Recommended Reading

Ina May's Guide to Childbirth
Ina May Gaskin

The Womanly Art of Breastfeeding
La Leche League Int'l

The Natural Pregnancy Book
Aviva Jill Romm, MD, CPM

The Thinking Woman's Guide to a Better Birth
Henci Goer

Evidence Based Birth Blog
Rebecca Dekker
evidencebasedbirth.com/category/signature-articles

Spinning Babies website
Gail Tully
spinningbabies.com/start/in-pregnancy

Pediatricians

Kaya Health, subscription primary care
(434) 214-0722

Dr. Dobyns, MD, family practice, accepts Medicaid
(434) 528-4312

Forest Direct Primary Care
(434) 616-245

Igata & Parke, primary care 2yrs & up, accepts Medicaid
(434) 207-2337

Brian Kilpatrick, subscription primary care
434-266-3032

Doulas & Childbirth Educators

New Life Birth Services & Prep 4 Birth CBE
(434) 515-3130
newlifedoulaservice.com

Birth In Color LYH, Birth Doulas
birthincolor.org/getadoula

Jane Celeste, Hypnobirthing & BRM CBE
fernandsage.com

Nikeya Brown, Birth doula
804-437-4653

Lynchburg Doula Services
www.lynchburgdoulaservices.com

Patty Webb, Postpartum Doula
434-942-3184

Fruitful Beginnings, doula & lactation support
434-221-2959

Lactation Support

Centra Baby Café
Warmline: 434-401-9344

Best Start Parenting Center
Jane Bradshaw, IBCLC, RLC
(434) 384-6262
babiesbeststart.com

Breastfeeding Peer Counselors
Central Virginia Health District
(434) 477-5920

La Leche League
(803) 221-3937
terese118@gmail.com
facebook.com/llloflynchburg

Blue Ridge Lactation
Jessica Smith, IBCLC
657-443-4851

Stephanie Youngs, IBCLC (telehealth)
(850) 384-3591

Insurance-covered Lactation Support
lactationnetwork.com/blog/the-insurance-covered-lactation-visit-process

Arlene ODonnell, DO, ONMM, IBCLC
Liberty Mountain Specialty Group
434-582-2273

Joy Knapton, LC
joyfilledlactation@gmail.com

Francie Webb, IBCLC (telehealth)
go-milkyourself.com/lactation-support

Breastfeeding Peer Counselors
Central Virginia Health District
(434) 477-5920

Oral Dysfunction

Gentle Endodontics, Tongue-tie revision
lynchburgendodontist.com

Thriving Babies Therapy
thrivingbabiestherapy.com

Pediatric Speech Therapy
thefempt.com/pediatric-speech-therapy

Aaron Stump DDS, Taylor Smith DDS, Tongue-tie revision
cvillepediatricdentistry.com

Dr. William Brand, UVA, Tongue-tie revision
UVA Pediatric Otolaryngology Clinic in Charlottesville, VA (uvahealth.com)

Peer Groups & Support

The Birth Circle (& Birth Circle for Men)
facebook.com/groups/3362040160740499

The Motherhood Collective, PMAD support
themotherhoodcollective.org

La Leche League
www.facebook.com/llloflynchburg/

Placenta Encapsulation

Carolina Zamora Lopez, placenta encapsulation
540-769-9009

Taylor James, placenta encapsulation
434-660-8151

Morgan Reames, placenta encapsulation
newlifebirthservice.com

Circumcision Providers

Sherrie Doss, At-home circumcision
276-620-6341
sherriernc_98@yahoo.com

Dr. K, CMG Lynchburg Family Medicine, Circumcision
(434) 200-5200

Body Workers

Palmer Chiropractic Center
(434) 237-2299
www.palmerchiropracticcenter.com

Living Well Chiropractic
(434) 944-5208
www.livingwellchiropracticva.com

The Fem PT, pelvic floor therapy
(434) 665-0211
www.katelynbthefempt.com

Rachel Campbell, Lynchburg Chiropractic
(434) 384-1631
lynchburgchiropractic.com

Blackwater Counseling & Wellness (counseling and massage therapy)
434-316-1826
blackwatercounselingandwellness.com/wellness-team

Lauren Staples, LMT (massage therapy)
(434) 922-0340

Karen Johnson, Wellness & Massage
434-528-2200, 540-293-7596
acornhilllodge.com/spa-%26-salon

Elsa Finkbeiner, Fascia Works, LLC
8012591946

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Ina May's Guide to Childbirth
by Ina May Gaskin

The Womanly Art of Breastfeeding
by La Leche League International

Aviva Romm Natural Pregnancy Archives
avivaromm.com/category/natural-pregnancy

Droplets Breastfeeding Resource
firstdroplets.com

Evidence Based Birth Blog, Rebecca Dekker
evidencebasedbirth.com/category/signature-articles

Spinning Babies, Gail Tully
spinningbabies.com/start/in-pregnancy

MotherToBaby drug reference guide
mothertobaby.org/fact-sheets-parent

The Homebirth podcast
hearthandhomemidwifery.com/hh-podcast