, PA 19072  
 Phone: 610.664.2705  
 Email: info@yogagardennarberth.com  
 Web site: www.yogagardennarberth.com

### Yoga On Main

We offer weekly prenatal yoga classes as well as Mom & Baby, Parent & Toddler and Children's Yoga. Prenatal Yoga Teacher Training, 200 hour Yoga Teacher Certification, workshops for women and much more!

Name: Shiva Das (Jim McCabe)  
 Address: 4363 MAIN STREET  
 MANAYUNK, PA 19127  
 Phone: 215.482.7877  
 Email: info@yogaonmain.com  
 Web site: www.yogaonmain.com

## THE BUSINESS OF BEING BORN

by Milon Nagi



The night is lit by a full moon. A woman drives through the quiet city, whispering as she arrives at the apartment where another woman, heavily pregnant, is smiling as she walks around her dimly lit home. La Juana is in labor and her midwife has arrived to support her as she gives birth. Sometime later, almost before we expect it, her baby gently slips out as she squats in a tub of water.

From these opening moments, the documentary *The Business of Being Born* represents a break from the view of childbirth America usually sees—and has come to accept as normal. As an early review of the film at Salon.com noted, the film “includes very little of the screaming, gnashing, clenching horror that is the hallmark of most TLC-style obstetri-drama.” Instead, the film features a series of women—including, famously, Ricki Lake, who dreamt up and executive produced the film after the home birth of her second son—giving birth with “surprising serenity,” on their own terms and under their own steam.

The impact of *The Business of Being Born* has been palpable. Despite a documentary market largely driven by DVD rental and sales, the film achieved an impressively wide theatrical release in 8 cities across the US, including an extended run in New York and a period as the highest grossing documentary per screen in the country. Through these and over 300 private and grassroots screenings, the film has raised thousands of dollars for non-profits dedicated to improving maternity care. It has also garnered interest overseas, with screenings as far afield as Canada, Australia, Scotland and Malta.

This February, the film became available “to pregnant women everywhere” via Netflix—on release 65,000 people had placed it on their queue, while around 5,000 watched it online in its first week alone. Already, around 40,000 people have rated the film on Netflix’s website—giving it an average of 4.1 stars.

Perhaps unexpectedly, the film was welcomed positively by reviewers across the board, with comments ranging from the bemused—“moving (and surprisingly ungross)” (Slate)—to “passionate” and “unblinking” (New York Times) or “an absorbing, thought-provoking inquiry into what modern birth has become and how to make it better” (Village Voice).

“I think the reviews were probably more positive than I expected overall,” says Abby Epstein, the film’s director. She found that critics were moved by the film and “forgave whatever imbalance they thought it had because they thought the message was so important.” This imbalance lay, some felt, in the film’s critique of conventional hospital births. The film underscores the important work of obstetricians in the high risk, surgical situations for which they are trained, but points out that these do not apply to most normal births. “We never hid that the film has a very strong view point,” responds Epstein. “And we also acknowledge the need for it to be one-sided to counterbalance most of the information that’s going out there.”

“We’re not anti-hospital, we’re not anti-physician,” Epstein points out, “we understand that there’s definitely a role for modern medicine and we appreciate it.” As if to demonstrate this, the film closes with Epstein’s own birth by cesarean section following a home birth transfer. Her son, Matteo, was born prematurely after suffering a growth restriction which was diagnosed after birth. Footage of Epstein’s labor at home shows her midwife, Cara Muhlhahn (who also attends the movie’s other home births) calmly assessing the situation and recommending Epstein move to a hospital. The transfer and cesarean section happen in a timely way and both mother and baby emerge safe and healthy.

## THE BUSINESS OF BEING BORN (CONT'D)



Her birth has, unexpectedly, become a flash point in discussions of the film within medical circles as well as in the midwife-centered birth community. While for the most part, midwives, doulas and other birth professionals are, she says, “just so unbelievably appreciative” of the film, some have been concerned that the film ends with a potentially negative image.

Yet, Epstein reports that the response from women has been gratitude that she put her own birth in the film. “‘It’s really great that you showed this home birth transfer—it’s actually made me feel so much more comfortable about having a home birth.’ That’s been the response,” she says. Among a series of beautiful, peaceful home births, the film’s audience sees one in which the unexpected occurs and mother and baby get exactly the calm, competent and timely care they need.

This is especially important since, anecdotally, women tend to feel that they have to give birth in a hospital *in case* something goes wrong. Instead, the film shows women that transfers from a home birth or birth center, when needed, are safe and effective for both mother and baby—a far cry from the panicked, risky emergency situations that we might otherwise imagine.

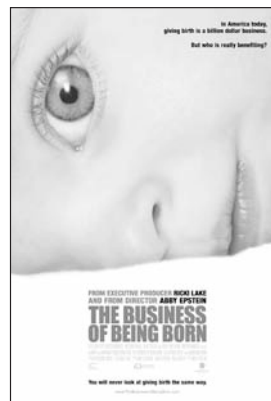
The film’s message of demystifying and taking the panic out of normal birth has already started having a huge impact on women who see it. “Ricki has a lot of celebrities calling her who want to have a waterbirth,” says Epstein. Lake is also working on plans to open

new birth centers in both LA and Manhattan, while midwives and others in the birthing community have seen an upsurge in queries about natural and out-of-hospital birth. And it may even be having an impact on how birth takes place inside hospitals—following one recent screening, says Epstein, a Labor and Delivery nurse told her that the film had changed her life, telling her; “It completely changed my entire perspective on what I’m doing.”

Perhaps most significantly, after screenings pregnant women are saying that they want to change their plans. In fact, says Epstein, childbirth educators using the film in their classes for expectant parents have reported a huge direct impact: “They said literally 30% of the women changed their birth plan! Isn’t that incredible?”

Lake and Epstein are building on the film’s success with a book, to be released in spring 2009 accompanied by an educational DVD and new website. “It’s a practical guide to childbirth that’s really going to help women discover natural options and take back the birth experience,” says Epstein. “We’re hoping that we’re going to have the whole mini-movement launching next spring.” After all, she points out: “it only takes a little bit of information to open the door.”

Milon Nagi is a freelance writer and Editorial Supervisor of the *Guide to a Healthy Birth*.



For more information or to buy a DVD copy of *The Business of Being Born*, visit [www.thebusinessofbeingborn.com](http://www.thebusinessofbeingborn.com).

## RESOURCES

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Like care providers, there are innumerable organizations and agencies who offer services of interest to birthing women in the Philadelphia Area. Here are a few we think you might find helpful.

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### ADVOCACY

#### BirthNetwork National

Phone: 888.45birth (888.452.4784)

Web site: [www.birthnetwork.org](http://www.birthnetwork.org)

#### Birth without Boundaries

Phone: 717.608.5369

Web site: [www.birthwithoutboundaries.com](http://www.birthwithoutboundaries.com)

#### Citizens for Midwifery

Phone: 888.cfm.4880

Web site: [www.cfmidwifery.org](http://www.cfmidwifery.org)

#### Coalition for Improving Maternity Services (CIMS)

Phone: 888.282.2467

Web site: [www.motherfriendly.org](http://www.motherfriendly.org)

#### Families for Natural Living Philadelphia

Phone: 866.530.8279

Web site: [www.familiesfornaturalliving.org](http://www.familiesfornaturalliving.org)

#### Holistic Moms Network

Phone: 877.HOL.MOMS

Web site: [www.holisticmoms.org](http://www.holisticmoms.org)

#### Maternal Wellness Center

Phone: 215.713.2666

Web site: [www.maternalwellness.org](http://www.maternalwellness.org)

#### Mocha Moms Philadelphia Chapter (MMPC)

Web site: [www.phillymochas.com](http://www.phillymochas.com)

#### National Advocates for Pregnant Women

Phone: 212.255.9252

Web site: [www.advocatesforpregnantwomen.org](http://www.advocatesforpregnantwomen.org)

#### National Latina Institute for Reproductive Health

Phone: 212.422.2553

Web site: [www.latinainstitute.org](http://www.latinainstitute.org)

**RESOURCES (CONT'D)**

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**BREASTFEEDING****Human Milk Banking Association of North America**

Phone: 919.861.4530

Web site: [www.hmbana.org](http://www.hmbana.org)**Kellymom Breastfeeding and Parenting**

Phone: 727.823.1000

Web site: [www.kellymom.com](http://www.kellymom.com)**La Leche League**

Phone: 800.LA.LECHE

610.666.0359 (Local Helpline)

Web site: [www.lalecheleague.org](http://www.lalecheleague.org)**Maternity Care Coalition**Web site: [www.momobile.org/breastfeeding](http://www.momobile.org/breastfeeding)**Nursing Mother's Advisory Council**

Phone: 215.572.8044

Web site: [www.nursingmoms.net](http://www.nursingmoms.net)**CESAREAN****Childbirth Connection**

Phone: 212.777.5000

Web site: [www.childbirthconnection.org](http://www.childbirthconnection.org)**International Cesarean Awareness Network, Inc. (ICAN)**Web site: [www.ican-online.org](http://www.ican-online.org)**VBAC.com**

Phone: 310.375.3141

Web site: [www.vbac.com](http://www.vbac.com)**CHILDBIRTH EDUCATION****Baby Body Birth**

Phone: 609.504.0712

Web site: [www.babybodybirth.com](http://www.babybodybirth.com)**Birthing from Within**

Phone: 805.964.6611

Web site: [www.birthingfromwithin.com](http://www.birthingfromwithin.com)**Birthworks International**

Phone: 888.TO.BIRTH

Web site: [www.birthworks.org](http://www.birthworks.org)**The Bradley Method**

Phone: 800.4.A.BIRTH

Web site: [www.bradleybirth.com](http://www.bradleybirth.com)**HypnoBirthing**

Phone: 603.798.4781

603.798.3286

Web site: [www.hypnobirthing.com](http://www.hypnobirthing.com)**Lamaze International**

Phone: 800.368.4404

Web site: [www.lamaze.org](http://www.lamaze.org)**CHILDREN WITH SPECIAL NEEDS — EARLY INTERVENTION****The Arc of the United States**

Phone: 800.433.5255

Web site: [www.thearc.org](http://www.thearc.org)**Pennsylvania State Early Intervention Program:  
CONNECT**

Phone: 800.692.7288

**Children's Hospital of Philadelphia**

Phone: 215.590.1000

Web site: [www.chop.edu](http://www.chop.edu)*Local Support Groups***Down Syndrome Interest Group of Delaware County**

Phone: 610.544.4025

**Down Syndrome Interest Group of  
Montgomery County**

Phone: 610.272.7134

**Northwest Parents United for Special Kids**

Phone: 215.248.6455

**Parent to Parent of Pennsylvania**

Phone: 800.986.4550

**Spina Bifida Association of the Delaware Valley**

Phone: 800.223.0222

Web site: [www.sbadv.org](http://www.sbadv.org)**Sickle Cell Parents Club**

Phone: 215.471.8686

Web site: [www.sicklecelldisorder.com](http://www.sicklecelldisorder.com)

**RESOURCES (CONT'D)**

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**DOULAS****Association of Labor Assistants & Childbirth Educators (ALACE)**

Phone: 888.222.5223

Web site: [www.alace.org](http://www.alace.org)**Doulas of North America (DONA) International**

Phone: 888.788.DONA (3662)

Web site: [www.dona.org](http://www.dona.org)**Philadelphia Alliance for Labor Support (PALS)**

Phone: 215.259.8641

Web site: <http://dolphin.upenn.edu/~doulas>**INTIMATE PARTNER VIOLENCE****Philadelphia Domestic Violence Hotline**

Phone: 866.SAFE.014 (24-hour Hotline)

Web site: [www.ppdonline.org](http://www.ppdonline.org)**LAMBDA-GLBT Community Services**

Phone: 206.600.4297

Web site: [www.lambda.org](http://www.lambda.org)**Latina Domestic Violence Program, Congreso**

Phone: 215.763.8870

Web site: [www.congreso.net](http://www.congreso.net)**Lutheran Settlement House**Phone: 215.426.8610 (Spanish & English)  
866.723.3014 (24-hour Hotline)Web site: [www.lutheransettlement.org](http://www.lutheransettlement.org)**Menergy**

Treatment, rehabilitation, and anger management for men who have been physically or emotionally abusive to their partners.

Phone: 215.242.2235

Web site: [www.menergy.org](http://www.menergy.org)**Southeastern Asian Women Against Abuse (SEWAA)**

Phone: 215.672.3922

Web site: [www.sewaa.net](http://www.sewaa.net)**Women in Transition**

Phone: 215.751.1111 (Helpline)

Web site: [www.womenintransitioninc.org](http://www.womenintransitioninc.org)**LESBIAN & GAY PARENTING****National Center for Lesbian Rights**

Phone: 415.392.6257

Web site: [www.nclrights.org](http://www.nclrights.org)**Family Equality Council**

Phone: 617.502.8700

Web site: [www.familyequality.org](http://www.familyequality.org)**The Mazzone Center—LGBT Community Health Center**

Phone: 215.563.0652

Web site: [www.mazzonecenter.org](http://www.mazzonecenter.org)**Philadelphia Family Pride**

Phone: 215.844.3360

Web site: [www.phillyfamilypride.org](http://www.phillyfamilypride.org)**LOW-INCOME FAMILY RESOURCES**

Social workers at most hospitals and clinics will help with the application process for financial assistance programs and help find low-cost services and resources.

**Commonwealth of Pennsylvania Access to Social Services (COMPASS)**Web site: [www.compass.state.pa.us](http://www.compass.state.pa.us)**Crisis Nurseries and Respite Care—Youth Services, Inc.**

Free, emergency childcare for children age 5 and under.

Phone: 215.386.0251 (West Philadelphia)  
215.844.6931 (Germantown)**Maternity Care Coalition's MOMobile Program**

Phone: 215.972.0700

Web site: [www.momobile.org](http://www.momobile.org)**Nurse-Family Partnership**

Phone: 215.769.1107

Web site: [www.phila.gov/health/units/mcfh/nfp.html](http://www.phila.gov/health/units/mcfh/nfp.html)**Services to Assist Families to Excel (SAFE)**

Phone: 215.985.2541

Web site: [www.phmc.org/rch/safe.html](http://www.phmc.org/rch/safe.html)**Women, Infants and Children Program (WIC)**

Phone: 800.743.3300

Web site: [www.northwic.org](http://www.northwic.org)**Planned Parenthood**

Phone: 800.230.PLAN (7526)

Web site: [www.plannedparenthood.org](http://www.plannedparenthood.org)

## RESOURCES (CONT'D)

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### MIDWIVES' PROFESSIONAL ORGANIZATIONS

#### American College of Nurse-Midwives

Phone: 240.485.1800

Web site: [www.acnm.org](http://www.acnm.org)  
[www.midwife.org/find](http://www.midwife.org/find)

#### Foundation for the Advancement of Midwifery

Web site: [www.formidwifery.org](http://www.formidwifery.org)

#### Pennsylvania Association of Licensed Midwives

Web site: [www.pamidwives.org](http://www.pamidwives.org)

### PRE- & POSTNATAL SAFETY

#### American Lung Association (*smoking cessation support*)

Phone: 800.LUNG.USA

Web site: [www.lungusa.org](http://www.lungusa.org)

#### Child Car Seat Inspection Information

Phone: 888.SEAT.CHECK

Web site: [www.seatcheck.org](http://www.seatcheck.org)

#### Mother-Baby Behavioral Sleep Laboratory

(*Co-sleeping Information*)

Web site: [www.nd.edu/~jmckenn1/lab/index.html](http://www.nd.edu/~jmckenn1/lab/index.html)

#### National Lead Information Center:

Phone: 800.424.LEAD

Web site: [www.epa.gov/lead](http://www.epa.gov/lead)

#### Postpartum Support International

Phone: 800.944.4PPD (Helpline)  
 610.525.7527 ext.7 (Philadelphia area)

Web site: [www.postpartum.net](http://www.postpartum.net)

#### Safe Haven

If a newborn (up to 4 weeks old) cannot be cared for safely, they can be left at any Philadelphia hospital with no questions asked.

Phone: 866.921.SAFE

Web site: [www.secretsafe.org](http://www.secretsafe.org)

### TEEN PARENTING RESOURCES

#### Child, Home and Community

Web site: [www.chcinfo.org](http://www.chcinfo.org)

#### Children's Aid Society of PA: Time Out for Tots

Phone: 215.545.2990

Web site: [www.caspa.org](http://www.caspa.org)

#### Covenant House Health Center for Adolescent Girls and Young Women

Phone: 215.844.1020

#### Educating Children for Parenting

Phone: 215.496.9780

Web site: [www.ecparenting.org](http://www.ecparenting.org)

#### ELECT—Teen Parent Classrooms

Phone: 267.386.4600

Web site: [www.cisphl.org](http://www.cisphl.org)

#### The Lighthouse

Phone: 215.425.7800

Web site: [www.lighthousephilly.org](http://www.lighthousephilly.org)

### RESEARCH

#### Centers for Disease Control and Prevention (CDC)

Phone: 800.CDC.INFO (800.232.4636)  
 TTY 888.232.6348

Web site: [www.cdc.gov](http://www.cdc.gov)

#### Childbirth Connection

Phone: 212.777.5000

Web site: [www.childbirthconnection.org](http://www.childbirthconnection.org)

#### The Cochrane Collaboration

Web site: [www.cochrane.org](http://www.cochrane.org)

#### National Library of Medicine's PubMed Database

Web site: [www.ncbi.nlm.nih.gov/entrez/query.fcgi?db=pubmed](http://www.ncbi.nlm.nih.gov/entrez/query.fcgi?db=pubmed)

### ADDITIONAL ONLINE RESOURCES

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

[www.birthingnaturally.net](http://www.birthingnaturally.net)

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

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

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

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

[www.4woman.gov](http://www.4woman.gov)



## Choices in Childbirth

We are dedicated to improving maternity care for all women. We hope that you will support us in this endeavor.

DONATIONS may be sent to:

Choices in Childbirth  
44I Lexington Avenue 19th Floor  
New York, NY 10017

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Do you have **FEEDBACK** on the Birth Guide? Do you know a Mother-Friendly practitioner you'd like to see listed? Contact us at [phillyguide@choicesinchildbirth.org](mailto:phillyguide@choicesinchildbirth.org).

Interested in **VOLUNTEERING**? We have many projects in the works, in addition to the Birth Guide, and could always use more hands, minds and hearts to help us in our work. Contact us at 212.983.4122 or [info@choicesinchildbirth.org](mailto:info@choicesinchildbirth.org) for more information.

## Choices in Childbirth

441 LEXINGTON AVENUE, 19TH FLOOR, NEW YORK, NY, 10017  
212.983.4122 PHILLYGUIDE@CHOICESINCHILDBIRTH.ORG  
WWW.CHOICESINCHILDBIRTH.ORG