

Resources

These are just a few of *my* favorite things...

I'm always adding more and I love learning so send me *your* favorite resources!

Abuse

[Childhood Stress](#)

[Center for Family Strengthening - SLO](#)

Baby Proofing

[Infant Safety](#)

[Sleep Safety](#)

[Infant and Child CPR Classes](#)

Baby Wearing

[Baby Wearing International](#)

[Becoming Mamas](#)

[You Tube Babywearing Videos](#)

Bathing

The Spa Bath DVD - available in my lending library [Spa Bath](#)

[Quick baby bath](#)

[Bathing Your Newborn](#)

Breastfeeding

[La Leche League](#) International

[La Leche League of San Luis Obispo](#)

Local meetings as follow:

2nd Thursday of each month in **San Luis Obispo** at 10 am at the Santa Lucia Birthing Center

3rd Thursday of each month in **Grover Beach** at 10 am at Beacon Chiropractic

4th Thursday of each month in **San Luis Obispo** at 6:30 pm at the Santa Lucia Birthing Center

[Kelly Mom](#)

[Breastfeeding articles](#) from Healthy Children.org

[Breastfeeding Checklist for the Early Days](#) Handout

[When You Go Home](#) Handout

[10 Steps to Make Milk](#) Handout

[LactMed - Drugs and Lactation Database](#)

[WIC - Breastfeeding](#)

Books *(My Parenting Favorites!)*

[The Continuum Concept by Jean Liedloff](#)

[Raising Our Children, Raising Ourselves by Naomi Aldort](#)

[Raising Your Spirited Child by Mary Sheedy Kurcinka](#)

[Everyday Blessings by Jon and Myla Kabat-Zinn](#)

[Our Babies, Ourselves by Meredith Small](#)

[The Other Baby Book by Megan McGrory Massaro and Miriam J. Katz](#)

[Raising Cain- Protecting the Emotional Life of Boys by Michael Thompson](#)

Circumcision

A great video with Dr. Dean Edell with Penn and Teller excerpts so it's definitely irreverent in parts but a good overview of all the main issues surrounding it...

[Circumcision: Make the informed decision](#)

A great "quiz" that walks you through your decision while giving information on each topic you have questions or concerns about:

[Circumcision Decision Maker](#)

This is a great article about the transmission of HIV and circumcision, and the reasoning behind the American Academy of Pediatrics stance:

[The Truth About Circumcision and HIV](#)

Here is a very technical, scientific video explanation of the function of the foreskin:

[Function of the Foreskin](#)

And a boatload of every type of video on any topic regarding circumcision:

[Doctors Opposing Circumcision Videos](#)

A great article for parents of uncircumcised sons:

[Protect Your Uncircumcised Son](#)

Crying / Colic

[Crying and Colic Info](#)

[The Period of Purple Crying](#)

[The Happiest Baby on the Block](#)

[The 5 S's](#)

Diapering

[Tinkle Belle Diaper Service](#)- Serving SLO County

[Consider Cloth](#)

[Diaper Changing 101](#) video

[All Things Diapering](#) a multitude of topics and articles

Newborn 101

[Benefits of Infant Massage](#)

[Cutting Baby's Nails](#)

[Diaper Changing 101](#)

[Dry Skin](#)

[Foreskin Care](#)

[Getting Extra Help](#)

[Normal Sleeping Behavior](#)

[Normal Weight Gain of Breastfed Infants](#)

[Swaddling](#)

[Umbilical Cord Care](#)

[Umbilical Cord Slideshow](#)

Parenting

[Attachment Parenting](#)

[The Natural Child](#)

[Parenting Styles](#)

[Mothering](#)

[Natural Mother Magazine](#)

Resources from Natural Mother Magazine [Websites and Books](#)

[Dr. Jay Gordon](#)

[The Twin Coach](#)

[Peaceful Parenting](#)

[Positive Parenting](#)

[Holistic Moms Network](#)

Articles:

[Risky Play, Why Children Love It and Need It](#)

[Being an Elephant Mom in the Time of the Tiger Mother](#)

[AAP - Importance of Play](#)

Perinatal Mood Disorders / Postpartum Depression

[The Parent Connection of SLO](#)

[Alpha Support Network SLO](#)

[Postpartum Support International](#)

[The Symptoms of PPD & Anxiety \(in Plain Mama English\)](#)

Postpartum Fitness

[Natalie Garay Workshops](#)

[Natalie Garay- Incontinence, Organ Prolapse- Hope Beyond Surgery](#)

[MuTu System](#)

[Stop Doing Kegels - Real Pelvic Floor Advice](#) (iTunes- Down There for Women app)

Sleep & SIDS

[Dr. James McKenna - Sleep Researcher](#)

[Sleep Safety Tips](#)

[Reducing the Risk of SIDS](#)

[Sleeping Behavior](#)

Local Community Resources

Support Groups and Classes:

[The Fourth Trimester ~ Mother Support for the First Four Months with Jennifer Stover](#)

[Parent Participation](#) Fun "parent-and-me" classes for infants through school age
(These classes were a godsend to me, and how I met 75% of my mama friends!)

[La Leche League Meetings](#)

[SLO County Mommies](#)

[Moms Club of Atascadero](#)

[Babywearing Group of SLO](#): Meet friends, try on new wraps and carriers!

Breastfeeding Support Groups:

[Central Coast Breastfeeding Coalition - Support Groups](#)

[La Leche League Meetings](#)

Lactation Consultants - Local IBCLC's:

[CCBC- Lactation Consultants](#)

Community Support:

[Alpha- Local Resources](#)

[The Parent Connection SLO](#)

[Parents Helping Parents - Special Needs Support](#)

[Women Infants Children - WIC](#)

[Central Coast Breastfeeding Coalition](#)

Coming Soon:

Postpartum Doula

Infant Massage

Craniosacral Therapy