



contact info: 415.566.2492 info@sfnightdoulas.com

San Francisco and Bay Area resources for lactation consultants, breastfeeding and parenting classes and supplies.

San Francisco

Day One Center
www.dayonecenter.com

Newborn Connections www.cpmc.org/newbornconnections

Natural Resources
www.naturalresources-sf.com

Marin Family Birth Center www.maringeneral.org/services/birthing.html

Burlingame

Healthy Horizons
www.babiesandmoms.com

Palo Alto

Blossom Birth
www.blossombirth.com

Additional Resources

The San Francisco Doula Group
www.sfdoulagroup.com

La Leche League
www.lalecheleague.org

Nursing Mothers Council
www.nursingmothers.org



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Online Breastfeeding Help
www.breastfeedingonline.com

Medela Breastpump Information
www.medela.com

Recommended Reading

Breastfeeding Made Simple: Seven Natural Laws of Nursing Mothers
by Nancy Mohrbacher and Kathleen Kendall-Tackett

The Ultimate Breastfeeding Book of Answers Revised and Updated: The Most Comprehensive Problem-Solving Guide to Breastfeeding from the Foremost Expert in North America
by Jack Md Newman and Teresa Pitman

Baby 411 -Clear Answers and Smart Advice for Your Baby's First Year.
by Ari Brown and Denise Fields

Heading Home with Your Newborn: From Birth to Reality
by Laura A. Jana and Jennifer Shu

The Baby Book
by William Sears and Martha Sears

The Happiest Baby on the Block
by Harvey Karp - Book, Video and DVD
www.happiestbaby.com



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Book suggestions to prepare sibling for the arrival of the new baby

What to Expect When Mommy's Having a Baby (What to Expect Kids)
by Heidi Murkoff and Laura Rader

Baby on the Way (Sears Children Library)
by Martha Sears, William Sears, Christie Watts Kelly, and Renee Andriani

My New Baby (New Baby Series)
by Annie Kubler
I Used To Be the Baby
by Robin Ballard

Postpartum Depression

Beyond the Blues: A Guide to Understanding And Treating Prenatal And Postpartum
Depression
by Shoshana S., Ph.D. Bennett and Pec Indman

Postpartum Depression For Dummies (For Dummies (Psychology & Self Help))
by Shoshana S. Bennett and Mary Jo Codey

www.postpartumdepressionhelp.com

Local Postpartum Depression Resources

Ceres Rutan, PsyD & Joanna Adler, PsyD
(415) 820-1585 or (415) 820-1580

Becky Abel, LCSW
UCSF Obstetrics Clinic
(415) 353-2566

Other Psychologists

Dr Sue Lee
(415) 928-1234



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Dr Catherine Mallouh
(415) 750-1713

Dr Shana Levy- UCSF
(415) 820-1420

For people who cannot afford private psychiatry and would like to be evaluated for medication, CPMC accepts payment on a sliding scale. The amount paid is based on income.

(415) 600-0297

Postpartum Depression (PPD) Support Groups in San Francisco and Bay area

Ceres Rutan and Joanna Adler (415) 820-1585 - San Francisco PPD support group

Lee Safran (510) 496-6096 - Oakland and North Berkeley PPD support group

Redwood City PPD support group - (408) 718-2112

Los Gatos PPD support group - (408) 370-7311

Couples Counseling Resources

For couples having difficulty with postpartum adjustment

Jane Walters
Sacramento St.
(415) 433-4633

Marsha Angus
Mill Valley
(415) 383-6119

Alyse Davis
Irving St
(415) 664 -7429



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Community Resources

Adoption

California Association of Adoption Agencies
www.california-adoption.org

Mothers Groups

Golden Gate Mothers Group
www.ggmg.org

San Francisco Parents of Multiples
www.sfpom.org

Southern Marin Mother's Club
www.southernmarinmoms.com

San Rafael Mother's Club
www.srmoms.org

Corte Madera Larkspur Mother's Club
www.cmlmc.org

Burlingame Mother's Club www.burlingamemothers.org

Fathers Groups

SFDads.org (and Golden Gate Dads)
www.sfdads.org



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Client Recommendations

Sleep Consultants

Vivian Sonnenberg
www.viviansonnenberg.com

Pediatricians

Noe Valley Pediatrics
Dr. Jessica Kaplan
(415) 641-1019

Dr. Joseph Kushner
3635 California St
(415) 752-2242

Golden Gate Pediatrics
San Francisco and Mill Valley
Dr. Piel & Dr. Gonda,
(415) 668-0888
(415) 388-6303

Dr. Robert Langston
3833 California St
(415) 221-6476

Stonestown Pediatric Medical Group
Dr. Mitchell Sollod
(415) 566-2727



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Spruce St Pediatrics
Dr. Alan Johnson
525 Spruce St
(415) 668-8900

Pacific Pediatrics Medical Group
Dr. Barry Rostek
45 Castro St
(415) 565-6810

Local Pediatric Dentist

Bergen James, DDS
1 Parker Ave, San Francisco
(415) 668 -3500

Louise Stephens, DDS
2355 Ocean Ave, San Francisco
(415) 334-9500

Grocery & Meal Delivery Options for Postpartum Parents

Grocery Options

A delivery service working with Whole Foods
www.shophoppers.com
(415) 933-9041

www.planetorganics.com

www.Safeway.com

Meal Delivery options

www.pealcuisine.com



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www.tikigogo.com

Patch Mowery
(650) 468-5367

Photography & Design

Photography by Emily Payne
Specializing in newborn babies and family
<http://epimagery.com/>

Website designed by
Veronica Van Gogh Design
www.veronicavangogh.com

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